

(SJIF) Impact Factor-7.675

ISSN-2278-9308

# *B.Aadhar*

Peer-Reviewed & Refereed Indexed

Multidisciplinary International Research Journal

**August -2021**

ISSUE No-313

"HOLISTIC APPROACH OF HEALTH SCIENCE RESEARCH,SPORTS  
SCIENCE AND YOGA DURING 21ST CENTURY"



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**Prof. Virag S. Gawande**  
**Director**

**Aadhar Social  
Research & Development  
Training Institute Amravati**

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**Dr Rajesh P. Ingole,**  
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**The Journal is indexed in:**

**Scientific Journal Impact Factor (SJIF)**

**Cosmos Impact Factor (CIF)**

**International Impact Factor Services (IIFS)**



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## Effect of 12 Week Asana And Meditation Practices On Locus Of Control Among Athletes

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### ABSTRACT

The aim of the study was designed to determine the Impact of twelve week Asana and Meditation training on locus of control among Athletes. To attain the purpose, Forty Five (N=45) Athletes studying various Pre University Colleges in and around Belagavi, Karnataka State, India during the academic year 2019-2020 were selected randomly as subjects. Their age ranged from 17 to 19 years. The subjects were assigned at random into three groups of fifteen each (n=15). Group-I underwent Yogasana Practice (n=15), Group-II underwent Meditation Practice (n=15) and Group-III acted as Control. The dependent variable selected for this study was Locus of Control and it was assessed by **Rotter (1959) Scale**.

All the subjects were tested prior to and immediately after the training for the selected variable. Data were collected and statistically analyzed using ANCOVA. Scheffe's post hoc test was applied to determine the significant difference between the paired means. In all the cases 0.05 level of significance was fixed. The results of the study showed that there was a significant difference among all the Experimental group's namely Yogasana Practices and Meditation Practices. Further the results showed Meditation group was found to have greater impact on the group concerned than the Yogasana group and Control group in enhancing the performance of Attitude.

**KEYWORDS: Asana, Meditation, Locus of control**

### INTRODUCTION

Yoga has been polished in India for more than two centuries. Stories and legends from old occasions vouch for the presence of yoga, and to the professionals and divinities related with it. Indian writing is a storage facility of information about yoga covering each possible level. Generally in sequential request are the vocals (books of Scriptural information), the Upanishada (philosophical cosmologies), and their critiques; then, at that point the Puranas (antiquated cosmologies), and the two stories, the Ramayana and the Mahabharatha. The Mahabharatha contains inside itself that magnum opus of Indian sacred text the Bhagavad Gita. Towards the finish of Vedic period comes the aphoristic writing, with the "Yoga Aphorisms" of Patanjali of exceptional interest to yoga understudies. These are, moreover, entire assortments of works both antiquated (Pre-Christian) and more present day managing different parts of yoga and yoga theory, vouching for the proceeded with importance of yoga as a discipline (**Mira-Mehta, 1994**).

**MEDITATION:** Contemplation follows fixation and focus converges into reflection. Focus is holding the psyche on to some specific article. A reliable progression of thought or information as to the object of focus. During reflection the vacillation of brain is changed over into engaged and one pointed.

Reflection recuperating the group of infection by legitimate eating regimen, right living, and re-energizing the body with God's almighty inestimable energy; eliminating in harmonies and failure from the psyche by focus, useful reasoning, and merriment; and liberating the always ideal soul from the obligations of otherworldly obliviousness by contemplation.

### LOCUS OF CONTROL

An individual who hopes to succeed will be more spurred and bound to learn. This individual will look for data that is bound to have beneficial routines and a positive scholarly disposition. An individual with an outer locus of control, who ascribes his prosperity to karma and destiny, will be less inclined to put forth the attempt expected to learn. Individuals with outer locus of control are bound to encounter uneasiness since they accept that they are not in charge of their lives. It is a significant character part which gives a sign of degree to which an individual sees support radiating his own endeavors sections how much he trusts them to be constrained by powers outside himself. The conviction that prize and fortifications are dependent upon person's endeavors is named as interior locus of control, while the conviction that award and fortifications are represented by powers



outside himself like karma, possibility, destiny and incredible others - is named as outer." (Rotter, 1966).

**METHODOLOGY**

With the end goal of this examination Forty five (N=45) male Athletes concentrating in different Pre University Colleges in and around Belgavi, Karnataka State, India during the scholarly year 2019-2020 were chosen haphazardly as subjects. Their age went from 17 to 19 years. The subjects were relegated aimlessly into three gatherings of fifteen each (n=15). Gathering I went through Asana Practice (n=15), Group-II went through Meditation Practice (n=15) and Group-III went about as Control. The preparation Program period was restricted to three days out of each week for twelve weeks. Every one of the subjects was tried Locus of control and it was surveyed by Rotter (1959) Scale preceding and following the test period.

**ANALYSIS OF DATA**

The information got from the exploratory gatherings prior and then afterward the trial period were measurably broke down with dependent't'- test and Analysis of covariance (ANCOVA). At whatever point the 'F' proportion for changed post test implies was discovered to be huge, the Scheffe's Post hoc test was applied to decide the combined mean contrasts. The degree of certainty was fixed at 0.05 level for every one of the cases.

