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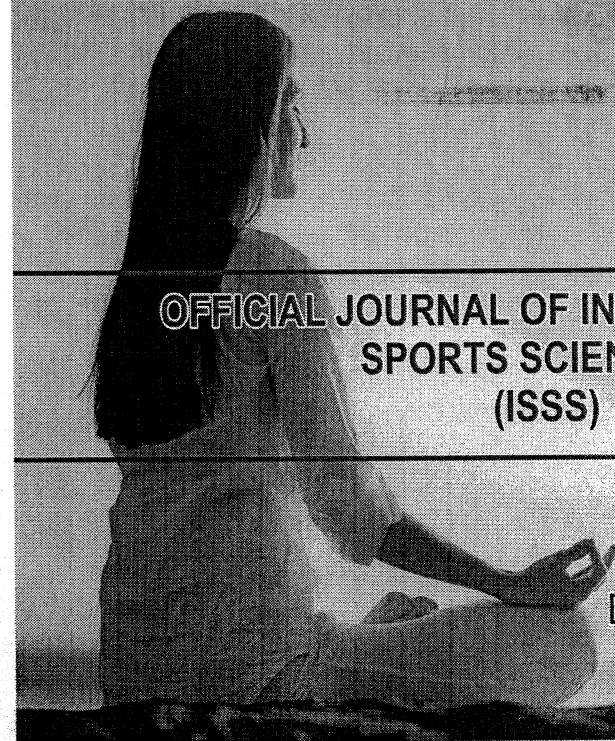
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PREFACE

The purpose of this study was to study the anxiety level in national women football players. Sports competition anxiety test questionnaire (SCAT) prepared by Rainer Martens was used for this study. 160 senior national and 150 junior national female football players were selected. Mean score and standard deviation of both the sample were calculated. The result indicated medium level of anxiety in senior national football players. Data were analysed with the help of t-ratio. No significant difference between senior and junior national women football players was found

Prof. N.B. Shukla

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ANXIETY LEVEL AMONG NATIONAL WOMEN FOOTBALL PLAYERS

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Abstract

The purpose of this study was to study the anxiety level in national women football players. Sports competition anxiety test questionnaire (SCAT) prepared by Rainer Martens was used for this study. 160 senior national and 150 junior national female football players were selected. Mean score and standard deviation of both the sample were calculated. The result indicated medium level of anxiety in senior national football players. Data were analysed with the help of t-ratio. No significant difference between senior and junior national women football players was found.

Introduction

Soccer has become a very popular game in the world. Almost all the nations play this game both for enjoyment and competition. Modern soccer is very fast by its nature and it demands a high level of special fitness. The spectators and the players enjoy the game of soccer with a great amount of merriment. It is a game of constant action and requires continuous adaptation in the changing situations by the team as well as by the individual players.

Anxiety is a state of emotional and physical and physical disturbance induced in a person by real or imagined threat. In Psychiatry, the term refers to disturbance caused by traits that are only apparent to the individual, and cause him to behave in a way that is not relevant to the true situations.

The effect of anxiety gets the athlete so tied up in knots that he is frozen in fear. At best, anxiety subtly impairs performance by distracting the attention. When athlete gets anxious, the heart rate increases, the blood pressure becomes elevated, the breathing becomes more rapid and oxygen consumption increases. He may experience nausea, light-headedness, dryness of mouth, or feeling of fatigue or weakness. He may yawn frequently, begin to tremble, or engage in nervous activity (bite his nails, wiggle his leg, twirl his hair, etc.). He may sweat profusely, urinate frequently, or have loose

stools. He may have difficulty getting to sleep and inevitably have an increase in muscular tension.

Anxiety plays a paramount role in athletics and in some instances is the sole reason for athletics participation, whether it be jogging around a track to stay in good healthy or facing an opponent head on in a knock-down, drag out wrestling bout. It is this challenge which produces an anxiety. How one handle the anxiety determines how successful one will be.

Purpose of the Study

The purpose of the present study was to assess the anxiety level in national women football players.

Delimitations

The study was conducted only on national female football players of India irrespective of their affiliation to a geographical region of India, Socio-economic status, caste, colour or creed.

Limitations

The test was administered at different points of time considering the availability of the subjects, their mood states as a result of winning or losing a particular match might have influenced their response pattern on a particular scale/instrument.

Hypothesis

It was hypothesized that there would be a low level of anxiety in senior and junior national players.

Methodology

Sample

160 senior national and 150 junior national women football players of India were selected for the purpose of this study.

Research Tools

Sports competition anxiety test questionnaire (SCAT) prepared by Rainer Martens was used for this study. A reliability quotient of .85 has been reported for the adult version of SCAT. Total scores of SCAT range from 10 (low competitive anxiety) to 30 (high

competitive anxiety). The subjects were classified according to the score obtained by them. Table-1 shows the category of subjects according to their raw/mean scores:

Table-1

<i>Raw/Mean Score</i>	<i>classification</i>
Less than 17	Low Anxiety
17-24	Moderate Anxiety
More than 24	High Anxiety

Statistical Procedure

Responses obtained from the subjects on each statement of sports competition anxiety questionnaires were recorded. Mean scores and standard deviations of the total sample were calculated and were compared with the help of t-ratio.

Results and Discussion

Mean score and standard deviation of senior national (N=160) and junior national (N=150) female football players in anxiety were found to be 18.27 ± 3.06 and 18.94 ± 4.07 that indicates medium level of anxiety in both the samples. Table – 2 compares the mean scores of senior and junior national female football players in the level of anxiety.

TABLE- 2

Comparison of Mean Scores of Senior and Junior National Women Football Players

<i>Group</i>	<i>N</i>	<i>Mean</i>	<i>S.D</i>	<i>t-value</i>
Senior National	160	18.22	3.06	0.80*
Junior National	150	18.94	4.07	

*Insignificant at 0.05 level

$$tab t_{0.05}(308) = 1.97$$

Conclusion

Data reported above suggest that women senior and junior national players experience medium level of anxiety in sports competition and there is no significant difference between the groups in anxiety level. As the importance of winning continues to be stressed in competitive sports the pressure and anxiety of performing well will also continue to increase. In fact most athletes experience some anxiety before producing their top performances. Anxiety is one of the most common deterrents to the good performance. That is not to say that one can not produce superlative performances when nervous, one can. However these superlative efforts come in spite of the anxiety not because of it. Keeping the optimum level of anxiety for the desired outcomes should be the tasks of coaches and sports persons. Understanding anxiety and identifying coping mechanism will help to achieve the better performance in the competitive sports. On the whole , each athlete must learn to cope with the anxiety involved in his career.

