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# **A study on the effect of yoga training on the tactics of the college level male soccer players**

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**Abstract**--Yogasana has been practiced for thousands of years for keeping the human body free from various types of diseases. Regular exercise of yoga as well as physical training are useful for developing certain aspects of fitness such as flexibility, strength, stamina, balance and rhythm. Through meditation, players can improve their concentration. Players become physically fit and psychologically strong by regularly practicing yoga. Yoga also helps with relaxation after intense exercise. Yoga practices reduce the level of anxiety in players. Yoga enhances the concentration of a player and reduces stress during the game; thereby the performance in the game improves. Therefore the main objective of the study is find out whether yoga training has any impact on the tactics in terms of the passing ,dribbling and kicking of the college level male players. To fulfill this objective the researcher has used a sample of 75 college level soccer players for primary data and the secondary data sources are different books, journals and internet sources. Collected data have been analyzed with descriptive statistics and presented in tables and histogram charts.

**Keywords**---effect of yoga, college level, soccer players.

**Introduction**

Yoga can be considered as the tune of life for it helps to make out the higher perceptions of life by providing with the harmony between the body and soul. It is such a science of life that gives the proper rhythm to the body parts. Yoga, in short, refers to a means to attain total wisdom, bliss, peace as well as health. Yoga's spiritual, mental and physical aspects help to make an individual's life noble, useful and purposeful.

Performance in sports as well as games is dependent on both, the physical as well as mental abilities. The Body along with the mind has equal contributions in human success. According to the great thinkers Aristotle and John Locke human body is a temple where the soul and the spirit and this body reside makes harmony between the body and the soul. Hence a sound body that must be fit is required to have a sound mind.

Sports ought to be a positive happening for both, our body as well as our mind. Outdoors unstructured activities and games are essential for one. Let an individual explore and go trekking with his buddies, he should be encouraged to play, run around as well as jump etc. These activities are an essential way out physical energy .Sports acquires its origin from disport which means to divert oneself. It contains the true meaning of burning up of bad psychic imprints on the mind and heart.

An effective performance of sports is the result of various physical as well as mental features found within an athlete. Anthropometric characteristics among all have a significant role when compared to other traits when any sports performance is taken into consideration. Anthropometry means the measurement of a human individual. It turns out to be an primary tool belonging to physical anthropology. Anthropometry has been utilized for the purposes of identification, for understanding the individual physical variation, in the field of paleoanthropologist as well as in different attempts to link the physical and the racial as well as the psychological traits. It also incorporates the systematic measurement pertaining to the physical human body properties, which are primarily dimensional labels of body size as well as shape. Gymnastics refers to a sport comprising the execution of exercises which require balance, control, endurance, agility, flexibility as well as strength. The movements that are involved in gymnastics also helps in the development of abdominal muscles groups, legs, arms, chest and shoulders. Gymnastics developed from certain exercises made use of by the prehistoric Greeks which consisted of the skills for mounting as well as dismounting a horse, along with circus performance skills.

Football is a most popular game in the world. In the history of the football, it was evident that there is no common agreement regarding the origin of the game, but "li-ju" who lived about 50 B.C had mentioned that this game was played by China and Japan. There are some records indicating that in 1604B.C, the Japanese played a sort of football game on a tiny field at the each corner. The Japanese also played a similar game by the term of the seventh century. The ancient Greeks and Romans also had their equivalent game like this. In the year of 1884 in a historical meeting at Cambridge University, they set down a draft the first set of formal rules. This time the restricted numbers of player were eleven and the offside rules came into existence. Now-a-days, this game is played in almost all the countries having some differences in abided rules. The game which is played abided with the similar rules all over the world is known as "SOCCER". Most of the countries play soccer and participated in the international competitions. These competitions brought a consciousness among the players and coaches, as well that they keenly trying to develop the skills and performances of the player. We can develop our strength and endurance and improve our soccer playing ability with the involvement of soccer. What-ever may be the standard of

competitions, the shooting and kicking of football is one of the unavoidable skills in the game situation.