The Analysis of covariance (ANCOVA) on Locus of control of Experimental Groups and Control bunch have been dissected and introduced in Table - 1. The investigation of covariance on Locus of control of the pre, post, and changed grades of Yogasana Practices bunch, Meditation Practices gathering and Control bunch have been examined and introduced in Table - 2.

**Table-1**

**Calculation of analysis of covariance of pre test, post test and adjusted post test on locus of control of experimental groups and control group**

Test	Asana Practices Group-I	Meditation Practices Group-II	Control Group-III	Source of Variance	Sum of Squares	df	Mean Squares	F-ratio
Pre-Test Mean	14.67	14.53	14.07	Between groups	2.98	2	1.49	0.73
				Within groups	86.00	42	2.05	
Post-Test Mean	17.13	20.67	14.13	Between groups	264.04	2	132.02	60.01*
				Within groups	92.40	42	2.20	
Adjusted Post-Test Mean	17.01	20.01	14.32	Between sets	238.80	2	119.40	71.10*
				Within Sets	68.85	41	1.68	

\* Significant at 0.05 level of confidence Table value for df (2, 42) at 0.05 level = 3.22 Table value for df (2, 41) at 0.05 level = 3.23(Locus of Control scores are in Points)

Table-1 shows that the acquired F-proportion esteem 0.73 for pre test mean of Asana Practices bunch, Meditation Practices gathering and Control bunch on Locus of Control is not exactly the necessary table worth of 3.22 for importance with df 2 and 42 at 0.05 degree of certainty.

The acquired F-proportion worth of 60.01 for post test mean of Asana Practices bunch, Meditation Practices gathering and Control bunch on Locus of Control is more than the necessary table worth of 3.22 for importance with df 2 and 42 at 0.05 degree of certainty.



The acquired F-proportion worth of 71.10 for changed post test mean of Asana Practices bunch, Meditation Practices gathering and Control bunch on Locus of Control is higher than the necessary table worth of 3.23 for importance with df 2 and 41 at 0.05 degree of certainty.

The consequences of the investigation demonstrated that there is a huge distinction between the changed post-test methods for Asana Practices bunch, Meditation Practices gathering and Control bunch on Locus of Control.

Since, three gatherings are analyzed and at whatever point the acquired 'F' proportion for changed post test is discovered to be huge, Scheffe's test is utilized to discover the matched mean distinction and it is introduced in Table-2

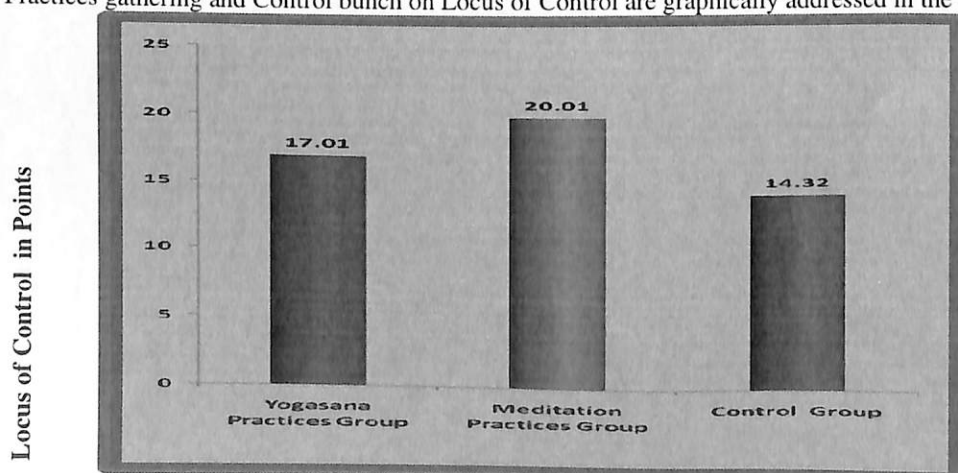
**Table – 2**  
**Scheffe's test for the difference between paired means on locus of control**

Asana Practices Group-I	Meditation Practices Group-II	Control Group	Mean Difference	Confident Interval Value
17.01	20.01	---	3.00*	1.20
17.01	---	14.32	2.69*	
---	20.01	14.32	5.69*	

**\*Significant at 0.05 level of confidence.**

Table-2 shows that the mean distinction upsides of Asana Practices gathering and Meditation Practices bunch, Asana Practices gathering and Control bunch, Meditation Practices gathering and Control bunch are 3.00, 2.69 and 5.69 individually, which are more noteworthy than the certainty stretch worth of 1.20 on Locus of Control at 0.05 degree of certainty.

The consequences of the investigation showed that there was a huge contrast between Asana Practices gathering and Meditation Practices bunch, Asana Practices gathering and Control bunch, Meditation Practices gathering and Control bunch. The above information likewise uncovers that Meditation Practices bunch had shown preferable execution over Asana Practices gathering and Control in Locus of Control. The changed post mean upsides of Asana Practices bunch, Meditation Practices gathering and Control bunch on Locus of Control are graphically addressed in the Figure-1



**Figure: 1** The adjusted post test mean values of asana practices group, meditation practices group and control group on locus of control



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### CONCLUSION

From the analyzed of the data the following conclusions were drawn

1. Significant differences in achievement were found between Yogasana practices group Meditation practices group and control group in the selected criterion variable on Locus of control.
2. The experimental groups namely Yogasana practices group, Meditation practices group, had significantly better performance of Locus of control.
3. The Meditation practices group was found to be better than the yogasana practices group and control group in decreasing strength performance.

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