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COMPARATIVE STUDY ON AGGRESSION AMONG MALE VOLLEYBALL PLAYERS AND MALE BASKETBALL PLAYERS

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ABSTRACT:

The purpose of the study was to compare aggression among male volleyball players & basketball players. The study was conducted on 50 players in which 25 volleyball & 25 basketball selected as a sample from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis. To assess the aggression of selected players, aggression inventory developed by – Srivastava (1984) was preferred. This test is highly reliable & valid. The 't' test was used to find out significant difference between two groups i.e. volleyball players & basketball players. Results found that Male basketball players are higher aggression level as compared to male volleyball players.

KEY WORDS: Aggression, Male Volleyball & Basketball Players etc.

INTRODUCTION:

World has been changing from its origin and it will keep on changing but only creature to cope with these ~~changes is human~~. Human race is witty species which has developed itself by passage of time, say according to physique, mannerism, behavior etc. There are many phases in life of every creature but human is most intelligent to rule the world. They have developed various assets that help them to live their lives comfortably and enjoy it to the core. They have started living in communities from where cultures originated, they had commuted to other places and communicated with others for various needs. To live a life one mode of entertainment is sports and games. There were fewer games in the beginning later due to interaction between people count of sports proliferated (increased). There is common saying that nothing comes alone its take along something with it. With enthusiasm and strong wish to play and enjoy a game, aggression also comes. This is no rare because it is inbuilt human behavior, when they want to possess a win, they become aggressive. It is not seen commonly in every sport but at certain level of competition automatically person has strong feeling to win.

No doubt human child is taught good manners from very beginning but natural behavior cannot be suppressed. All over the globe, the concept of sports psychology has changed. Today players face sharp and unique challenges. The competition standards are higher. All include psychological as well as physical strains. They involve mental images.

Thought patterns, one's mind and physical conditioning. If one has trained more and better, His / Her capacity will be higher than the one who has trained less or less well. Recent research has proved that mental toughness is largely important to achieve success in sports. It is a quality, which differentiates the winner from the loser, the champion from the rest of the field. Basically, sportsmen with mental toughness have the ability to raise their game to the highest level at crucial moments in a match. This also implies that the mental toughness gives them the necessary focus and ability to concentrate on the goal.

Aggression is defined as the infliction of an oversize stimulus physical, verbal or gestural upon one person by another. In sports psychology, the term aggression is generally defined as any behavior that is intended to harm another individual who does not want to be harmed. It is an ability to constantly sustain over the ideal performance state during an adversity in competition. It is also being defined as that unshakable perseverance and conviction towards some goal despite pressure or adversities. Defined mental toughness is a view embedded in a multidimensional framework that includes personal characteristics e.g., winning attitude, handling pressure, concentration and situation. Research has identified tough mindedness and aggressiveness as a personality trait which coincide positively with athletic ability and success.

METHODOLOGY:

Following methodological steps have been taken to verify the hypothesis established by the investigator:

SAMPLES:

From 50 Players in which 25 volleyball & 25 Basketball Players from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis.

TOOLS:

To assess the aggression of selected players, aggression inventory developed by Srivastava (1984) was preferred. The scoring was done according to the rule led down the authors. This test is highly reliable & valid for measuring aggression of selected samples. The 't' test was used to find out significant difference among volleyball & basketball players.

RESULTS & DISCUSSION:

Mean, standard deviation & 't' test were computed to compare volleyball & basketball player's scores and data pertaining to this have been presented in table given below:

Table No.1

Comparison between Male Volleyball Players & Male Basketball Players on Aggression

Group	N	Mean	SD	MD	't' Value
Volleyball (Male)	25	519	44.70	10.24	0.47
Basketball (Male)	25	529.24	55.73		

't' (0.05) = 1.98, 't' (0.01) = 2.61

From table no.1, result indicated that male basketball players are higher aggression level (M=529.24, SD=55.73) as compared to male volleyball players (M=519, SD=44.70). The 't' value is 0.47 which is less than the tabulated value, so there is no significant difference at 0.05 levels.

CONCLUSION:

Male basketball players are higher aggression level as compared to male volleyball players.

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COMPARATIVE STUDY ON AGGRESSION AMONG FEMALE VOLLEYBALL PLAYERS AND FEMALE BASKETBALL PLAYERS

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ABSTRACT:

The main objective of the study was to compare aggression among female volleyball players & female basketball players. The study was conducted on 50 players in which 25 volleyball & 25 basketball selected as a sample from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis. To assess the aggression of selected players, aggression inventory developed by – Srivastava (1984) was preferred. This test is highly reliable & valid. The 't' test was used to find out significant difference between two groups i.e. volleyball players & basketball players. Results found that Female volleyball players have higher aggression level as compared to female basketball players.

KEY WORDS: Aggression, Female Volleyball players & Female Basketball Players etc.

INTRODUCTION:

Aggression is defined as the infliction of an oversize stimulus physical, verbal or gestural upon one person by another. In sports psychology, the term aggression is generally defined as any behavior that is intended to harm another individual who does not want to be harmed. It is an ability to constantly sustain over the ideal performance state during an adversity in competition. It is also being defined as that unshakable perseverance and conviction towards some goal despite pressure or adversities. Defined mental toughness is a view embedded in a multidimensional framework that includes personal characteristics e.g., winning attitude, handling pressure, concentration and situation. Research has identified tough mindedness and aggressiveness as a personality trait which coincide positively with athletic ability and success.