The game of football calls for thrilling, continuous as well as strenuous actions and hence, it appeals to all the youth worldwide. The skills which are Although participation in this game is natural and simple, it is very satisfying and inspiring for any person participating in this game. The football we see today has made tremendous progress since its inception. Of all the events in human history, what attracted the most spectators was not a major political event or a special celebration of some of the most complex achievements in art or science, but a simple ball game that was a soccer match. If we look at it more carefully, we will soon realize that every football match becomes a symphonic event of sufficient complexity. Simplicity is one of the main strengths of the game. At the most blunt level, the ball can be used as an open space and goalpost. No other sport is so instantly inspiring and readily available. (Pim, 1977)

The longevity as well as the health of an individual are threatened when he is either underweight or overweight. Obesity as well as overweight often raises an individual's risk of growing serious and severe CVD. Similarly, persons who are underweight might have higher risks than other people of musculoskeletal, cardiac, as well as disorders regarding reproduction. Therefore, a healthy weight is always the key to a longer as well as a healthy life. An individual can go through the weight control practices as well as principles, and the guidelines in order to design exercise programs for the body composition change, weight gain, as well as weight loss. People having fat levels of body falling near or at the body fat continuum extremes are most likely to grow serious and severe problems of health that minimize life expectancy as well as become threatening to the quality of life. (Heyward, 2002).

### **Review of Literature**

McMorris, 2004 Skill is the sportsman's ability to carry out physical or intellectual tasks with a utmost level of achievement with least amount of effort. The most recent meaning of skill is: „the reliable production of goal-oriented actions, which are cultured as well as particular to the task.

Wagmari, PA (2018) “The study of various yoga centers and their contribution to community yoga dictates important work by taking a restorative effect on asthma, diabetes, hypertension, etc. Yoga can help prevent chronic damage along with injuries and joint pain. Yoga involves stretching and strengthening different parts of the spine, which is the basis of our structure. The whole body becomes flexible and powerful. Yoga prevents useless time. Yoga increases the strength of the endocrine organs associated with the sensory system. Yoga helps to keep up. With the beneficial effect of various body frameworks and through it. Yoga establishes specific combinations of muscles that are subjected to the shocking stress that affects muscle strength, which is closely related to a person's emotional behavior. Yoga can be used as a preventive and curative treatment. Solution. Yoga also helps in building a strong rigid body, a confident mind and a healthy soul. Thus, yoga planning should be an essential part of educational sports.

Daware.P (2018) “Requirement and scope of research in yoga” Researchers should focus on the demands and frustrations of the general public. It naturally stimulates interest, which enhances the yoga culture.

Singh.P (2020) “Effects of Yogic Practice on Flexibility Balance and Agility of Intervarsity Level Male Football Players, 45 Days Training Session” The finding of study indicates that in case of Flexibility, Agility there is a significant impact of yogic practice on Male Football Players. In Balance shows a difference but it is not significant. So, we can say that yogic practice is superlative in the components of physical fitness for football players. This study shows that why yoga has simply started in India and now has been spread everywhere throughout the world.

### Objectives

The main objective of the study is find out whether yoga training has any impact on the tactics in terms of the passing ,dribbling and kicking of the college level male players.

### Methodology

Both quantitative and qualitative data have been used to fulfill the aforementioned objectives. A sample of 75 college level male players have been selected for the study. The selected samples have been tested in terms of the passing, dribbling and kicking before start yoga training and then 3 months yoga training has been started for them on weekly three days. At the end of the yoga training the players are tested again. Both the data i.e before yoga training and after training are analyzed by using the descriptive statistics and presented in the tables and charts.

