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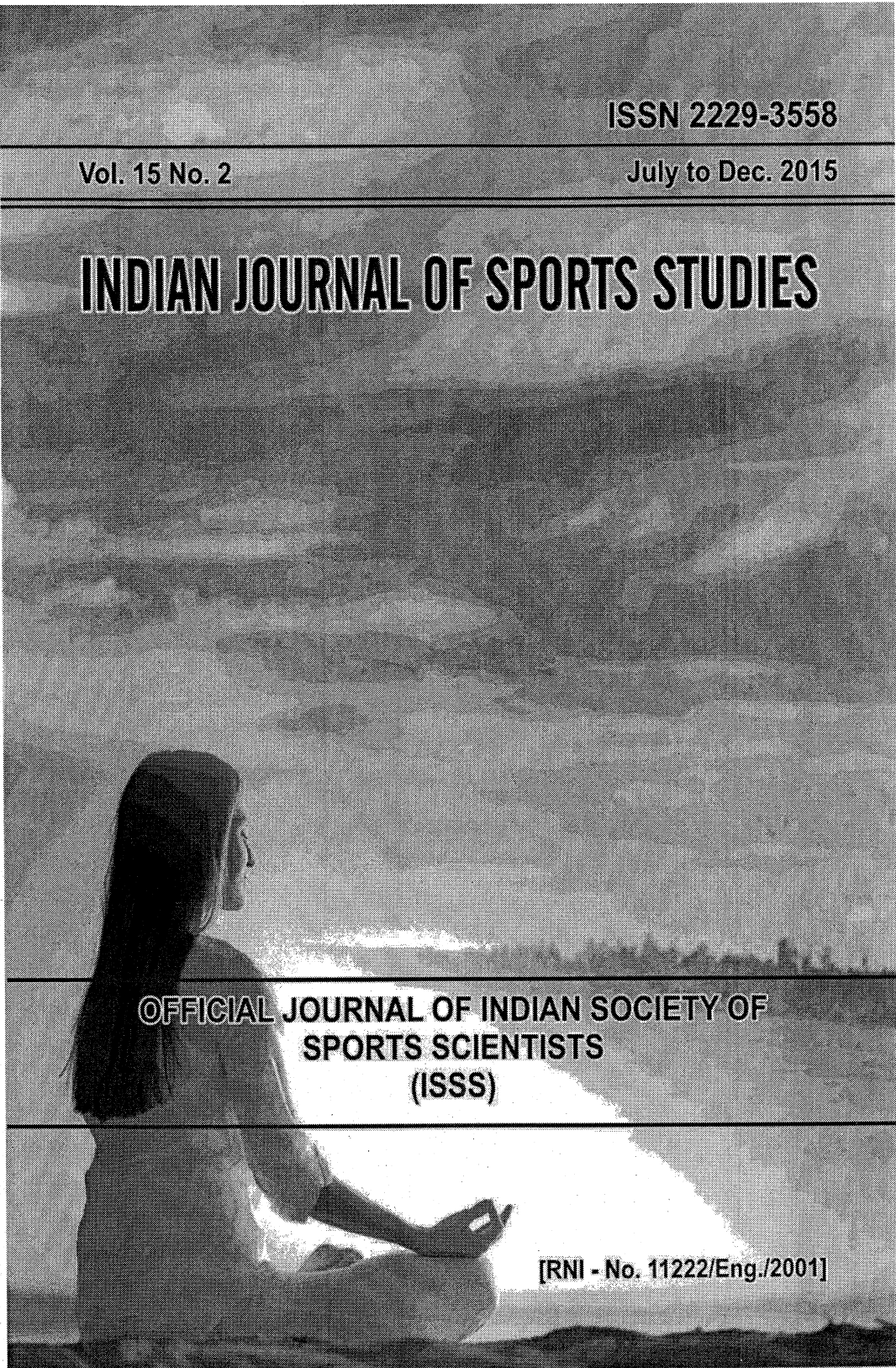
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## **PREFACE**

Same people are often mistaken in defining physical Education they often assume that physical education with Sport education. Simply put physical education is clarified as a process of education through physical activity. The goal is the development of individuals who are acquired through experiential motion. In a broader Context physical education is a means to encourage the development of motor skill, physical abilities knowledge, appreciation of the value and habituation healthy lifestyle leads to stimulate growth and balanced development.

The present volume paper are presented during International Conference which was held from 15-17 July 2015.

**Prof. N.B. Shukla**

Editor

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# ANTHROPOMETRIC MEASURES OF S.A.I. ATHLETES RELATION TO TRIPLE JUMPERS

***Dr. Khurshied Ahmed***

Assistant Director, University Sports Board, B.H.U., Varanasi

## ***Abstract***

*The main aim of the study was to observe the various anthropometrical measurements of the S.A.I. athletes specifically the triple jumpers. For the purpose of the study 20 Triple Jumpers who were training at S.A.I. hostel, Amausi, Lucknow, S.A.I. hostel U.P. College, S.A.I. hostel Saifi sports hostel were selected. The age of the subjects 14 to 19 years. The researchers took anthropometrical measurements of the jumpers and developed a survey chart of these S.A.I. athletes.*

## **Introduction**

LIKE AS THE ATHLETE FLINGS THE FLYINGS SPHERE TO REACH THAT GOAL HIS EYE STILL FOLLOWS FAR OUR DREAMS TAKE FLIGHT THROUGH EACH SUCCEEDING YEAR FOR EVER SOARING FORWARD SOME DISTANT STAR

-Ethel Me Kenzie

Every Sports performance lies a lifetime of discipline, consuming passion and unique talent. All these essential for changing the horizons of games and sports.

Track and field athletes are the inevitable growth of basic energies and urge in man. The modern track and field competitions include three broad categories of events namely, running events, jumping events, and throwing events. To run, to jump, and to throw are not merely natural activities of the large muscles and vital organs. They are the primary means of development of an individual.

The athlete objective in long jump and triple jump is to jump; a maximum distance in a linear direction. While the basic factors influencing each of these distances in each phase of the triple jump are essentially the same as those that apply in the case of the long jump, in triple jump the take-off and landing for each of the first two phases must be modified name what to allow for the phases that follow.



Triple jump is a combination of these two : The first hop and a successive hop. i.e. a hop on the same leg. The second hop (step) and on alternate hop, while the third (jump) is a long jump which concludes the exercise. As far as the run-up is concerned, the basic concept is more or less the same as in the long jump.

The triple jump appears simple, but is much more than a variation of the long jump. The athlete runs fast, hops on one foot, steps on to the other foot. Pulls the legs through while jumping and land on both feet simultaneously. Performance is a composite, a total of three separate efforts whereas the other jumping events call for a single leg effort.

#### **Method →**

For the purpose of the study 20 male Triple Jumpers were selected from S.A.I. hostel, Amausi, Lucknow, S.A.I. hostel U.P. College, S.A.I. hostel Saifi sports hostel. For the purpose of the study following anthropometrical measurements were selected that are Height, leg length, foot length, thigh girth, weight were taken for the survey study. The age of the subjects ranges from 14-19 years.