Becoming a champion on the court requires any athlete to "pay his/ her physical dues". That is, there is no shortcut to reaching your goals. You have to work hard, build muscle strength, improve your quickness, increase endurance and hone the technique required to play this game at a high level. By making this kind of physical investment and working hard at it, you are moving yourself one step closer to your dreams. But you can't just stop there like a lot of volleyball players do. To become a champion you must also work on the mental side of your game. Once we walk onto that court for an important try-out or game, the difference between playing well or poorly lies completely between your ears! When the game is on the line and the competitive pressure is turned up high, playing to your potential is all about how well you can execute mentally. That is, are you able to stay into a game too nervous, you'll play tentatively, make a lot of mistakes and come out of it bitterly disappointed? Staying relaxed under big game pressure is one of the secrets to being able to play your game, the way you are capable of playing.

You have to believe in yourself and have the self-confidence to fight your own fight, rather than your opponent's when you're under pressure. You have to be able to handle last minute. Negativity and self-doubts, You have to be able to master your fears. With a little work, these mental skills as well as a few important others can be systematically trained to the point where develop the reputation as a mental tough fighter.

Physical-active-direct Stabbing, punching, or shooting another person
Physical-active-indirect Setting a booby trap for another person; hiring an assassin to kill an enemy
Physical-passive-direct Physically preventing another person from obtaining a desired goal or performing a desired act (as in a sit-in demonstration)
Physical-passive in direct Refusing to perform necessary tasks (e.g. refusing to move during a sit-in)
Verbal-active-direct Insulting or derogating another person
Verbal-active-indirect Spreading malicious rumors or gossip about another person
Verbal-passive-direct Refusing to spread to another person, to answer questions, and so on
Verbal-passive-indirect Failing to make specific verbal comments (e.g., failing to speak up in another person "s defense when he or she is unfairly criticized

Source: Baron, 1977; Based on Buss, 1971. Moyer (1976) identified eight distinct kinds of aggression that can be found in some form in virtually all species, including human behavior. These are: Predatory aggression: It is directed to natural prey and is deeply rooted in our ancestors hunting behavior.

METHODOLOGY:

Following methodological steps have been taken to verify the hypothesis established by the investigator:

SAMPLES:

From 50 Players in which 25 female volleyball & 25 female Basketball Players from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis.

TOOLS:

To assess the aggression of selected players, aggression inventory developed by Srivastava (1984) was preferred. The scoring was done according to the rule led down the authors. This test is highly reliable & valid for measuring aggression of selected samples. The 't' test was used to find out significant difference among female volleyball & female basketball players.

RESULTS & DISCUSSION:**Table No.1**

Comparison between Female Volleyball Players & Female Basketball Players on Aggression

't' (0.05) = 1.98, 't' (0.01) = 2.61

From table no.4.14 result indicated that female basketball players have higher

Group	N	Mean	SD	MD	't' Value
Volleyball (Female)	25	534.48	31.86	5.72	0.62
Basketball (Female)	25	540.2	49.00		

aggression level (M=540.2, SD=49.00) as compared to female volleyball players (M=534.48, SD=31.86). The 't' value is 0.62 i.e. no significant difference at 0.05 level.

CONCLUSION:

Female volleyball players have higher aggression level as compared to female basketball players.

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COMPARATIVE STUDY ON MENTAL TOUGHNESS AMONG MALE AND FEMALE PLAYERS

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ABSTRACT:

The main objective of the study was to compare mental toughness among male and female (volleyball & basketball) players. The study was conducted on 100 players in which 50 male & 50 female selected as a sample from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis. To assess the mental toughness of selected players, mental toughness inventory developed by Sandeep Tiwari (2006) was adopted. This test is highly reliable & valid. The 't' test was used to find out significant difference between two groups i.e. male & female. Results showed that Male players have more mental toughness as compared to female players.

KEY WORDS: Mental Toughness, Male & Female Players etc.

INTRODUCTION:

Mental Toughness is the ability to control thoughts and actions and maintain a focus on what is important in a calm and poised way. Mental Toughness is a key to improvement in both individual skills and five player schemes, and allows players to be able to execute them during the pressure of competition.

Mental toughness is the ability to concentrate on the proceeding of a particular sporting discipline and not let the pressure of the match situation or the sense of occasion to get the better of the players. Aggression among human is as old as the human race. Aggression is defined as the deliberate to harm another person. This includes physical, psychological as social harm is the primary focus on the other hand highly tough behavior within the rules of the games is not aggression.

Today's world is so advanced that every aspect of life is dominated by science and technology sports is not an exception to it. Technology has forever changed our world, and in the process significantly increased the importance of measuring and controlling performance relevant to psychological and physiological variables. Sport science has a

significant role in identifying, monitoring, and developing young talented athletes. For best practices and success, coaches need to understand the complex processes in developing athletic expertise. Amongst others, systematic training and well-planned programs may be significant in youth development programs. Researchers also demonstrated that anthropometric, physiological, and skill attributes could be used to predict anticipated skills and expertise in sports. In addition, prediction could be complemented with continuous measurement of physical, cognitive, and perceptual skills, intrapersonal and interpersonal characteristics, and emotional stability. Though the game was already in practice since 1901, as an international sport, only after the first All England Championship, Badminton made its "Olympic" entry in 1988 at Seoul (South Korea). Four years later, in 1992 at Barcelona, badminton got the recognition that it truly deserved-as an Olympic medal event. But recently there have been lot of changes made regarding the scoring system to be adopted starting from the original 3 X 15 (3 X 11) to 5 X 9 to 5 X 7 and finally today it is rally scoring of 3 X 21 , which can extend up to a maximum of 30. These changes require different types of physiological and psychological preparation for the players as the speed of the game has changed along with it from the start of the first serve & rally itself it is challenging. Many Badminton players are good in the physical aspect but not tough enough mentally. A badminton player can have all the fitness, power, agility and skills but without the presence of mental toughness, he or she can be affected mentally anytime, anywhere. Marathon runners are good examples. Normally most of the marathon runners reach their stamina limits in the last 12 KM over 42 KM. But their strong mental ability allows them to keep running at the same pace to finish the race. Some runners even increase their speed to finish the race although they are already exhausted.