### Data Analysis and Interpretation

Table-1  
Male Tactics (frequency distribution) before Training

Valid	Frequency	Percent	Valid Percent	Cumulative Percent
3.33	1	1.3%	1.3%	1.3%
3.66	5	6.7%	6.7%	8.0%
4.00	3	4.0%	4.0%	12.0%
4.33	8	10.7%	10.7%	22.7%
4.50	1	1.3%	1.3%	24.0%
4.66	10	13.3%	13.3%	37.3%
5.00	5	6.7%	6.7%	44.0%
5.33	8	10.7%	10.7%	54.7%
5.66	10	13.3%	13.3%	68.0%
6.00	5	6.7%	6.7%	74.7%
6.33	6	8.0%	8.0%	82.7%
6.66	6	8.0%	8.0%	90.7%
7.00	4	5.3%	5.3%	96.0%
7.33	3	4.0%	4.0%	100.0%
Total	75	100.0%		

The table shows that maximum candidates who score for tactics between 4.00 to 7.00 out of 10. The candidates who score above 7 are 3 out of total male N(75). It proves that who score average should be trained and their score in tactics can be improved after training.

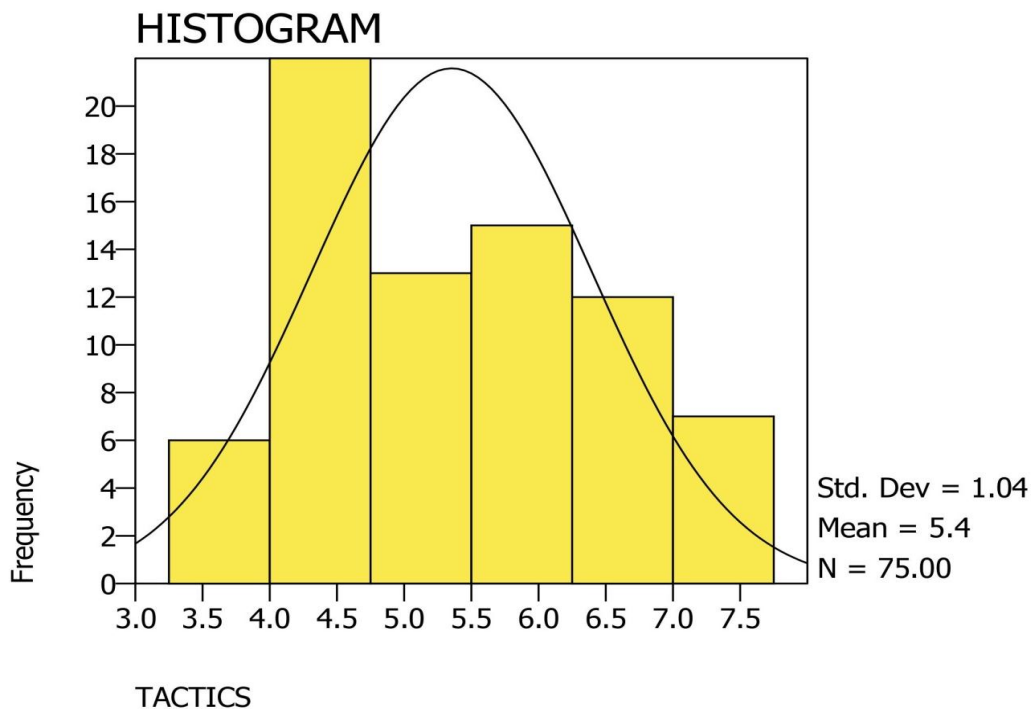


Fig. 1: Showing Male Tactics Frequency Distribution in the Histogram (Before Training)

Table-2  
Male Descriptive Homogeneity before yoga training

AGE	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum	
					Lower Bound	Upper Bound			
TACTICS	17	6	5.11	.50	.20	4.58	5.63	4.33	5.66
	18	13	5.00	.99	.28	4.40	5.60	3.66	7.00
	19	14	5.38	1.12	.30	4.73	6.02	3.66	7.33
	20	12	5.61	1.10	.32	4.91	6.31	3.66	7.00
	21	14	5.76	1.05	.28	5.15	6.36	4.00	7.33
	22	14	5.29	1.08	.29	4.67	5.92	3.33	7.00
	23	2	4.33	.95	.67	-4.18	12.84	3.66	5.00
Total	75	5.35	1.04	.12		5.11	5.59	3.33	7.33

