

## Effect of Yoga practices on the anxiety of Sports players in Jaffna zone compared to stretching exercises

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### Abstract:

Yoga is a mental relaxation therapy followed by people in many different fields. Yoga affects the day-to-day activities of people, including sports players. The effect of yoga on sports players has not been studied in detail. Hence this research study was done to identify yoga's effects on sports players' anxiety behavior while comparing it with normal stretching exercises. For this, a sample of thirty (30) male sports players within the age range of 15 -20 years were selected from the Jaffna zone, and among them, fifteen (15) players were provided with yoga practices for a period of two months, and the rest of the sports players were provided with normal stretching exercises for two months. The anxiety levels of players before and after the training were measured using the sports anxiety scale via a standard questionnaire. The results of this study indicate that after the provision of training, the players who have undergone yoga practices have significantly lower anxiety levels ( $33.86 \pm 1.49$ ) than those who have undergone normal stretching exercises ( $43.05 \pm 1.66$ ). The level of significance was set at 0.05 level. Hence it proves that yoga practices reduce the anxiety level of sports players, which may result in improved sports performance.

**Keywords:** Anxiety, Sports performance, Stretching exercises; Yoga practices, Jaffna Zone.

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