**Findings of the Study - Table 1**

	<b>Weight (Kg.)</b>	<b>Height Mtrs</b>	<b>leg Len.(m)</b>	<b>Thigh Girth(cm)</b>	<b>Foot Len (cm)</b>
<b>1</b>	<b>61</b>	<b>1.72</b>	<b>1.04</b>	<b>55</b>	<b>27</b>
<b>2</b>	<b>57</b>	<b>1.72</b>	<b>1.03</b>	<b>53</b>	<b>26</b>
<b>3</b>	<b>59</b>	<b>1.70</b>	<b>1.03</b>	<b>49</b>	<b>26</b>
<b>4</b>	<b>57</b>	<b>1.68</b>	<b>0.99</b>	<b>52</b>	<b>25</b>
<b>5</b>	<b>57</b>	<b>1.67</b>	<b>0.97</b>	<b>55</b>	<b>24</b>
<b>6</b>	<b>59</b>	<b>1.68</b>	<b>0.99</b>	<b>50</b>	<b>24</b>
<b>7</b>	<b>60</b>	<b>1.70</b>	<b>1.03</b>	<b>50</b>	<b>26</b>
<b>8</b>	<b>60</b>	<b>1.72</b>	<b>1.04</b>	<b>48</b>	<b>26</b>
<b>9</b>	<b>58</b>	<b>1.67</b>	<b>0.99</b>	<b>47</b>	<b>24</b>
<b>10</b>	<b>61</b>	<b>1.74</b>	<b>1.06</b>	<b>46</b>	<b>27</b>
<b>11</b>	<b>62</b>	<b>1.68</b>	<b>1.60</b>	<b>47</b>	<b>27</b>

12	57	1.66	0.99	45	25
13	55	1.66	0.97	45	24
14	59	1.68	0.99	48	25
15	60	1.71	1.03	50	26
16	62	1.73	1.04	54	27
17	61	1.72	1.04	50	26
18	58	1.67	0.99	50	25
19	59	1.68	0.99	48	25
20	58	1.67	0.98	50	27

### Discussion of finding-

The aim of study was to find out various anthropometrical measurement of different parts of an athlete body such as height, leg length, thigh girth, foot length and weight. Table 1 clearly reveals that the S.A.I. athletes studying in various S.A.I. sports hostels have the above mentioned measurement of various body parts.

**Conclusion:** The survey of the various measures of different body parts are revealed from the present study. It may be concluded that above mentioned measures are of the athletes specially triple jumpers are of some S.A.I. sports hostel of Uttar Pradesh.

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## THE LEVEL OF SELF CONFIDENCE AMONG NATIONAL WOMEN FOOTBALL PLAYERS

*Dr. Vandana Gupta*

Assistant Professor, Dept. of Physical Education; V.M.L.G College, Ghaziabad

### Abstract

*The purpose of this study was to study the level of self confidence in national women football players. Sports Confidence Inventory (SCI) prepared by Robin S. Vealy 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 player.

Self Confidence involves thoughts and images reflecting the beliefs that one has the capacity to perform the actions required for success.

It is believed that self-confidence is vital to successful athletic participation. Athletes invariably say that the key to success is believing in themselves and they back it up by exuding self-confidence in their play. On the other hand lacking in self-confidence, which probably arises out of self-doubts, causes an athlete to fall from the ladder of success because they begin to behave in accordance with those doubts. They expect to fail, which in turn leads to actual failure, which confirms their negative self-image. Thus self-doubts are negative expectations of diffident sportsmen undermine their performance by creating anxiety, loss of concentration and uncertainty of purpose.



Diffident athletes frequently focus so intensely on their shortcomings that it distracts them from attending to the things essential to good performance.

### **Purpose of the Study**

The purpose of the present study was to assess the Self Confidence 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.

### **Hypotheses**

It was hypothesized that:

1. There would be a High level of self confidence in senior and junior national players.
2. There exists no significant difference in self confidence among senior and junior national women football 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 Confidence Inventory (SCI) prepared by Robin S. Vealy was used for this study. A reliability quotient of 0.73 has been reported for the Sports Confidence Inventory.

Sports confidence inventory has thirteen items. Every question has nine possible responses, i.e. 1 to 3 low, 4 to 6 medium, 7 to 9 high. The subjects were instructed to respond to each question how they felt by placing a circle on the appropriate response.

Table-1 shows the category of subjects according to their raw/mean scores:

**Table-1**

<i>Raw/Mean Score</i>	<i>classification</i>
13-47	Low Self-Confidence
48-82	Moderate Self-Confidence
83-117	High Self-Confidence

### **Statistical Procedure**

Responses obtained from the subjects on each statement Sports Confidence Inventory (SCI) 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**

Table-2 shows the mean score and standard deviation of senior national (N=160) and junior national (N=150) female football players in self confidence were found to be  $76.88 \pm 13.06$  and  $70.17 \pm 16.92$  that indicates moderate level of self confidence in both the samples. Table – 2 compares the mean scores of senior and junior national female football players in the level of self confidence.

#### **Comparison of Mean Scores of Senior and Junior National Women Football Players in Self Confidence**

<i>Group</i>	<i>N</i>	<i>Mean</i>	<i>S.D</i>	<i>t-value</i>
Senior National	160	76.88	13.61	3.834*
Junior National	150	70.17	16.92	

\*significant at 0.05 level

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

Table 2 shows t value between the mean scores of self confidence among senior national and junior national women football players is 3.834. Table value of t at 0.05 level is 1.97. So there is significant difference in level of confidence in senior and junior national women football players. Senior national women football players have significantly higher level of self confidence as compared to junior national women football players.

### Conclusion

Data reported above suggest that women senior and junior national players experience moderate level of self confidence in sports competition and there is significant difference between the groups in self confidence level.

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## A COMPARATIVE STUDY OF VITAL CAPACITY OF SPORTSMAN AND NON SPORTSMAN

**Dr. AnandPrakash**

Assistant Professor S.B.P.G. College, Baragaon, Varanasi

### **Abstract**

*The purpose of the study was to compare vital capacity of sportsman and non sportsman students of S.B.P.G. college baragaon, Varanasi. The study was conducted on sixty students. They were selected randomly from the college. The vital capacity was measured by using spirometer. The 't' test was used at 0.05 level of significance. There was significant difference between the sportsman and non sportsman. On the basis of findings the result of the study vital capacity of sportsman was better than the non sportsman.*

### **Introduction**

The history of human being witness to the fact that as man was busy in this day to-day routine work in absence of modern means of life. They do have the problem faced by the today'sman. The development in the field of technology has provided numerous comforts to the modern men compared to it. Science applied to sports has enabled modern youth to develop physical and physiological capacities beyond anything earlier imagined.

One of the important, remarkable, beautiful, valuable and priceless thing that god has created particularly on the earth in human life. Therefore it is necessary to protect and maintain human life in order to achieve higher goals and objectives and also live a happy and meaningful life. To develop health and fitness and to lengthen life, the scientists and researchers have devoted their lives to invention of medicine that protect life from various diseases and health related equipments that measure that physical, physiological and psychological parameters of individual will to discover new things in this fields are highly remarkable and admirable in the history of men and civilization

Vital capacity is the maximum amount of air a person can expel from the lungs after a maximum inspiration. It is equal to the inspiratory reserve volume plus the tidal volume plus the expiratory reserve volume. A person vital capacity can be a wet or regular spirometer. In combination with other physiological measurements, the vital capacity can help make a diagnosis of underlying lung disease. The unit that is used to determine this vital capacity is in the milliliter (ml). A normal adult has a vital capacity from three to five litres.

### Methodology :

The purpose of this study was to compare the vital capacity of sports man and non sports man students. The subject were sixty male students (Thirty sportsman and thirty non sports man) of S.B.P.G. College, Baragaon, Varanasi. The age of the students from 17 to 25 years. Vital capacity measured in liters and instrument used wet spirometer. Data was collected in the morning session. Before the data collection, instruction was given properly to all the subjects or students. Total three trials was given to the subjects and best score was taken for the study 't' Test was used. The level of significance was set at 0.05 level of confidence.