METHODOLOGY:

Following methodological steps have been taken to verify the hypothesis established by the investigator:

SAMPLES:

From 100 Players in which 50 male & 50 female from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis.

TOOLS:

To assess the mental toughness of selected players, mental toughness inventory developed by Sandeep Tiwari (2006) was used. The scoring was done according to the rule led down the authors. This test is highly reliable & valid for measuring mental toughness of selected samples. The 't' test was used to find out significant difference among male & female players.

RESULTS & DISCUSSION:

Mean, standard deviation & 't' test were computed to compare volleyball & basketball player's scores and data pertaining to this have been presented in table given below:

Table No. 1

Comparison between Male and Female Players (Volleyball & Basketball) on Mental Toughness

Group	N	Mean	SD	MD	't' Value
Male Players	50	15.02	3.13	0.12	0.97
Female Players	50	14.18	2.37		

$$'t' (0.05) = 1.98, 't' (0.01) = 2.61$$

From table no. 1, result found that male players have more mental toughness ($M=15.02$, $SD=3.13$) as compared to female players ($M=14.18$, $SD=2.37$). The 't' value is 0.97 i.e. no significant difference at 0.05 level.

CONCLUSION:

It was concluded that Male players have more mental toughness as compared to female players.

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COMPARATIVE STUDY ON AGGRESSION AMONG MALE AND FEMALE PLAYERS

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Principal, Baba Parmanand Kanya Mahavidyalya, Jakhepal, Sangrur (Pb) India

ABSTRACT:

The main aim of the study was to compare aggression among male and female (volleyball & basketball) players. The study was conducted on 100 players in which 50 male & 50 female selected as a sample from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis. To assess the aggression of selected players, aggression inventory developed by – Srivastava (1984) was used. This test is highly reliable & valid. The 't' test was used to find out significant difference between two groups i.e. male & female players. Results found that Male players have higher aggression level as compared to female players.

KEY WORDS: Aggression, Male & Female Players etc.

INTRODUCTION:

Today's world is so advanced that every aspect of life is dominated by science and technology sports is not an exception to it. Technology has forever changed our world, and in the process significantly increased the importance of measuring and controlling performance relevant to psychological and physiological variables. Sport science has a significant role in identifying, monitoring, and developing young talented athletes. For best practices and success, coaches need to understand the complex processes in developing athletic expertise. Amongst others, systematic training and well-planned programs may be significant in youth development programs. Researchers also demonstrated that anthropometric, physiological, and skill attributes could be used to predict anticipated skills and expertise in sports. In addition, prediction could be complemented with continuous measurement of physical, cognitive, and perceptual skills, intrapersonal and interpersonal characteristics, and emotional stability.

Aggression is defined as the infliction of an oversize stimulus physical, verbal or gestural upon one person by another. In sports psychology, the term aggression is

generally defined as any behavior that is intended to harm another individual who does not want to be harmed. It is an ability to constantly sustain over the ideal performance state during an adversity in competition. It is also being defined as that unshakable perseverance and conviction towards some goal despite pressure or adversities. Defined mental toughness is a view embedded in a multidimensional framework that includes personal characteristics e.g., winning attitude, handling pressure, concentration and situation. Research has identified tough mindedness and aggressiveness as a personality trait which coincide positively with athletic ability and success. Outstanding performance within elite sport competition often requires simultaneous information processing, decision making, and reaction that are dependent on acquisition of the most relevant visual data from the environment. Over the past 2 decades, sport psychology researchers have used sophisticated technology to identify and measure many of the components of visual attention associated with optimal performance by elite athletes in a variety of sports. However, within elite athlete populations, where physical talent and skill differences are often minute, inter-individual differences in performance are often great, and fluctuations within individual performances are common. Sport psychology deals with these discrepancies by seeking to answer the question of why talented athletes often fail to meet the achievement expectations warranted by their physical talent.

METHODOLOGY:

Following methodological steps have been taken to verify the hypothesis established by the investigator:

SAMPLES:

From 100 Players in which 50 male & 50 female players from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis.

TOOLS:

To assess the aggression of selected players, aggression inventory developed by Srivastava (1984) was preferred. The scoring was done according to the rule led down the authors. This test is highly reliable & valid for measuring aggression of selected

samples. The 't' test was used to find out significant difference among male & female players.

RESULTS & DISCUSSION:

Table No. 1

Comparison between Male and Female Players (Volleyball & Basketball) on Aggression

Group	N	Mean	SD	MD	‘t’ Value
Male Players	50	526.74	39.20		0.38
Female Players	50	534.72	52.23		
‘t’ (0.05) = 1.98, ‘t’ (0.01) = 2.61					

From table no.1, result indicated that female players have higher aggression level (M=534.72, SD=52.23) as compared to male players (M=526.74, SD=39.20). The 't' value is 0.38 i.e. no significant difference at 0.05 level.

CONCLUSION:

Male players have higher aggression level as compared to female players.

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COMPARATIVE STUDY ON MENTAL TOUGHNESS AMONG FEMALE VOLLEYBALL PLAYERS AND FEMALE BASKETBALL PLAYERS

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ABSTRACT:

The aim of the study was to find out the mental toughness among female volleyball players & female basketball players. The study was conducted on 50 players in which 25 volleyball & 25 basketball selected as a sample from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis. To assess the mental toughness of selected players, mental toughness inventory developed by Sandeep Tiwari (2006) was used. This test is highly reliable & valid. The 't' test was used to find out significant difference between two groups i.e. volleyball players & basketball players. Results found that Female basketball players have better mental toughness as compared to female volleyball players.

KEY WORDS: Mental Toughness, Female Players etc.

INTRODUCTION:

Mental Toughness is the capacity for an individual to deal effectively with stressors, pressures and challenges and perform to the best of their abilities irrespective of the circumstances in which they find themselves".