It is evident from the above table that SD value for 23 players is .95 and maximum players score revolves between 1.00 to 1.12 with the maximum mean

value of 5.76 and lowest mean value 4.33. The total SD for all 75 players is 1.04 with the SE of .12

Table-3  
Male Tactics (frequency distribution after training)

	Frequency	Percent	ValidPercent	CumulativePercent
Valid 5.00	2	2.7%	2.7%	2.7%
5.33	2	2.7%	2.7%	5.3%
5.66	2	2.7%	2.7%	8.0%
6.00	3	4.0%	4.0%	12.0%
6.33	3	4.0%	4.0%	16.0%
6.66	6	8.0%	8.0%	24.0%
7.00	4	5.3%	5.3%	29.3%
7.33	12	16.0%	16.0%	45.3%
7.66	21	28.0%	28.0%	73.3%
8.00	15	20.0%	20.0%	93.3%
8.33	3	4.0%	4.0%	97.3%
8.66	2	2.7%	2.7%	100.0%
Total	75	100.0%		

The table 3 shows that maximum candidates score for tactics between 7.00 to 8.00 out of 10. The candidates who score above 7 are 53 out of total male N(75). It proves that who scored average before training got better improvement through training.

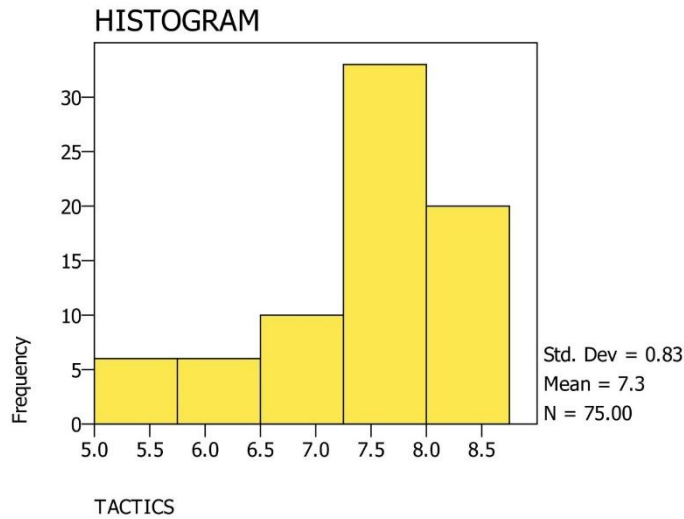


Fig. 2 : Showing Male Tactics Frequency Distribution in the Histogram.(After Training)

Table-4  
One sample test for Male Technic, Tactics, Fitness and MacDonald Soccer Skill  
(After Training)

	N	Mean	Std. Deviation	S.E. Mean
AGE	75	20.37	1.31	.15
WEIGHT	75	51.08	2.34	.27
TACTICS	75	7.31	.83	.10

	Test Value =0.5					
	t	df	Sig.(2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
AGE	131.09	74	.000	19.87	19.57	20.18
WEIGHT	187.58	74	.000	50.58	50.04	51.12
TACTICS	70.74	74	.000	6.81	6.62	7.00

It is evident from the above table that the t value for the tactics is 70.74 at 74 df level in respect of the age and weight of the players. Mean difference for age and weight are 19.87 and 50.58 where as for tactics it is 6.81.

### Conclusion

From the data analysis it has come to the notice that 3 months yoga training has a lot of impact on the tactics of the players. Regular exercise of yoga as well as physical training are useful for Develop specific aspects of physical fitness such as flexibility, strength, endurance, balance and rhythm. Through meditation, players improve their concentration. Practicing yoga regularly will help athletes stay physically and mentally fit.

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