### Result and Discussion :

**Table – 1**

Comparison of the means of vital capacity of sportsman and Non-sportsman

Group	Mean	Standard Deviation	't' ratio
Sports man	3.87	0.48	5.96
Non Sports Man	3.14	0.41	

't' value to be needed at 0.05 level of confidence with 58 degree of freedom is 2.00

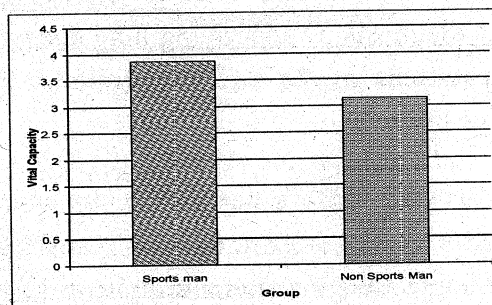
It was inferred from table-1 that there was significant difference found in the vital capacity of sportsman and non sportsman students. The 't' value needed for significance is 2.00 and as the obtained value is more than the needed value i.e. 5.96.

Non sportsman has less mean value (3.14) in vital capacity comparison to sportsman mean value (3.87).

The result prove that there was significant difference found in vital capacity between sportsman and non-sportsman students. The sportsman students always involved in the

physical activity. So, the vital capacity of sportsman is better than the non-sportsman students.

**Difference in Vital Capacity of Sportsman and Non Sportsman**



**Figure-1**

Graphical representation of mean score of vital capacity between sportsman and non sports man.

**Conclusion**

On the basis of findings of the study that significance difference was found in vital capacity between sportsman and non sportsman students.

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# SPORTS MEDICINE CARE AND PROBLEMS OF SPORTSPERSON

*Dr. Harendrasinh P. Solanki*

Asst. Professor, N.S. Patel Arts College, Anand (Gujarat)

## **Introduction**

‘Every human being has a fundamental right of access to physical education and sport, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through physical education and sport must be guaranteed both within the educational system and in other aspects of social life’

-International Charter of Physical Education and Sports, UNESCO 1978.

## **Sports Medicine**

Sports medicine is a branch of medicine that deals with Physical Fitness, treatment and prevention of injuries related to sports and exercise.

Sports medicine is the area which creates a positive environment, so an athlete converts his all genetic potentialities in to phenotypic realities. Dr. P. K. Pandey.

Sports medicine represents the efforts of medical science and arts theoretically and practically to analyze the influence of the movement, training and sports as well as hyper or hypo kinesea i.e on healthy, sick and handicapped human beings of all age groups. The findings are useful for preventive, therapeutic and rehabilitative purposes... Dr. Alok Gosh.

## **Concept of Sports Medicine**

Sports medicine is a broad and very inclusive term that involves a verity of medical as well as paramedical personnel including exercise physiologists, kinesiologists, athlete trainers, physical therapists, physical educators and many more as they are involved with various aspects of physical activities and athletes.

## **Scope of Sports Medicine**

- In the play fields

- In the laboratories
- Gymnasium
- Schools, Colleges & Universities
- Clubs & swimming pools
- Car rallies
- Recreational activities
- Combative Sports
- Adventure Sports
- Competitive Sports
- Sports training
- Daily life activities

#### **Need / Importance / Role of Sports Medicine**

- Talent Identification
- Formation & Evaluation of Physical Education Program
- Development of field and laboratory tests (Fat %, lung capacity, heart volumes etc).
- Prevention of accidents & injuries
- Provides sound principles for sports training
- Treatment of sports injuries
- Provides guidelines on drugs and doping
- Detection of drug use in sport
- Provides guidelines and principles of exercise for different age groups
- Tells about the right food, nutrition and supplements
- Effect of environment
- Warming and cooling principles
- Sports kit, guards and protector

#### **Objectives of Sports Medicine**

The main objective of sports medicine is to prevent the damage to the human system caused mostly by inactivity i.e lack of movement or hypo kinesia due to sedentary habits of modern world with various push button facilities, automation and lack of

physical exercise or the damage caused to the sports men because of excessive training and load in the competitive world.

### **The Other Objectives Are**

- Prophylactic health care
  - Maintenance of fitness.
  - Detection of disorders.
  - Functional evaluation.
  - Delaying of ageing.
  - Health education for sports persons.
- Scientific promotion of games and sports
  - Planning of training programs
  - Evaluation of training programs
  - Injury prevention
  - Psychological counseling and guidance
- Sports Medical services
  - Sports medicine services may also be extended to -- prevention of obesity, cardiac illness, cardiac rehabilitation, prevention and control of diabetes.

### **Aim / Goal of Sports Medicine**

The goal / aim of sports medicine is to maintain, sustain, and at times to regain peak physical fitness i.e adaptability to stress i.e. physical and mental.

### **Functions of Sports Medicine**

Main functions of sports medicine are promotive, educative, formative, recreative, competitive, therapeutic and rehabilitative in nature

### **Sports Medicine In India**

- Indian Association of Sports Medicine was established in 1971 at National Institute of Sports



- (NIS) Patiala, the headquarter of IASM is situated at J.N Stadium, New Delhi.
- The IASM got the affiliation from International
- Sports Medicine Federation in 1972 at Munich Olympic games.
- The Indian Association of Sports Medicine meets every year, organizes seminars, publishes a journal and other objectives of the association are as follows:-
- To guide and assist in the promotion of physical fitness among people.
- To provide scientific guidance and assistance to the sports fraternity, regarding the medical health aspects of training in sports.
- To conduct research in the field of sports medicine.
- To print and publish articles, periodicals and pamphlets on topic related to sports medicine & allied Science.
- To provide assistance in establishment a National Institute of Sports Medicine at the of the IASM, and assist the state units to establish sports medicine centres or institute within their jurisdiction.
- To organize seminars, symposiums and workshops in the Sports Medicine & allied Sciences.
- To organize and cause to organize state units and to get them affiliated as members of IASM.
- To do all such other acts congenial and conducive to attain the objectives of the
- IASM, and for promotion of sports in the country on a sound scientific basis.
- Sports Medicine has come a long way as a discipline offering valuable service in understanding, and influencing human behaviour in physical activity and sports.
- Sports Medicine specialists are serving as consultants, counsellors, performance enhancers or educators to provide scientific input to the elite budding sports persons.
- Sports scientists are involved in sports psychology, sports nutrition, sports biomechanics, training methods, rehabilitation and research.

- Indian Association of Sports Medicine is a professional body, which encapsulates professionals from the diverse fields of sports sciences.
- The aim of IASM is to have a better interaction between different categories of sports scientists.

### **Care of and Problems of Sportsmen; Before And After Competition**

- The responsibilities of the trainers and coaches also become very important before and after the competitions, so that athletes enjoy the training and give their best without any harm to their body and the opponents.

### **Care Before And After Competition in The Following Areas Require More Attention**

- Proper diet and Nutrition.
- Proper warming and cooling down
- Use of proper protective gears
- Proper understanding of rules
- Knowledge of Medicine / drugs
- Anxiety management
- Stress management
- Just as we use training to improve technique, proper nutrition can help the athlete gain the most out of athletics. Nutrition provides the athletes with the energy reserves needed to compete. A pre competition meal provides the calories, nutrients, and liquids an athlete need to complete an athletic/ sports competition.
- The pre & post competition meals should provide them the energy they need to perform and prevent hunger during the competition and after the competition. It also provides them with the extra liquids they need to avoid dehydration.
- The athletes should eat a large meal at least 3 to 4 hours before a competition to give their body time to digest the food.
- If they cannot eat a meal 3 to 4 hours before the competition, they should eat a light meal or snack.

