

THE EFFECT OF YOGIC TRAINING AND AEROBIC TRAINING ON SELECTED MANAGERIAL MOOD : STATES AMONG WOMEN UNIVERSITY PLAYERS.

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Abstract

Forty five women players were selected as subjects at random from Department of Physical Education Women University Players, Annamalai University at chidambaram and their age was 18-25 years. They were divided in to three groups such as Control, Yogic Training, Aerobic Training groups prior to the experiment, all the subjects were medically tested and found physically fit. In this article here only one variable was selected, Dependent Variable: Managerial Mood states- Mc Nair Questionnaire tool was evaluated the players Managerialmood states. Analysis of Covariance statistics technique was used to analyse the main and interaction effects of study. There was significant difference in the Effect of Yogic Training and Aerobic Training among Women University players.

Keywords: *Yogic Training, Aerobic Training.*

1. INTRODUCTION

The uniqueness of yoga and its phenomenal popularity evoked the attention of scientists to this ancient system. Some scientific information is available at the present time. Misconception still seem to shroud the yoga system in mystery, and a comprehensive assessment of the nature and value of yogic asanas remain yet to be made by scholars trained in modern methods of scientific research. Sporting competition promotes similar psychological and bodily responses because there is often a threat posed towards the ego; your sense of self-esteem. Mental health and physical energy are difficult to quantify, but virtual everyone who participates in yoga over a period of time reports a positive effect on outlook and

energy level. Moya-Albiol Luis et.al, (2001) Studied, Physical fitness moderates the psycho physiological responses to stress. This study attempts to determine whether the degree of fitness could affect the response to physical and psychological stress after comparing two groups of men with good physical fitness. Heart rate and skin conductance level were continuously recorded before, during, and after a modified version of the Stroop Color-Word Task. With similar scores in trait anxiety and mood, elite sportsmen had lower basal salivary testosterone, testosterone/cortisol ratio, and HR before an ergometric session than physically active subjects, but no differences were found in salivary cortisol and blood pressure. Salivary testosterone and cortisol