The two men in front have great freedom to pressure the ball. They can move out toward the center and influence the ball handler to the right or left side so that the initial pass will be into a sideline area, allowing for double-team or trapping in these areas. When a trap is sprung in a corner, the far defensive player must anticipate a pass by observing the arm and head movements of the player caught in the trap with the ball. The back-line men must constantly be aware that this defense starts from the basket out and never allows anyone in the low post area to not be covered by a defender. Boxing on a rebound is very important. However, it is not as important as getting the ball. Boxing is a momentary action intended to impede the path of an

opponent and delay his ability to go after the ball. I have seen many games lost due to a great box out but nobody went after the ball.

In addition, boxing out is a confusing term. Previously we discussed rebounding position (around the NBA block/charge line). What would you do if your opponent is inside of you in that rebounding position? You can't box him out because he is inside of you. I would box him in, turn and push him toward the basket. What if you are under the basket with your defender on your back? Would you box him out into good rebounding position? I would turn and box him in, under the basket.

When boxing out, find your man as soon as a shot goes up. Pivot in the most comfortable and efficient way you can, into an athletic position that looks like you are sitting on a chair. Immediately your arms go up, your elbows go out and your hands get ready to grab the ball. We discussed above the reasons for getting your arms up and hands ready (see skills).

The purpose for getting your elbows out is NOT to hit anyone, but it does make you wider and more difficult to go around. In this position, bump your man with your butt and then go after the ball. Boxing out (or in) is not only a defensive maneuver but can be an offensive maneuver as well. Use it any time you are in position to do so. Be aggressive and take control of the situation. Don't wait for your man to make a move, go and get him before he has a chance to move. Remember, to be a good rebounder or a good rebounding team doesn't necessarily mean you get every rebound, just be sure your opponent doesn't get it.

METHODOLOGY:

Following methodological steps have been taken to verify the hypothesis established by the investigator:

SAMPLES:

From 50 Players in which 25 female volleyball & 25 female Basketball Players from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis.

TOOLS:

To assess the mental toughness of selected players, mental toughness inventory developed by Sandeep Tiwari (2006) was used. The scoring was done according to the rule led down the authors. This test is highly reliable & valid for measuring mental toughness of selected samples. The 't' test was used to find out significant difference among volleyball & basketball players.

RESULTS & DISCUSSION:

Mean, standard deviation & 't' test were computed to compare volleyball & basketball player's scores and data pertaining to this have been presented in table given below:

Table No. 1

Overall Comparison between Female Volleyball Players & Basketball Players on Mental Toughness

Group	N	Mean	SD	MD	't' Value
Volleyball (Female)	25	17.61	5.21	2.55	2.11*
Basketball (Female)	25	20.16	4.02		

't' (0.05) = 1.98, 't' (0.01) = 2.61

From table no.1, result showed that female basketball players have better overall mental toughness (M=20.16, SD=4.02) as compared to female volleyball players (M=17.61, SD=5.21). The 't' value is 2.11 i.e. both the group are differ at 0.05 level.

CONCLUSION:

Female basketball players have better mental toughness as compared to female volleyball players.

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COMPARATIVE STUDY ON MENTAL TOUGHNESS AMONG MALE VOLLEYBALL PLAYERS AND MALE BASKETBALL PLAYERS

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ABSTRACT:

The main purpose of the study was to compare mental toughness among male volleyball players & basketball players. The study was conducted on 50 players in which 25 volleyball & 25 basketball selected as a sample from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis. To assess the mental toughness of selected players, mental toughness inventory developed by Sandeep Tiwari (2006) was used. This test is highly reliable & valid. The 't' test was used to find out significant difference between two groups i.e. volleyball players & basketball players. Results found that Male volleyball players have better mental toughness as compared to male basketball players.

KEY WORDS: Mental Toughness, Volleyball Players, Basketball Players etc.

INTRODUCTION:

Mental Toughness is the capacity for an individual to deal effectively with stressors, pressures and challenges and perform to the best of their abilities irrespective of the circumstances in which they find themselves". The 4Cs of mental toughness:

- Control
- Commitment
- Challenge
- Confidence

Mental toughness is the ability to concentrate on the proceeding of a particular sporting discipline and not let the pressure of the match situation or the sense of occasion to get the better of the players. Aggression among human is as old as the

human race. Aggression is defined as the deliberate to harm another person. This includes physical, psychological as social harm is the primary focus on the other hand highly tough behavior within the rules of the games is not aggression.

Today's world is so advanced that every aspect of life is dominated by science and technology sports is not an exception to it. Technology has forever changed our world, and in the process significantly increased the importance of measuring and controlling performance relevant to psychological and physiological variables. Sport science has a significant role in identifying, monitoring, and developing young talented athletes. For best practices and success, coaches need to understand the complex processes in developing athletic expertise. Amongst others, systematic training and well-planned programs may be significant in youth development programs. Researchers also demonstrated that anthropometric, physiological, and skill attributes could be used to predict anticipated skills and expertise in sports. In addition, prediction could be complemented with continuous measurement of physical, cognitive, and perceptual skills, intrapersonal and interpersonal characteristics, and emotional stability.

Badminton is a great game that everyone can enjoy, regardless of size or shape. It's great for anaerobic fitness, your reactions will improve and your explosive power will benefit. Badminton origin chronicles dated to second century BC, China, records a game similar to modern badminton, and may be the earliest version of the game. Badminton acquired its name from Badminton House in Gloucestershire, England home of the Duke of Beaufort and evolved during the 1870s. However, some people believe that badminton originated from the children's game of battledore or shuttlecock.

METHODOLOGY:

Following methodological steps have been taken to verify the hypothesis established by the investigator:

SAMPLES:

From 50 Players in which 25 volleyball & 25 Basketball Players from different colleges of Punjabi University, Patiala. The age of the sample ranged from 18-25 years and all the samples were selected from random basis.

TOOLS:

To assess the mental toughness of selected players, mental toughness inventory developed by Sandeep Tiwari (2006) was used. The scoring was done according to the rule led down the authors. This test is highly reliable & valid for measuring mental toughness of selected samples. The 't' test was used to find out significant difference among volleyball & basketball players.