- The time it takes for their body to digest food is as follows:
- 3 to 4 hours to digest a larger meal
- 2 to 3 hours to digest a small meal
- 1 to 2 hours to digest a blended or liquid food
- Less than 1 hour to digest a small snack
- The athletes / sportsmen can eat food that they like and that they usually eat. New foods may cause stomach problems, such as diarrhoea or stomach cramps.
- Normally the pre competition meal should be high in carbohydrates and fluids. Carbohydrates include chappati, rice, rice & flour products, bread, and some vegetables, such as potatoes.
- The pre competition meal should be low in protein and fat because as it takes longer to digest and athletes feel heavy during competition.
- High fiber diets should be avoided before competition because they may cause gas and stomach discomfort during competition.
- The athletes / sportsmen should also take enough water, sports drinks, or juice before 3 to 4 hours of competitions.
- During the competition also they should drink water and sports drinks. For competitions / events that last more than 1 hour, make sure to drink liquids that contain carbohydrates, such as sports drinks.
- Care should be taken that athletes do not consume alcohol
- Before competition, as it dehydrates the body, Impair reaction time and mental acuity for up to several days after consumption; increased risk of injury.
- Alcohol also Increase in body fat because of excess calories in it & decrease in performance. It is also a Central nervous system depressant, can lead to injuries. It has a detrimental effect on both the quality of sleep and on daytime attention
- Care should be taken to check the disordered eating
- concerns, especially in female athletes:-

- A spectrum of harmful and ineffective methods of weight control including --- Eating Issues & Body Image, Voluntary starvation/fasting, self-induced vomiting, Use of diet pills, laxatives or diuretics, Excessive exercise (above and beyond practice).
- Anxiety is one of the important experiences which most of the
- Athletes face before the competitions.
- Anxiety is an unpleasant state of inner turmoil, often accompanied by nervous behaviour.
- It is a feeling of fear, worry, and uneasiness, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing.
- It is often accompanied by restlessness, fatigue, problems in
- Concentration, fear, panic, frustration, anger, disappointment, excessive sweating, dizziness, stomach ache and muscular tension.
- If the anxiety is not within the controllable limits it leads to forced errors, unwanted movements and deterioration in the performance level of the athletes.

#### **Techniques to Help Athletes To Control Competition Anxiety**

- Establishing their winning feeling
- Centering / Focusing
- Long Breath techniques
- Thought stopping
- Stress Management

If the sportsman follows above techniques one can prevent injuries or they intend to avoid the need of Sports Medicine.



## AN EFFECTIVE STUDY OF SUGGESTED THERAPEUTIC EXERCISES FOR REHABILITATION OF ANKLE INJURY

*Dr. Jayanti K. Chauhan*

Asst. Professor in Physical Education, V.P. & R.P.T.P Science College, Vallabh  
Vidyanagar, Anand (Gujarat)

### **Introduction**

The present age known as the age of science and technology, today in every field, human being faced complexity of life style & man has been doing more & more mental activities to maintain his status, these types of mental exercises are compulsory for human being in the present situation. But while doing mental exercises man ignored physical exercise.

Most of people do not take care of their physical fitness. They are not doing physical exercises regularly during their leisure time or at work, which are very essential for their good & sustainable health. In the field of sports & games plenty of injuries within a compete are seen in the recent years all over the world various researchers being conducted on players health & their physical fitness. Millions of the people throughout the world perform physical exercises or Activities and play sports. These people have specific medical needs. Regular Physical activity is probably the most important determinant of a population's Health.

Most of people have a minor ankle problem at one time or another of time our body movement does not cause Problem but low level of physical activates in man's life in to injuries. On the other band in sports field increasing burden of physical fitness and sport events gives the ankle problems. It is not surprising that symptoms develop from everyday wear & tear overuse turn into injuries. Ankle problems & injuries most often occur during sports recreational activities heavy work related task, or home projects.

### **Statement of the problem**

The statement of the problem is stated as "An effective study of suggested Therapeutic exercises for Rehabilitation of ankle injury.

**Delimitations**

- The study was delimited to 30 male subjects only.
- The study was delimited to the subjects with age group between 18 to 25 years only.
- The study was delimited to sports people only.

**Limitation**

- **Levels of physical activity of participants:** The investigator could not strictly limit or control the levels of physical activity of individual subjects owing to their personal habits, physical habits, body type, work background, occupation and other factors that determines levels of physical activity.
- **Control physical activity:** Amount of physical activity performed by the subjects in addition to the supervised exercises could not be controlled by the investigator. This includes functional activities performed by the individual as a part of their activities of daily living.
- **Control medicine intake** , The amount and type of medication taken by the subjects as a part of their prescription, over counter purchase or self medication could not be controlled in the present study, although the subjects were instructed not to do so without prior permission of investigator.

**Objective of the research**

- To study the effectiveness of therapeutic ultrasound in the treatment of ankle injury.
- To study the effectiveness of supervised exercises in the treatment of ankle injury.
- To compare the effectiveness of therapeutic ultrasound and supervised exercises in the treatment of ankle injury.

**Hypothesis**

- Null hypothesis: There will be no change in the subjects with ankle injury treated with therapeutic ultrasound and supervised exercises.

- Alternate hypothesis, There will be change in the subjects treated with therapeutic ultrasound and supervised exercises.

### **Methodology**

The source of data was Physiotherapy centre in Anand . Method of data collection was primary. The investigator collected the demographic data and instructed and supervised therapeutic exercises. However, a qualified Physiotherapist from Physiotherapy centre in Anand performed therapeutic ultrasound treatment. The sample size was 30. It was calculated by referring previous three years average collective data per year at Physiotherapy centre in Anand. Request to referring orthopedic surgeons, sports physicians, and general practioners to refer the patients with symptoms of ankle injury Physiotherapy centre in Anand. Contacting Physical Education Colleges and arranging one day screening camp at these colleges. A small pamphlets about the study its benefits and investigator details were circulated to different people who comes to sports grounds or gardens for sports or physical fitness activities. Young male adults in the age group 18 to 25 years. Symptoms of ankle injury that is pain below the ankle during activity related to lower limb. Subjects largely consisted of athletes, basketball, football and handball players. Various equipments used for this research study included weighing machine, measuring tape, thera bands, and therapeutic ultrasound machine. Weighing machine was used to record the body weight of the subject, stadiometre measuring tape was used to measure the height of the subject, X-ray, sonography investigation was used to exclude the possibility other associated problems. Thera bands were used for the therapeutic exercises. Therapeutic ultrasound machine was used for this study. Subject wore loose clothes or shorts so as to expose the ankle. They were instructed not have any full stomach meal before therapeutic exercises & therapeutic ultrasound application. Therapeutic ultrasound was applied by a qualified Physiotherapist with the subjects seated in long seating position on a treatment couch . The dose of therapeutic ultrasound used was continuous mode for 15 minutes prior to the supervised therapeutic exercises by the investigator for subjects belonging to experimental group. Control group subjects were only treated with therapeutic ultrasound. Exercise training was arranged in a group for experimental group subjects (group B) only. For this purpose first a brief lecture was given, video of exercises was shown and then demonstration and performance in group was done so as to ensure

uniformity. **Training programmers of group A** - There was no special training performed by group A subjects. **Description of treatment group A** - Group a subjects were treated with 15 minutes with therapeutic ultrasound on every day except Sunday for 45 days. **Training program of group B** subjects were trained with specific exercises like isometric, stretching and , eccentric exercises on every day except on sunday for 45 days. **Description of treatment group B** subjects were treated with specific exercises like isometric, stretching, eccentric eccentric exercises every exercise was performed for eight repetitions and it was done only in one session in morning on once a day basis except on Sundays for 45 days. The statistical analysis of the data was done with the help of Graph Pad software demo version. The suggested exercises were Ankle Strengthen, Resistance Band to ankle Strengthen, Static Inner ankle Contraction, Straight Leg Raise, Straight Leg and Stretching ankle.

