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EFFECT OF DURATIONS OF YOGA NIDRA FROM INDUCED FATIGUE PSYCHOMOTOR VARIABLES OF SPEED MOVEMENT AND HAND STEADINESS OF MALE ATHLETS

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ABSTRACT

The mind is restless because of the many unresolved problems. The elements that disturb mental equilibrium and thus generate psychic distress are: ignorance of the truth concerning one's self or egotism which seems to be the obvious truth Ignorance and the belief in the separative individuality.

Yoga is panacea for stress disorders. It works wonderfully where innumerable tranquilizing agents have failed in removing these diseases but also improve the resistance of the body at the psycho-physiological state. Scientific researchers shown and degenerating process with the result that a person may remain active and energetic for a longer period of life.

Yoga Nidra is a systematic method of inducing complete physical mental and emotional relaxation Yoga Nidra referred to as psychic sleep or deep relaxation with inner awareness in this threshold state between sleep and wakefulness contact with sub-conscious and unconscious dimensions occurs spontaneously.

Keywords: Mental Equilibrium, Psychic distress, degeneration, psychic sleep, and wakefulness.

INTRODUCTION

In yoga Nidra, the state of relaxation is reached by turning rewards, away from outer experiences, if the consciousness can be separated from external awareness and from sleep, it becomes very powerful and can be applied many ways, for example to develop the memory increases, steadiness of mind and transform one nature.

Yoga Nidra is performed in the posture of Shavasana with eyes closed. In this stage, initial relaxation of the body and mind is induced by the awareness of stillness comfort, posture, position, breath and listening to the external sound with the attitude of a witness.

Physical Education and sports are mainly based on motor skills the psychomotor components are of great concern to physical activities. The psychomotor is concerned with muscular activities into these movements of the body limbs or other body parts necessary for a given action.

The psychomotor ability of an individual is an increasingly complex coordination of eyes, hand and mind. Psychomotor ability which is concerned with voluntary human movement which is observable and directly associated with muscular action or motor skills are important components which help the physically disabled. Psychomotor components are required to perform any work.

In relation to human performances, fatigue is one of man's most perplexing problems. Fatigue may be defines as the subjective state of in which one feels tired, exhausted and in which the capacity for normal work or activity is reduced. Some of the researchers found that it is the common observation that many athletes under apparent influence of fatigue make wrong at a critical state, that lowering the standard of their performance.

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In modern scenario, human life has become very fast, hectic, and demanding. The present life style demands adjusting on the part of the individual. Each of us, as per our coping resources, tries to adjust in this changing world. Some adjustment by becoming over active and other by withdrawing from the situation when we fail to make a proper adjustment according to the demands of the situation, a state of negative stress or distress develops in our personality which gives rise to mental or psychological problems. In most people the mind always remains in a state of arousal and tension. Yoga Nidra as a technique of pratyahara, not only provides relaxation to body and mind but also has a number of benefits.

Statement of the problem:

The purpose of the study was to investigate the effect of durations of Yoga Nidra from induced fatigue psychomotor variables of speed movement and hand steadiness of male athletes.

Delimitations:

- The study was delimited to 30 male athletes selected from two undergraduate colleges.
- The study was further delimited to induced physical fatigue by treadmill running under sub-maximal intensity.

Limitations:

Non availability of sophisticated instrument was considered as limitation for the purpose of the study.

Hypotheses: Yoga Nidra would significantly effect recovery rate of psychomotor performance from induced physical fatigues.

Speed of Movement: Speed of movement has been defined as the rate of which a person propels parts of his body through space. It refers to the time taken from the presentation of stimulus to the completion of a small movement and its equal to the some of reaction time and movement time.

Hand Steadiness: Hand steadiness is a measure of motor control in the present study. It is expressed in the form of value of hand shakiness as measured by steadiness testers.

Significance of the Study : Yoga Nidra as a relaxation technique to recover from induced fatigue from specific intensity of excercises, findings of the study will obeviously through light on Yoga Nidra will affect the recovery process from the fatigue. The study will critically expose how physical movements are associated with sensation and perception process.

Procedure: The selected criterion parameters, their tests and criterion measures were as follows:

Variables	Test	Criterion Measures
Speed of Movement	Nelson Speed of Movement Test	Seconds
Hand Steadiness	Hand Steadiness apparatus	Seconds

Reliability of Data

The reliability of the data was assured by establishing the tester competency subject reliability and instrument reliability. To ensure consistency of measurements and performance the tests were repeated on two days with an interval of one day. The score of two days thus obtained were co-related and the co-efficient of reliability obtained for each tests of speed of movement and hand steadiness.

Reliability of the Test Items by Test and Re-Test Method

S.No.	Test Item	Co-efficient of 'r'
1.	Nelson speed of Movement Test	0.96*
2.	Hand steadiness Test	0.94*

*Significant at 0.01 level

From the test and re-test, co-efficient of correlation it was obvious that the tester reliability was significantly high, establishing the competency of the scholar to administer the tests. The correlation co-efficient also indicated the reliability of the test selected, as a high correlations were obtained when the test repeated.

Statistical Method

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To effect of Yoga Nidra on psychomotor abilities after induced physical fatigue, analysis of variance were used at 0.05 level of significance to find out the significant difference between the paired means the post-hoe were used.

Analysis of variance of speed of movement

Sources of variance	Degrees of Freedom	Sum of square	Mean sum of square	F value
Between the groups	3	0.1093	0.0364	114.664*
Within the groups	116	0.0368	0.0003	

- Significant at 0.05 level
- Tab F.05 (3.116) = 2.6828

From the above table it is clearly evidence that the speed of movement performance at the end of induced fatigue and after three durations of Yoga Nidra is significantly different. Since the obtained F-value 114.6649 is significantly greater than the tabulated F value.

Analysis variance of Hand Steadiness

Sources of variance	Degrees of Freedom	Sum of square	Mean sum of square	F value
Between the groups	3	1197.35	399.1177	4.0885*
Within the groups	116	11323.62	97.6174	

- Significant at 0.05 level
- Tab F.05 (3.116) = 2.6828

From the above table clearly evidence that the Hand Steadiness performance at the end of induced fatigue and after three durations of Yoga Nidra is significantly different. Since the obtained F-Value 4.0885 is significantly greater than the tabulated F values.

So both the speed of movement and Hand Steadiness statistical finding clearly implies that though the three durations of Yoga Nidra practice significantly affected recovery of speed of movement and Hand Steadiness performances after induced fatigue, their effects were of similar level.

Discussion on Findings

Hence Yoga Nidra might have effected significantly on recovery of the psychomotor performance from induced fatigue. As physical relaxation was attained through perpectual relaxation process of Yoga Nidra, that is mind to muscles effect and awareness emphasizes enhanced nervous functioning efficiency, as results, the psychomotor actions were critical perfection plays important role are significantly improve by Yoga Nidra.

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