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# **RECENT PERSPECTIVES IN SPORTS AND PSYCHOLOGY**

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17.

**Yoga: The Need and Effects on  
the Players and Sports**

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***Abstract:** Physical education refers to the process of imparting systematic instructions in physical exercise, sports, games, and hygiene. The term is generally used for the physical education programs at school and colleges. Having a body that is flexible, strong and controlled is important, if anyone is not able to move the body with the grace, velocity and speed required, then performance will be slow. So, we can say that yoga is very beneficial to everyone especially for a sportsman.*

*Any sport you choose, yoga can enhance and complement your ability. Most sports build muscular strength and stamina. Yoga can benefit professional sports persons; it is necessary to explore what is required to play a sport and play it well. In any Sports we must develop the basic skills and continually train the body so that we can apply the skill in a better way. This of course requires considerable time, energy and commitment to practice the skill at hand.*

***Keywords:** Players, Sports, mind, yoga, injury, fitness, sports, performance, Mental Health.*

**Introduction**

In today's world, all of us suffer from stress and a perpetual anxiety to perform well, leading to a plethora of diseases that we expose ourselves to. Yoga aims to calm and compose our minds and help us focus clearly on what really matters good health and the happiness that accompanies it.

The practice of yoga was first developed in India and has evolved over thousands of years.

Athletes in all sports are finding that yoga not only elongates tight, shortened, fatigued muscles but also brings calmness and clarity to the mind. Some athletes begin the practice to rehabilitate an injury and to gain more flexibility, stability and strength. Others take it up to increase their powers of concentration and quiet the mind. And some do it because they don't want to miss out on what everybody else is raving about! The reasons are many, but the results are consistent.

Yoga originated thousands of years ago in India to help people achieve spiritual enlightenment. Based on the idea that the mind and body are one, we believe that Yoga improves health by improving how we see the world, which calms the spirit and decreases stress. Now day, people practice Yoga to improve their physical, mental and spiritual wellbeing. There are different types of yoga that emphasize different aspects of the mind, body and spirit.

Athletes in all sports are finding that yoga conditioning not only elongates tight, shortened, fatigued muscles but also brings calmness and clarity to the mind. Few athletes begin the practice to rehabilitate an injury and to gain more flexibility, stability and strength.

### **The Need of Physical education**

Physical education forms an important part of modern education. Almost every school can boast of a playground, and one or two teams. In every modern school and colleges, after class work, students join various sports and games. The students generally take to all kinds of physical activities and show a great deal of interest in them.

### **Benefits of yoga**

- Improve general, mental, physical and spiritual health
- Increase total flexibility

- Balance mind and body
- Improve body strength and stamina
- Assist relaxation through use of breath static stretching

### **Benefits of yoga on sports performance**

#### **High Blood Pressure**

The relaxation and exercise components of yoga have a major role to play in the treatment and prevention of high blood pressure (hypertension). A combination of biofeedback and yogic breathing and relaxation techniques have been found to lower blood pressure and reduce the need for high blood pressure medication in people suffering from it.

#### **Strength**

After a hard-working day, come and plunk ourselves, on our home chairs, with very little energy to even fetch a glass of water for ourselves. This is caused by lack of inner strength. Inner strength is essential in doing day to day activities and in preventing you from injuries. This is especially useful, as we grow old and need more energy and strength to do the same activity.

#### **Mental Health**

A common practice in yoga is to breathe only from one nostril at a time, while holding the other one closed with the tip of your finger. Medical research has shown that this boost increased activity of the opposite side of the brain, leading to better cognitive performance and tasks associated with the other side of the brain. Regular yoga practice helps children with attention deficit disorder and people suffering from anxiety, depression and mood swings. It also helps keep the mind calm and reduce stress and thereby increase the general wellbeing of the person.

### **Joint pain and arthritis**

The general tendency of people suffering from joint pain, inflammation and stiffness is to avoid exercise. Yoga helps prevent advancement of this malady by toning the muscles and loosening the joints. When anyone suffering from joint pain practices yoga, the gentle stretching and strengthening movements of the various Yoga poses, improves the blood flow to the muscles and tissues supporting the joints, thereby making it more comfortable to move.

### **Flexibility**

With yoga, not only the muscles of the body, but also the softer tissues of our body are worked out, resulting in less buildup of the lactic acid, which is responsible for stiffness in various parts of the body. Yoga increases a range of motions of the less used inner muscles and helps in lubrication of joints. The result is a more flexible body, able to perform tasks easily!

### **Respiratory problems**

Respiratory problems could also be caused by multiple factors like allergy, exercise, weather change etc. By practicing yoga, the lungs capacities increase and so does stamina and stress on air passages is reduced. International Journal of Yoga, Physiotherapy and Physical Education

### **Memory improvement**

Yoga helps in retaining information better and for a longer time due to its focus on concentration and meditation. By breathing right, concentrating and meditating, more blood flows to the brain, making it supple and ready to accept more information and reproduce that information when required.

### **Effects of yoga on different factors**

#### **Team effects**

- Increases team motivation
- Improves team cohesion



- Increases trust
- Provides an opportunity for team unity outside the demands of intense training
- Improves player-player support

### **Psychological effects**

- Develops determination and self-discipline
- Improves focus
- Reduces stress and provides a method of relaxation
- Breath work provides athlete with techniques they can use
- Helps athletes to achieve flow and get in 'the zone'
- Helps athletes to understand the importance of relaxing, resting, and recovering

### **Physical Effects**

- Contributes to improved cardiovascular fitness and stamina
- Effective as a form of soft tissue and collagen fiber rehabilitation
- Increase suppleness through stretching muscles
- Improves joint mobility to their healthy limits
- Reduces risk of injury and assists with injury rehabilitation
- Enhances co-ordination and agility
- Teaches athletes how the body performs and functions as a synergistic unit

### **Conclusion**

Overall, the studies comparing the effects of yoga and exercise it concludes that, in both healthy and diseased populations, yoga may be as effective as or better than exercise at improving a variety of health-related outcome. However, future clinical trials are needed to further examine the distinctions between exercise and yoga, particularly how the two modalities may differ. In their effects on sports performance. Researcher find out that yoga in sports as important as other think it helps us in different ways and

different levels in a sports men life. International Journal of Yoga, Physiotherapy and Physical Education.

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