### Result of the study

The statistical analysis was done with the help of graph pad software demo version. For this purpose, the data was put up in an excel sheet and as per the requirement it was processed with Graph Pad so as to find out the results. Percentage, Mean, Standard Deviation, t test and p value were the statistic measures used for the analysis of data so as to find out measure of central tendency and statistical significances.

### Characteristics of the subjects

Study group	Sample Size	Mean age (Yrs)	Mean height (cm)	Mean weight (Kg)	BMI (Kg/cm <sup>2</sup> ) <sup>1</sup>
Supervised Exercises	15	23	172.8	65.8	23.20
Ultrasound	15	21	170.30	63.4	22.65

- Symptoms such as pain on jumping and running were found in 22 right leg and 8 left leg.
- Subjects reported the nature of inciting injury as running or other exercise (53.34%), road march (38%), local trauma (3.33%), and unknown nature (5.34%). Exact training or exercises details of all the subjects prior to the onset of ankle injury could not be recorded perfectly.



- In addition to this 20 subjects were having average arched feet, 4 high arched feet, 4 low arched feet and 2 pes planus or flat foot.
- 15 athletic running shoes, 12 used branded sports shoes and 3 used non branded sports shoes.
- Only 2 reported that they never changed their shoes in six months and 28 subjects reported that they changed their shoes within six months of use.
- 27 reported that they had been using orthotic devices such as arch support, anklet and crap bandage.
- This difference in mean increase in VISA score was statistically significant. Hence, it can be concluded that there was more reduction in severity of symptoms in subjects treated with supervised exercises as compared to ultrasound.
- The visual analogue scale score was used in this study to measure the intensity of anterior ankle pain in subjects with ankle injury. The mean reduction in VAS was  $4.693 \pm 1.13$  in ultrasound group and it was  $5.82 \pm 1.18$  in supervised exercises.
- This difference in mean reduction in VAS score was statistically significant. Hence, it can be concluded that there was more reduction in anterior ankle pain in subjects treated with supervised exercises as compared to ultrasound.
- There was better increase in ankle extension range of motion in subjects treated with supervised exercises as compared to the subjects treated with ultrasound. This could be due the therapeutic effects of supervised exercises like reduced tendon pain, increased pliability, remodeling, improved function as well as placebo effects etc.
- There was statistically significant difference in the increase in ankle flexion range of motion in subjects treated with ultrasound and supervised exercises. Hence, it can be concluded that supervised exercises was better treatment option to increase ankle flexion range as compared to ultrasound. This could be due the therapeutic effects of supervised exercises like increased collagen, reduced collagen disorganization, reduced haphazard proliferation, , increase flexibility, increase range, mechanical effects, placebo effect, psychological well being etc

## Conclusions

- Ankle injury is a common condition and often chronic problem in athletes and it can affect athletes and different games players.
- The purpose of this investigation was to determine whether ultrasound or supervised exercises offers a better treatment option for the subjects with ankle injury symptoms.
- This study further considered whether muscle power could be altered with supervised exercises and therapeutic ultrasound.
- Thirty subjects were treated with either ultrasound or supervised exercises for 45 days and it was found that supervised exercises offered a good reasonable improvement as compared to therapeutic ultrasound.
- Ultrasound is not an effective modality in the treatment of ankle injury and supervised exercises can be a better treatment of choice.

## Recommendations

- It is recommended that the future studies could be done with a larger sample and physical activity.
- In present study only male subjects were studied, in future studies a sample with both male and female subjects and separate study groups on the basis of gender can be investigated.
- Longer duration interventions for more than three months can be planned.
- Pain on various functional activities like walking, jogging, running, squatting and jumping can also be measured in future studies.
- We recommend that this type study can be even tried at primary and secondary care hospitals or research centers also.

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## NEED OF ENVIRONMENT FOR SPORTS AND PHYSICAL EDUCATION

*Poonam Joshi*

Assistant Professor, K.S.S.P.G. College, Ayodhya

Environment is surrounding around us. Healthy environment is the foundation of good health as it is safe, clean and hygienic. Sports environment is considered as healthy and positive environment. It plays an important role in child development. A sport environment promotes and helps to develop good health thus leads the main towards progress and prosperity. Today the elements of sports environment have been damaged due to many reasons which have adversely affected the health of human being. Thus, positive sports environment is the desperate need of society to improve the health status of every individual. Sports environment encourages everyone to perform physical activity with full enthusiasm thus helps to keep us fit and healthy. In modern time its importance has been realized and many organizations are working to promote and develop sports environment. Our environment is beautiful and lustrous which include blue unclouded sky, crescent-shaped and full moon, starry nights, blue lakes, rolling waves in sea, sun-shining bright days, the shady trees, the flowers, the breeze, the insects, the birds, and the wildlife etc. all are breath-taking. In addition to the natural environment, there are other environments like historical, cultural and social environments which fascinate man day in and day out. Though the word "environment" itself is self-explanatory, yet the term 'environment' cannot be defined easily. Environment is the phenomenon of the physical world in general. Environment refers to everything that surrounds a person and its influence on them. Some of these are biological and social and others are non-living.

The word environment itself indicates that anything that surrounds or environs us, is called environment. Environment in this sense is made of all those things which affect our life or activity in some way or the other. It is related to those forces, situation or stimuli that affect an individual from outside. Indeed, environment is not a simple phenomenon but it is a complex phenomenon.

Douglas and Holland define the term, 'Environment' as "a word which describes, in the aggregate, all of the external forces, influences and conditions, which affect the



life, nature, behavior, and the growth, development and maturation of living organism."

Environment consists of various forms such as physical environment, biological environment, social environment and supra-social environment. The physical environment consists of the geographical, the climatic and the controlled geographical environments. The biological environment consists of the plants and animals found around man. The social environment consists of economic, cultural and psycho-social environments. The supra-social environment consists of various notions about God and supernatural power. Here, our main concern is about the environments which are related to physical education and sports i.e., Physical environment and social environment.

Physical environment is composed of our surroundings such as rocks, hills soil, mountains, rivers, plains, nutrition, water, minerals, plants, animals, climate, weather, and other allied facilities which affect all living organisms externally.

Social environment consists of economic, cultural and psychosocial environments. The economic environment consists of economic goods, houses, streets, roads, etc. The cultural environment consists of traditions, customs, laws, conventions, moral, etc. The social environment affects psychological make-up and sociological development.

### **Importance of sports environment**

Sports environment provides full opportunity for proper growth and development of every individual. It should be safe, clean, and hygienic to perform various activities of physical education programmers. It motivates everyone to participate and perform physical activities in healthy environment with full enthusiasm. It is good place to practiced and develop fitness thus, efficiency is easily improved. This environment is safe as well as convenient place for participation in games and sports. It provides easy organization and better administration for games and sports. Implementation of a physical education programme can be harmful in extreme heat. Normally our body temperature remains at 98.6 degrees Fahrenheit. If it rises extremely its results can be serious, even fatal. Extreme heat with high humidity leads to additional problem because sweat does not get rapidly. Heat cramps, heat exhaustion and heat stroke may occur in such conditions. Exercise in cold produces fewer problems because vigorous

exercises also produce heat. But it does not mean that extreme cold does not present problems. It may create the problem of frost bite, destruction of cells and injury to local capillaries. Along these factors if the condition of playground and the quality of sports equipments are not appropriate, different types of injuries may occur. Consequently, it can be said that the above mentioned problems usually crop up in unsuitable environment and such environment can be harmful to sportspersons. So, there is dire need for good or proper environment for physical education programmes so that the individuals, who take part in physical education programmes, may not face such problems.