RESULTS & DISCUSSION:

Mean, standard deviation & 't' test were computed to compare volleyball & basketball player's scores and data pertaining to this have been presented in table given below:

Table No. 1

Comparison between Male Volleyball Players & Basketball Players on Mental Toughness

Group	N	Mean	SD	MD	't' Value
Volleyball (Male)	25	19.79	1.96	0.78	2.04*
Basketball (Male)	25	19.01	1.69		

From table no.1 result found that male volleyball players have better overall mental toughness ($M=19.79$, $SD=1.96$) as compared to male basketball players ($M=19.01$, $SD=1.69$). The 't' value is 2.04 i.e. significant difference at 0.05 level.

CONCLUSION:

It was concluded that Male volleyball players have better mental toughness as compared to male basketball players.

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SPORTS LAW: RELEVANCE OF LEGAL ASPECTS IN SPORTS IN THE CONTEMPRORY WORLD

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ABSTRACT:

Over the years, sports have come to play an increasingly prominent role in our society and daily life. The passion for sports is not just held by the players and fans, but also extends to institutions and corporations. Sports constitute an important cultural phenomenon and in modern day sports now have its own complex rules, are highly organized and may involve various areas of law. These laws affecting sports and recreation management include liability for sporting injury and damage, sports and media law, professional athletes' contract of employment, and the issue of doping involving performance-enhancing drugs. The importance of sports law is increasing, access to sports information and resources are becoming easier and their satisfaction in learning this subject is increasing, therefore their perception on the relevancy of learning sports law is becoming more affirmative and positive. As teaching the sports law is an ambitious undertaking, it requires serious preparation to cover the wide topics of the subjects.

Thus the results of this study indicate that to attract the interest of the non-law students in understanding the relevancy of this sport law to their related field can be seen through several mechanism. For example, the law lecturers have to keeping up with the knowledge in sports in relation to the new reports, legal decisions and other relevant topics.

This research is conducted to ascertain the students' perception on the relevance of learning these subjects towards enhancing the knowledge on sports law in their related field of works. The paper presents the findings of the students' perceptions on the relevance of learning these subjects in the contemporary world.

Keywords: Sports Law, Perception, Legal Education, Non-law students, Factor Analysis

Introduction

No one can deny the fact that since time immemorial sports and games were part and parcel of Indian culture and civilisation. So, to maintain the dignity in the field of sports and games, we need some laws, rules and regulations. Sports law is not only an applied law in the field of sports but also a blend of laws in a number of jurisdictions. Sports law means the law which is used to govern all sports and performances at professional as well as armature level. In India various sports have been played and to govern these sorts there is a necessity for enactment of sports law. If we talk regarding the present scenario, sports is the largest industry in the world for generating revenues but the saddest part is that in India yet laws which are related to sports are vague and unclear. Presently any legal aspects which are related to sports are being dealt with other legislations like labour law, contract law and competition law. There are various stakeholders who are involved in sports and a huge amount of private money is invested to fund sports as well as to boost up the sportsman spirit. So, to protect the interest of those stakeholders as well as to put restriction over the illegal activities, there is a necessity for proper legal regularity mechanism.

Sports law has an unusually well developed pattern of globalized regulation and overlaps substantially with labor law, contract law, criminal law, public law, administrative law, antitrust law, competition law, intellectual property rights law, law of tort, media law, company law, human rights law etc. These laws have been applied to sporting context involving public order, drugs, safety, disciplinary measures, conduct and wider issues relating to restraint of trade, anti competitive behaviour, match fixing and the commercial exploitation of sports. Issues like defamation and privacy rights are also an integral aspect of sports law. In India sports figures in the State list of the Seventh Schedule (entry 33) of the Constitution.

Organisation of sports in India

If we talk regarding the sport, the club is the basic unit at the ground level and when we talk about the top hierarchy, the international sports is at the topmost. In India there is no national and state legislation for the regulation of sport. To create the infrastructure as well as to promote the capacity building, the government of India established the ministry of youth affairs and sports. These ministries help in achieving Excellencies in various competitive events at national as well as international level. The primary

responsibility of the sports federation is to promote sport and the ministry of sports and youth affairs issue various guidelines and notification time to time for the purpose for proper regulation. The sports law in India is governed by the following mechanism:-

- National Sports Policy
- Sports Law and Welfare Association of India
- Sports Authority of India
- The Sports Broadcasting Law in India.

National sports policy

National sports policy was levied down in the both houses of parliament i.e. rajya sabha and lok sabha. The basic objective of this sports policy was to raise the standard of sports in the country. The sports policy should be reviewed once in every five year to determine the further course of action as may be necessary for the proper functioning. But it was seen that the implementation of the said was not complete. In order to reformulate national sports policy 1984, national sports policy 2001 was drafted. The objectives of national sports policy 2001 are as follows:-

1. The first and foremost objective was to define the area of responsibility of agencies which ~~are involved~~ for the ~~formation~~ as well as development of the sports.
2. The second priority was to able the government sponcership and assistance. The other idea was to make the priority and set the other details of the federations.
3. The third condition was to state the condition for the eligibility which the government will insist upon while releasing branch to sports federation.

In accordance with the provisions of the National Sports Policy, 2001, the Central Government pursues the objectives of "Broad-basing" of Sports and "Achieving Excellence in Sports at the National and International levels" in a combined effort with the State Government, the Olympic Association and the National Sports Federation. The Government of India and the Sports Authority of India, in association with the Indian Olympic Association and the National Sports Federations, are expected to focus specific attention on the objective of achieving excellence at the

National and International levels. The National Sports Policy aims to pursue inclusion of "Sports" in the Concurrent List of the Constitution of India and introduction of appropriate legislation for guiding all matters involving national and inter-state jurisdiction.

Sports law and welfare association of India

The Sports Law and Welfare Association of India is a national non-profit and professional organization which work with the common goal of understanding, advancement, and ethical practice of Sports Law in India for the promotion of Sports, by bringing Legal Practitioners and Sports persons together. The Association provides consultancy on various matters including regulation of sports governing bodies, general sport and law issues, intellectual property issues in sport, online advocating in legal disputes of sports in court on behalf of sports persons and sports bodies, etc. The Sports Law and Welfare Association of India aims to further the discussion of legal problems affecting sports and to promote the exchange of a variety of perspectives and positions of sports law and provide a forum for lawyers representing athletes, teams, leagues, conferences, civic recreational programs, educational institutions and other organizations involved in professional, collegiate, Olympic, physical education and amateur sports.