### **Essential elements of positive environment**

Health is the basis of human life. Only a healthy individual can reach at the apex of success. Bacon also says that a healthy body is the guest-house for the soul and the den for the weak and diseased. To imagine the life without water is impossible. It is indispensable requirement of all the living beings. There is a critical relationship of water and the human body. Water is the most important nutrient and is involved in almost every body process and function since it has no calories. Polluted waste water drains are connected with rivers, lakes, or streams and make water unsafe. Polluted water is the root cause of numerous water borne diseases and the individuals are exposed to different communicable diseases. So, from the point of view of health of individuals, safe drinking water is must. Hence, the safe drinking water is really an essential element of positive environment. As is water essential for human life, clean and fresh air is also essential to survive. Air pollution is considerably increased due to rapid population growth and industrialization. Human activities have introduced new and more toxic pollutants into our atmosphere. Polluted air leads to serious and fatal diseases like asthma, bronchitis, choking, difficulty in breathing, slow heart beat rate, other severe lungs problems and heart diseases, TB, cancer and fatigue. For making the air clean, the stress should be laid down on afforestation. It means more plantations of trees such as carota, vulgaris, ficus, pinus, juniperus and rhamanus should be encouraged. Trees produce ore oxygen and absorb more carbon dioxide and carbon monoxide gases in comparison to other trees.

Sanitation is one of the most essential elements for our healthful environment. Human being generates lot of soil waste and its disposal problem is much more important.

What we throw away mounts up there being insufficient dustbins and landfills. Waste which includes trash, plastic goods, metal products, paper waste, hospital waste etc. pollutes the surrounding localities and climate. We should use dustbin or the waste product should be dumped properly. Disinfectants should be properly used. The dustbins should be placed at suitable corner rubbish; pieces of waste paper, fruit-skin and some other useless things should be thrown into them.

### **Improvement of sports environment**

Many of us believe that 'I' alone cannot make the sports environment clean, safe and healthy. Though many efforts are done by government but all went in vain due to many reasons. This is a collective effort moreover an urgent need of society to improve sports environment. Healthy and safe sports environment prevents us from various health problems moreover acts as motivating factor in society. It is well known that "Prevention is better than cure". While participating in sports activities all kind of preventive measures should be taken. Prevention of sports related accidents and injuries must be the priority of every individual involved in these activities. Not only the sportsperson should take care of this, but coaches, sports administrators, sports officials and physiotherapists should take such step to avoid such injuries and accidents.

The following points help to improve the sports environment:-

- Educating every individual towards health education or physical education and its importance in life.
- Strictly and practically following the health principles or rules and regulations for health promotion.
- Encouraging people for developing safe and healthy sports environment so that every member of society should be benefited.
- We should help and encourage the sports staff to perform better for this task. We should try to understand their need for its improvement.
- The public should be informed about its importance in life and they should be guided properly to develop safe and healthy sports environment.

- People should be motivated to develop the passion of sports and participate in its activities.
- People should be guided to use the sports environment; they should also be checked to use them properly.
- Proper knowledge should be given regarding handling of sports equipment moreover proper instructions should be followed while using them.
- We should help or assist for checking and cleaning of sports equipments, whereas damaged equipment should be replaced or repaired at the earliest.
- We should also try to keep the sports environment clean moreover growing and maintaining maximum plants in the surrounding area.
- We should associate ourselves as well as others with some sports environment programmers and helping them dedicatedly and deliberately.
- The people should be encouraged to behave properly as good spectator and lover of sports.
- The people should be well informed about the developments and progress of sports through media and other channels so that positive attitude should develop among people.

## **Conclusion**

Environment is surrounding around us. Healthy environment is the foundation of good health as it is safe, clean and hygienic. Sports environment is considered as healthy and positive environment. It plays an important role in child development. Though the word "environment" itself is self-explanatory, yet the term 'environment' cannot be defined easily. Environment is the phenomenon of the physical world in general. Environment refers to everything that surrounds a person and its influence on them. Some of these are biological and social and others are non-living. Sports environment provides full opportunity for proper growth and development of every individual. It should be safe, clean, and hygienic to perform various activities of physical education programmers. It motivates everyone to participate and perform physical activities in healthy environment with full enthusiasm. It is good place to practiced and develop fitness thus, efficiency is easily improved. Health is the basis of human life. Only a



healthy individual can reach at the apex of success. Bacon also says that a healthy body is the guest-house for the soul and the den for the weak and diseased. It is well known that "Prevention is better than cure".

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# AWARENESS OF YOGA DEVELOPS HUMAN PERSONALITY

*Dr. Bal Roop Yadav*

Dept. of Phy. Edu., M.G.K.V.P., Varanasi.

## Introduction

Yoga is a science of living whereas a person can systematically balance the physical, mental and emotional dimensions of his personal health to arrive at true health. Yoga is not a religion which many of us think, because it is very closely related with our religion and culture. It has strong impact on the culture heritage of India. It is very highly developed method of developing oneself in a systematic order mentally and physically, so that one can live peacefully as a good citizen.

Yoga is a science of right living and a significant force in the development of personal health. By introducing the principles of yoga into our varied lifestyle, a person can systematically balance the physical, mental & emotional dimensions of his being to arrive at true health. Five principles for perfect health which must be applied based on the lifestyles and needs of the people in both east and west are proper exercise, proper breathing, proper relaxation, proper diet and positive thinking and meditation.

Asanas are very popular to keep body fit with least expenditure of energy; no equipment is required for yogic exercise. The yogic exercises make us feel good. Asanas tone-up and strengthen the body, Pranayama fills us with energy and Meditation gives us insight. Regular practice of yogic exercises can improve the body flexibility even in older age group and housewives with least exertion.

As a general rule, old people should concentrate on yoga to maintain and increase their suppleness and flexibility. This protects them from rheumatic problems. Yoga helps to tone up abdominal muscles and assists in digestion. Yoga needs action, theory does not help much. Yogic exercise helps in one way or another in weight regulation and control. The yogic asanas are designed to stimulate and promote the correct functioning of the important organs and glands which benefit in the remedy of physical diseases and defects mental disturbances and worries and the social evils. All our mental problems are nothing but a signs of weakness of our mind. The mind becomes weak and it loses its own control and balance and is uninfluenced by

unavoidable circumstances. A practitioner of yoga will learn to control the mind and to preserve its balance. Yoga thus helps a modern man to have a better society.

The problem of present day modernity may be classified into three groups-

1. Physical Problem – sleeplessness, over weight etc.
2. Mental Problem – pain, fear, dissatisfaction etc.
3. Social Problem – inequality in wealth, social status, wars etc.

Yoga has always been a method to solve problems. It makes a man full of energy, great strength. The aim of all the exercises of yoga state is to attain a particular state of mind that is completely irresponsive to all sensation. No thought, no idea, no attempt to do any work crops up in the mind. If the mind can be brought to this stage then only true idea of self will be liberated.

The young, the old, the extremely aged, even the stick and the infirm obtain perfection in yoga by constant practices. Success will follow him who practices, not him who does not practices. Success in yoga is not obtained by the theoretical reading of sacred texts. Success is not obtained by wearing the dress of a yogi or a sanyasi or by talking about it. Constant practice alone is the secret of success.

Today the modern society is facing a new epidemic of mental, psychic and drug addiction illness caused by highly competitive stressful modern life. But the new technological development scientific discoveries and well organized institutes have failed to solve the individual's physical and mental problems. It is right time for everyone to accept Yoga as a therapy for the control of emotion and mental health, as it is the only science in the world which deals with mind in a systematic manner. The system of yoga is so called because it teaches the means by which the Jivatma can be united to, or be in communion with the paramatma and so as to secure liberation.

Systematic order in the form of five principles for maintain perfect health based on the life style and needs of the people are:

- a) **Proper exercise** – uttanapadasana, pawanamuktasana, setubandhasana, dhujangasana, salabhasana, dhanurasana, paschimottasana etc. many more asanas based on the individual personality and also related to individual health problems.

- b) **Proper breathing** – Pranayama is the science of breath control. It gives lightness to the body and purifies channels known as Nadi-Sudhi e.g. Bhastika, Anlom-Vilom, Nadi-Sodhan, Ujjai etc. its control prana. Therefore it is called the science of breath. It is the hub round which the wheel of life revolves.
- c) **Proper relaxation** – Shavasana, yoganidra etc. help in giving relaxation to the body and also help to remove reduce stress and frustration from the mind.
- d) **Proper diet** – Food should be taken to promote health, strength, energy and life. It should be simple, nourishing, juicy and soothing. It should be nutritious simple pure & not over spiced. The food gives direct effect to body as well as mind. Avoid foods which are sour, bitter, salty, pungent, burning, stale, tasteless, heavy and unclean.
- e) **Positive thinking and meditation** –A person practices asanas, pranayamas, then proceeds to meditation. One who follows the path of Yoga is a yogi or yogini. A lamp does not flicker in a place where no winds blow, so it is with a yogi, who controls his mind, intellect and self, being absorbed in the spirit within him. When the restlessness of the mind, intellect and self is stilled through the practice of yoga, the yogi by the grace of the spirit within himself finds fulfillment. Then he knows the eternal joy which is beyond the pale of the senses which his reason cannot grasp. He abides in this reality and moves not there from. He has found the treasure above all others. There is nothing higher than this. He, who has achieved it, shall not be moved by the greatest sorrow. This is the real meaning of meditation in yoga a deliverance from contact with pain and sorrow.

Astanga Yoga of Patanjali helps to maintain principles, yama, niyama, asana, pranayama, pratyahar, dharana, dhyana and Samadhi. The first five components deal with the preparation of the body i.e. from the main component of "Hathyoga". And the other components deal with the development of mind from the main component "Rajayoga" means the union of personal soul with the absolute soul.

**Hathyoga** – Swami Vivekanad said "Hathyoga deals with the physical body, its main aim to make the body very strong. Its practices are very difficult and cannot be learnt in a day and after all do not lead to much spiritual growth. The main objective of hathyoga is to create an absolute balance of the interacting activities and processes



of the physical body, mind and energy. When this balance is created, the impulses generated give a call of awakening to the central force which is responsible for the evolution of human consciousness. Therefore, in Hathyoga, first of all we take care of the body by different practices Satkarmas, Asanas, Mudras, Bandhas and Pranayama and purify it by six methods. The most important point is that the nadis have to be purified for the purpose of meditation. Our body functions on very simple lines. Just as a machine produces waste, likewise our body continuously produces waste. These wastes are of three types: mucus, gas and acidity. If we cleanse the body internally from time to time, the excesses of these three metabolic products are removed and their formation is regulated and balanced. Therefore these six Kriyas of hathyoga-Neti, Dhauti, Basti, Nauli, Kapalbhathi and Trataka are necessary for spiritual aspirants. Then only the perfect health can be maintained. The science of physical and mental harmony is known as hatha yoga.

Literally Hathyoga means union of the left nostril flow that is Ida (Moon breath) and the right nostril flow that is Pingala (Sun breath). The flow of the breath in alternate nostrils indicates the state of balance of the sympathetic and parasympathetic nervous systems.

**Rajayoga** – Rajayoga means best as a royal or highest. Mind is the king of the senses. One who has conquered his mind, senses, passions, thought and reason is a king among men. He is fit for Rajayoga, the royal union with the universal spirit. He has inner light. Rajayoga is a stage where yogi attains self realization and knowledge of reality. It is also the science which teaches meditation and trance. The last stage seen under the Rajayoga method, where the union of the mind with the soul, in which the enlightened person sees all things and the Rajayoga Samadhi is attained.

Practical studies have shown that asanas and pranayamas are very helpful to cure physical diseases and to remove physical defects, mental disturbances and worries and the social evils. For yogic exercise no equipment is required. They are very popular to keep body fit with least energy expenditure and make us feel good. Regular practices of yogic exercise improve the body flexibility even in order age group with least exertion.

All our mental problems are nothing, but a signs of weakness of mind. A regular practitioner of yoga will learn to control the mind and to preserve its balance. "Yoga

thus helps a modern man to have a better and healthier life and to build a better society". For better society, firstly it's important to reduce the problems which classified into three groups as mentioned below:

1. **Physical Problems:** Undesirable changes in the body, Sleeplessness, Overweight/underweight, Untimely old age etc.
2. **Mental Problems:** Misery, Pain, Indecision/hesitation, fear, frustration, dissatisfaction, restlessness, excitement, lowness of spirit, insecurity etc.
3. **Social Problems:** Inequality in wealth, social status, bias/prejudice, enmity, slavery, exploitation, dishonesty, poverty, struggles, wars etc.

The above mentioned problems are not new, but the present shapes are completely different from the old ones. But, in today's scenario mass media of communication have made them extreme, broad and more serious. To avoid these problems, Bhagavad Gita says, 'The senses are more powerful than the objects of desire. Greater than the senses is the mind, higher than the mind is the reason and superior to reason is He- the spirit in all Discipline deceptive enemy in the shape of desire.'

Again practically it seems that Yoga has always been a method to solve problems and practical philosophers have always made their attempts to find out the root cause of problems and suggest better solutions for them. So, it is clear, that the individual status, not necessary that one should leave this world and take shelter in hills and forests, but on the other hand it dynamic energy, great strength or in other words, it makes an individual as a powerful man. Yogic exercises, benefits by everyone, but especially older age group are must benefited. It helps them to maintain and increase their suppleness and flexibility and also protect them from rheumatic abdominal muscles and strengthen the body and pranayamas enhance the energy and helps to proceed for next step meditation. For this regular practice is needed.

**Conclusion** - Thus, the main aim of yoga is to gain a particular state of mind, when it becomes completely irresponsive to all sensation. No thought, no idea, no attempt to do any work crops up in the mind. When mind reach to this stage then only the true idea of self will be realized and the individual will be called to be liberated. An individual personality will have dynamic energy which is produced by our sensations. "Awareness of Yoga will change individual simple personality to dynamic

personality.” The yogi uses all his resources – physical, economical, mental or moral – to relieve the pain and suffering of others. He becomes a shelter to one and all. This is only the real meaning of yoga – ‘a deliverance from contact with pain and sorrow’.