Sports Authority of India

The Sports Authority of India was established to fulfil the need of an apex body to coordinate various sports activities in India. The success of the IXth Asian Games at Delhi has raised sports consciousness and enthusiasm in India which in turn, motivated the Government of India to focus on sports development to encourage physical fitness among youth and to direct their energy towards excellence. The Sports Authority of India has gradually, extended its operations to promote broad base sports. The other thrust areas of SAI include provision of strengthening of inputs for excellence and various supportive programmes, such as Academic Programmes, Coaching and Physical Education Awareness Programmes and Scholarship Schemes as incentives to sportspersons. The Sports Authority of India operates various Schemes at sub-junior, junior and senior level and endeavours to broad base sports and develop excellence by upgrading the skills of Indian sports persons.

The Sports Broadcasting Law in India

The Sports Broadcasting Signals (Mandatory Sharing with PrasarBharati) Act was passed in 2007 with an objective to provide access to the largest number of listeners and viewers, on a free to air basis, of sporting events of national importance through mandatory sharing of sports broadcasting signals with Prasar Bharati and for matters connected therewith or incidental thereto. The Act provides that any content right owner or holder television or radio broadcasting service provider shall not carry a live television broadcast on any cable or Direct-to-Home network or radio commentary broadcast in India of sporting events of national importance, unless it simultaneously shares the live broadcasting signal, without its advertisements, with the PrasarBharati to enable them to re-transmit the same on its terrestrial networks and Direct-to-Home networks in such manner and on such terms and conditions as may be specified.

Proposal and conclusion

The Indian Sports industry has progressed by leaps and bounds. Sports have assumed a corporate form with the number of commercial interests involved. With increasing market maturity and the need for clear and comprehensive legal documentation, sport issues are slowly becoming a major focus as contracts must be able to clarify parties' expectations and commitments, must protect the athlete's and the brand's big-picture interests and must factor in regulatory, legal and other risks inherent in the industry. The country has reached a stage where India needs a legislation that deals with sports law. India's failure in all the international sports events is an indication of poor infrastructure and corruption which exists within the federations. In order to meet the increasing demands of the changing scenario, national as well as international, it is important that a uniform code for sports be promoted.

Like India, USA and UK do not have a national legislation to regulate sports and the sports federations in the country. However, the enactment of legislations in all the three categories of sports law i.e. amateur, professional and international athletes of US gives protection to the interest of the sportsmen. The key issues faced by the Indian sports include:

- Inefficient or inappropriate deployment of funds
- Mistakes in management Non-accountability for results

- Prejudice in selection procedures for national teams
- Undemocratic or unethical electoral practices in sports bodies

Thus India needs a national legislation for promotion, development and uniform regulation for sports in India. Sport figures in the State list of the Seventh Schedule (entry 33) of the Constitution. Though there was a proposal to include sports in Concurrent List over which both state as well as centre will be competent to make laws, however, the government has failed to do so. Further the government has failed to implement National Sports Policy of India even after its repeated attempts. The Parliament must enact a national legislation on sports wherein:

Firstly, it shall provide for establishing a Sports Commission to regulation of sports in India. The Sports Commission shall:

- Advise the Ministry of Sports and Youth Affairs regarding sports;
- support talent identification and promote and foster development and participation in sports at all levels of foundation, participation, performance and excellence;
- ensure an adequate allocation of funds and resources to national and provincial sports federations and their affiliated bodies;
- monitor and take measures to ensure the proper use of funds allocated by the Sports Commission to sports federations;
- Must oversee the implementation of sports policies in India etc.

Secondly, the legislation on sport shall aim at promotion of sport, right from the school level by integrating sports with education by making it a compulsory subject of learning up to the Secondary School level. An appropriate Inter-school and Inter-College/University competition structure shall be introduced at the National, State and District levels.

Thirdly, in addition to the Union and State Governments, the sustained involvement of other agencies, including the Panchayati Raj Institutions, Local Bodies, Educational Institutions, and Sports Federations/Associations in the creation, utilization and proper maintenance of the Sports infrastructure like play fields and stadium, both in rural and urban areas.

Fourthly, the sports federations and associations shall no more be autonomous and shall register itself under this legislation instead of Societies Registration Act and the allocation of funds to these federations shall be routed through the Sports Commission established under the Act. These federations must be accountable to the Sports Commission in respect of fund. The Sports Commission shall have the power to carry out investigation in respect of any misappropriation of funds.

Fifthly, the Sports Commission shall be empowered to carry out dispute resolution. It shall be empowered to constitute panels for adjudicating disputes and punish offenders for violation of code of conduct, offenders under national anti doping rules etc.

Sixthly, the organization like Sports Authority of India shall be under the control of the Sports Commission and shall solely aim at coordinating various sports activities in India.

HOW DOES MEDITATION HELP ATHLETES?

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Abstract:

Meditation isn't just for monks seeking enlightenment -- scientific research shows that athletes can also benefit from the practice. The improved concentration, relaxation and endurance that result from meditation help athletes of all ages excel. Visualization techniques employed during meditation can also lead to success on the track, court or field. Whatever your sport, introducing meditation into your life, or even just meditating hours before a game, can make a difference when it comes to winning or losing.

Introduction:

Meditation is a practice where an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in it. The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force (qi, ki, prana, etc.) and develop compassion, love, patience, generosity, and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration meant to enable its practitioner to enjoy an indestructible sense of wellbeing while engaging in any life activity.

How Does Meditation Help for Athletes?

Relaxation:

Stress during a game can interfere with athletes' judgment and cause poor performance. Meditating before a game helps to reduce stress levels and enable an athlete to feel relaxed, calm and focused. The combination of relaxation and alertness is key to succeeding at many sports.

Endurance:

Some endurance athletes, such as Cycling Hall of Famer John Howard, use meditation along with visualization techniques to improve staying power. Meditation enhances both performance and the ability to enjoy the exercise, even during long distances such as cycling marathons. Tuning into your breathing can turn a potentially grueling endurance race into miles of relaxing breathing meditation, transforming a potential ordeal into an opportunity for enjoyment.