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# **SOCIOLOGY OF SPORTS IN PRESENT TIME**

**Dr. Jagjeet Singh**

T.G.T .Physical Education, Jagatpur Inter College, Varanasi

## **Introduction**

Sociology of sport, alternately referred to as sports sociology, is a sub-discipline of sociology which focuses on sports as social phenomena. It is an area of study concerned with various socio-cultural structures, patterns, and organizations or groups involved with sport. There are many perspectives through which sport can be viewed. Therefore, very often some binary divisions are stressed, such as: professional vs. amateur, mass vs. top-level, active vs. passive/spectator, men vs. women, and sports vs. play. Following feminist or other reflexive and tradition breaking paradigms sports are sometimes studied as contested activities, i.e. as activities in the centre of various people/group interests. The emergence of the sociology of sport dates from the end of the 19<sup>th</sup> century, when first social psychological experiments dealing with group effects of competition and pace making took place. In 1970 sports sociology gained significant attention as an organized, legitimate field of study. The North American Society for the Sociology of sports was formed in 1978 with the objective of studying the field. Today, most sports sociologists identify with at least one of four essential theories that define the relationship between sports and society, namely structural functionalism, conflict theory, critical theory and symbolic interactions.

Sociology of sports is an academic field that seeks to examine the many inters personal and group phenomena that arise in relation to sports. Sports provide many different separate but mutually dependent groups for sociologists to examine with the aim of learning about human social behavior. Athletic teams, sports fans, and for-profit athletic companies all engage in overlapping social behaviors that researchers find to be very interesting. Practically, people in this field can look for better ways to motivate teams, strengthen the bond between teams and fans, and prevent discrimination in amateur and professional athletics. It is closely linked to other fields such as sports medicine, psychology, and social justice.

One of the aims of sociology of sports is to look at various groups in athletics as societies in and of themselves or as microcosms of society as a whole. A sociologist looking at the social phenomena that occur within a team, for instance, may be interested in the relationships between players of different skill levels, coaches and players, and players of different races. Power dynamics between different players or



between the coach and the players can be particularly interesting when examined as social phenomena arising from the social structure of the team. Another important subject in this field is the relationship between sports and the rest of society. Sports fans, for instance, often obsess over their favorite teams. This branch of sociology is also interested in the relationship existing between sports, the media, and the rest of society. In many cases, news media are the main mode of communication between the groups. Despite this "filter," professional sports teams, players, and events have a profound effect on popular culture and other social trends. Nowadays sports fans can find sports sections made for different target groups, but a sport reporting in newspapers has generally become more personalized and more events oriented. Along with these changes the size of the sports section in daily newspaper increased.

Sports are a dynamic social force in our culture. Sports have become an important part of the culture of the nations throughout the world. It captures newspaper headlines, television screens; lot of money is a consideration in international affairs and has social, political, legal and educational overtones. Sports are important to society as these affect the behavior of human beings and institutions as they change the total social and cultural complex of society. Sports also affect social prowess and human values.

Sports sociology prepares the athlete to learn to face odds, self confident, obedient, self reliant and to be courageous in competitive situations. Sports sociology studies well planned programmed of physical education and its social experience. Physical activity performed in groups, develops friendship, social coexistence and fellow feeling. Participation in such program makes the individual morally better.

A sport sociology may be defines as "the sociological aspects involved an individual's life and that enhanced human performance or sports". It can also be defined as "the social qualities and characteristics are learned through social interactions in sports field". Sports sociology is the study of the social values that have been developed through group participation and promote a worthy citizen of a country. The sense of fair play, honesty, co-operation, friendliness, spirit of competition, sportsmanship, justice etc. is learned in childhood, that too through play activities. Sociology of sports, also referred to as sports sociology, is the study of the relationship between sports and society. It examines how culture and values influence sports, how sports influences culture and values, and the relationship between sports and media, politics, economics, religion, race, gender, youth, etc. It also looks at the relationship between sports and social inequality and social mobility.

Sports play a prominent role in the modern society. They are important to an individual, a group and a nation – indeed the world. The main force which has attracted people for participation in sports activities has come from wide variety of experiences and feelings of joy, anguish success, failure, exhaustion, pain, relief and a feeling belonging. For the youth of today, the sports champions are more popular than the leading politicians of the country. Sports are very closely related to the development of societies and have indeed been a mirror of the society. The importance of sociology in sports –

- Sports have enabled people to utilize their free time through meaningful participation thus, preventing the youth from indulging in unsocial and delinquent acts.
- While playing sports and games the participants have to strictly adhere to rules and obey the decisions of referees and umpires. In addition, they have also to follow the normal ritual before, during and after the game.
- Teams participating in games and sports develop all essential qualities, which are important for an individual to function as a good leader. The social interaction among players of the team and between different teams goes a long way in developing essential qualities.
- Sociology plays an important role in developing the qualities of sportsmanship.
- Each sportsperson is different from the other and faces problems of adjustments within the team. Knowledge of sociology equips individual sportspersons to get adjusted and follow group norms.
- Study of sociology and various sociological concepts related to physical education and sports have over the years changed the outlook of the people. Societies have realized the importance of games and sports participation and thus, people of all ages changed their outlook and the participation in general has increased.

A large area of study within the sociology of sports is gender, including gender inequality and the role that gender has played in sports throughout history. For example, in the 1800's, participation of women in sports was discouraged or banned and it was not until 1850 that physical education for women was introduced at colleges. Even through the 1930s, basketball, track and field, and softball were considered too masculine for proper women. The past several decades have seen tremendous change in this area and now women's participation in sports is approaching men's, though differences are still present. Gender equality, for instance,

is an important issue in both amateur and professional athletic circles. Girls tend to have fewer and more limited athletic opportunities than boys throughout their time in school, and female sports teams are often poorly funded in comparison to male teams. The same problems are also found in professional athletics, as female athletes generally are paid less and given fewer opportunities than male athletes. Researchers are also interested in issues related to race, ethnicity, and physical disability.

Sociology of sports is also interested in addressing some of the social problems that occur within athletic society and culture. Another area studied under the sociology of sports is the media. For example, sports viewership varies by gender. Men's sports that are typically viewed live or on television include basketball, football, hockey, baseball, pro wrestling, and boxing while the women's sports that are covered include gymnastics, figure skating, skiing, and diving. Men's sports are also covered more often than women's sports both in print and on television.

Sports have a positive role to play in addressing social cohesion, this is unlikely to happen if it is organized or promoted along conventional lines. Sports have also been shown to serve as a mechanism for the transmission of values, knowledge, and norms in creating social harmony. The specific value conveyed may be those of the dominant society, or they could be those of a subgroup. Therefore sports could contribute to both differentiation and stratification or to integration into overall society. Positive outcome related to socialization and social integration is also dependent upon appropriate leadership, as well as the creation of a climate for this to occur within the sport experience. Changes within sports and change in the general society have a symbiotic relationship and changes in sport can also affect society.

### **Conclusion**

One of the aims of sociology of sports is to look at various groups in athletics as societies in and of themselves or as microcosms of society as a whole. Sports sociology prepares the athlete to learn to face odds, self confident, obedient, self reliant and to be courageous in competitive situations. Sports have also been shown to serve as a mechanism for the transmission of values, knowledge, and norms in creating social harmony. Sports sociology studies well planned programmed of physical education and its social experience. Physical activity performed in groups, develops friendship, social coexistence and fellow feeling. Participation in such program makes the individual morally better. Sociology plays an important role in developing the qualities of sportsmanship. Each sportsperson is different from the other and faces problems of adjustments within the team. Knowledge of sociology equips individual sportspersons to get adjusted and follow group norms. Study of

sociology and various sociological concepts related to physical education and sports have over the years changed the outlook of the people. A large area of study within the sociology of sports is gender, including gender inequality and the role that gender has played in sports throughout history.

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