Mindfulness:

According to George Mumford, a meditation teacher who has worked with the Chicago Bulls and the Los Angeles Lakers, meditation increases an athlete's chances of being in the zone, or playing at the highest level possible. Meditation does this by heightening your mindfulness, or awareness, which permits you to immerse yourself to a greater degree in your surroundings and see what, must be done at any given time.

Concentration:

The distractions of raucous fans or knowing a significant other is in the stands can affect an athlete's performance. Meditation improves concentration, which helps you filter out unwanted noise or thoughts and focus on the game. This ability to concentrate throughout any distraction can greatly improve an athlete's performance. Concentration mutes the effect of catcalls from the stands during a tense penalty shot or efforts by an opposing team to derail the attention of competitors.

Conclusion:

With the Olympics fully in swing there are many stories circulating not only about the physical training that athletes endure but also how mental conditioning plays a key role in performance. Sports psychologists have long argued about the ratio of physical vs mental in competition but there is no disagreement over whether the mental side of the equation is critical to success. Our lives are constantly put on hold with worries and stress; they take us out of the present. Arguably, one of the most stressful jobs is that of an athlete where, in many cases, you get only one shot to succeed. Meditation, just like weight training, for example, makes up the toolbox of preparation that an athlete needs in order to prepare for the big event. Meditation allows athletes to strengthen their drive, focus on present task at hand and drop all distractions that may

interfere with winning. Novak Djokovic, both an Olympian and possibly the greatest tennis player of all time, claims in his book *Serve to Win* that he practices mindfulness meditation for 15 minutes every day. Gold medal winning figure skater Javier Fernandez credits Muse for helping him build an ongoing meditation practice.

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IMPROVE ATHLETIC PERFORMANCE WITH YOGA

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Abstract:

In a glance, yoga may seem like just a light muscle stretching activity with all those delicate moves. But in fact yoga is really not that simple to perform. Those slow moving stretches could give a huge impact on a person's body in a good way. Not only for average people, but for professional athletes like Serena Williams, Pete Sampras and even NFL team members from Miami Dolphins and New York Giants are practicing yoga to improve their performance on the field.

Yoga is believed to be able to help these athletes increase their strength, stamina, focus, flexibility and balance out their bodies after a long hard physical training that sometimes causes imbalance as a result of over stretching and over strengthening.

Introduction:

The ancient practice of yoga is thousands of years old. It was first brought to India 3,500 years ago by nomads from central Asia practicing an intellectual discipline they referred to as 'Yoga'. It was a way of using the mind to restrain the senses and control the body. The main tradition practiced in Western Europe is Hatha Yoga which is based on the Hatha Yoga Pradipika, which is a sort of manual of Patanjali's Yoga Sutras. It describes how to train the body, so that it can be used as a means of enlightenment. Below are some of the main reasons why yoga is being practiced by professional athletes and also highly recommended for sports addicts in order to improve their performance:

Improving Focus:

When playing a competitive sport you have to be active outside but need to be calm and stay focused on the inside. This is easier said than done. Try doing that in a football field when running towards the end of the line waiting for a pass, while a bunch of mean big guys running after you trying to crush your bones, now that's what I call a difficult situation to stay in focus.

However yoga can make it possible for you to stay focused even in the most difficult situation through its breathing technique. With yoga it is possible for you to feel relaxed under all kinds of situations thus will make your mind become more still and centered. Increasing your focus means better concentration, which leads to overall stability of mental states, and that's exactly what is needed by an athlete to win a game.

Increasing Balance and Core Strength:

In order to preserve the balance in your body, you must strengthen the core, which is the center of your body. The human body is divided into two major muscles groups, the upper body muscles and lower body muscles. The core is the one that has the duty to balance these so they can work synergistically; therefore, it has to be strengthened. Perhaps there is no better way of understanding and achieving this other than practicing yoga.

Increasing Flexibility:

No doubt that yoga is the best way to increase flexibility. Flexibility is very much needed for an athlete to be able to jump higher, hit harder, reach further or run faster. Sometimes in order to achieve the desired results an athlete would force their bodies to an extreme training which can cause the muscles to become too tight. Yoga can help to loosen these muscles and make them flexible again.

Help Connecting the Mind and Body:

Perhaps a better way to describe this is you have to be able to communicate better with your body in order to bring out its best potentials. As yourself awareness grows, your body will be stronger. An athlete should also be able to listen to their body by paying attention to the signals given by it and respond to it properly, and yoga is the best way to help you doing this.

Decrease the Risk of Injury:

Injury is the worst enemy for an athlete. It could make an athlete miss an important match or competition, or even worse it could end a great career. By practicing yoga, the increased flexibility can help to decrease muscle strains, which can reduce the risk of an injury, therefore athletes can play more safely in whatever sports they are participating.

Conclusion:

Yoga is able to mobilize joints, stretch tissues and ligaments, tone muscles, bring flexibility to the spine and strengthen internal organs. Yoga exercises are based on the formula of stretching, relaxation, deep breathing, increasing circulation and concentration. As such, yoga is beneficial to a professional athlete as it enables them to strengthen their concentration ability, foster a calm and relaxed mind, and enhance the mind / body connection allowing an athlete to have greater muscle coordination and fluidity of movement. Yoga is also beneficial to a professional athlete as it positively contributes to the health and vitality of the body, strengthens internal organs such as the heart, lungs and liver and helps to maintain fitness and agility. Yoga also helps to reduce stress and anxiety, cultivate self confidence and self-belief. All of these elements are pivotal to sporting excellence and peak performance. As highlighted above, in order to perform a sporting action efficiently and effectively, a person needs to have a high degree of concentration and focus with a mind that is calm and controlled. Swami Sivananda states the importance of mind control; he asserts "without concentration you cannot have success in any walk of life". Yoga can help a sportsperson to have evenness of mind and control of their thoughts even during stress and/or adversity. Yoga is able to help a person have control over their body through control of their mind. As such, Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their peak level.

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