

METHOD OF INVESTIGATION

This chapter deals with the detailed methodology used for the current study which includes defining the problem, formulating the objectives and hypothesis, planning the research design, selection of subjects, selection of variables, training program, tools used and the statistics involved.

3.1 STATEMENT OF THE PROBLEM

The present study aims to investigate the impact of Self-regulatory techniques and yogic practices on psychological and performance variables among men hockey players. The importance of mind and its training enhances the performance in any game that is played. The researcher had a keen interest in focusing on the behavioral patterns through self-regulatory practices and an eclectic approach of adding on yogic exercises to see the impact on various psychological variables like self confidence, Anxiety and Aggression. The research extends by understanding the impact on Performance variables like Speed, Agility, Leg strength and Playing Ability.

3.2 OBJECTIVES

Keeping the Research problem in view, the following objectives were derived for the present study

1. To determine whether there would be any significant difference on the Psychological variables and Performance variables among Men Hockey Players who underwent Self-regulatory training.

2. To ascertain whether there would be any significant difference on the Psychological variables and Performance variables among Men Hockey Players who underwent Yogic practices.
3. To assess whether there would be any significant difference on the Psychological variables and Performance variables among Men Hockey Players who underwent Self regulatory training and Yogic practices.
4. To examine whether there would be any significant difference on the Psychological and Performance variables among the Control Group.

3.3 HYPOTHESES OF THE STUDY

Based on the related review of literature the following hypotheses were framed for testing the present study.

I) Research Hypothesis

Research studies indicated how successful hockey players use imagery and replicates and extends other imagery research by considering skill level (Sandra, 2012). Better performance was exhibited with the effect of psychological skill training such as progressive muscle relaxation on competitive anxiety (Khanjani M, 2014) . Lisa J Rogerson (2012) utilized relaxation in the form of centering and self talk on the performers of ice hockey goaltenders during league matches. Thus, the research hypothesis was stated as:.

H_1 : - There **would be a significant improvement** due to Self-regulatory techniques training on Psychological aspects such as Self Confidence, Anxiety and Aggression and Performance factors such as Speed, Agility, Leg Strength, and Playing Ability and on overall Psychological and Performance factors of Men Hockey Players.

II) Research Hypothesis

Previous studies have stated that yogic asanas were effective in developing perception and overcoming player's psychological and skill variables and also there were significant changes in anxiety in basketball and hockey players (Aparna and Gerald, 2017) . Therefore, the research hypothesis was stated as:

H_2 : - There would be a significant improvement due to Yogic practices on psychological aspects such as Self Confidence, Anxiety and Aggression and Performance factors such as Speed, Agility, and Leg Strength, and Playing Ability and on overall Psychological and Performance factors of Men Hockey Players.

III) Research Hypothesis

Research has shown that investigation was done on two relationships in competitive sports with regard to state cognitive anxiety with performance and state self-confidence with performance (Woodman, Time and Lew Hardy (2003). Felix Arockia and Kirubakar, (2015) has indicated that the effect of combined conventional training and yogic practices on selected physical variables as speed and agility. Hence, the research hypothesis was stated as:

H₃ - There would be a **significant improvement** due to Self-regulatory training and Yogic Practices on psychological aspects such as Self Confidence, Anxiety and Aggression and Performance factors such as Speed, Agility, and Leg Strength, and Playing Ability and on overall Psychological and Performance factors of Men Hockey Players..

(IV) Null Hypothesis

As there were no direct findings to substantiate the differences in the Control Group on Psychological aspects such as Self Confidence, Anxiety and Aggression and Performance factors such as Speed, Agility, and Leg Strength, and Playing Ability and on overall Psychological and Performance aspects of the Men Hockey Players, null hypothesis was framed.

H₄) There would not be significant differences in the Control Group on Psychological aspects such as Self Confidence, Anxiety and Aggression and Performance factors such as Speed, Agility, and Leg Strength, and Playing Ability and on overall Psychological and Performance aspects of the Men Hockey Players.

3.4 SELECTION OF VARIABLES

The researcher had gone through the available literature and had discussions with various experts in the respective fields and arrived at measuring the following parameters. The availability of the techniques, feasibility and reliability of the procedure and the outcome were extensively analyzed and on the basis of the findings,

the problem was selected. After analyzing the various factors associated with the problem, certain variables were selected to test during the study.

DEPENDENT VARIABLES:

Psychological :

- Self-confidence.
- Anxiety.
- Aggression.

Performance :

- Speed.
- Agility
- Leg strength
- Playing Ability

INDEPENDENT VARIABLES:

- *Self-regulatory training techniques*

Mental imagery Training

Self-talk

Relaxation

- *Yogic practices*

All kind of Asanas

Breathing exercise- Pranayama

3.5 OPERATIONAL DEFINITION OF SELECTED VARIABLES

Self-confidence: An individual ability to feel contented so as to bring the best from his or her potentials.

Anxiety: An imaginary fear producing discomfort in an individual.

Aggression: An outburst of accumulated tension for a long period of time due to a strong uncomfortable stimulus.

Self-regulation: Activation of all psychic factors that influence an action in such a way that it lead to an optimal result.

Mental Imagery: A cognitive travelling within self to induce a stimulated effect.

Self Talk: A process of giving suggestions to self which positively induces a person to act better

Relaxation: The state of being free from tension and anxiety

Yogic Practices: A complete yoga practice through various postures and breathing technique

Asana: It is a specific yoga position

Pranayama: the regulation of the breath through certain techniques and exercises.

Speed: The rate at which someone moves or operates.

Agility: The innate and trained ability to move easily and quickly

Leg strength: The strength of the lower limbs to execute sport performance.

Playing Ability: The skills required to perform a sport effectively.

3.6 RESEARCH DESIGN OF THE STUDY

The researcher had implemented a longitudinal study, and applied pretest and posttest design. The sample drawn was a purposive one, where they were assigned to four groups, with three Experimental Groups undergoing different interventions for 8 weeks and a Control Group undergoing no intervention.

3.6.1 SAMPLE

A Sample of 60 Men Hockey players in and around Thiruvallur district were selected, between the age group of 18-35 belonging to Middle level of Socio Economic Status from the students who had represented their district, university and state and also from other men who were playing for their respective organization.

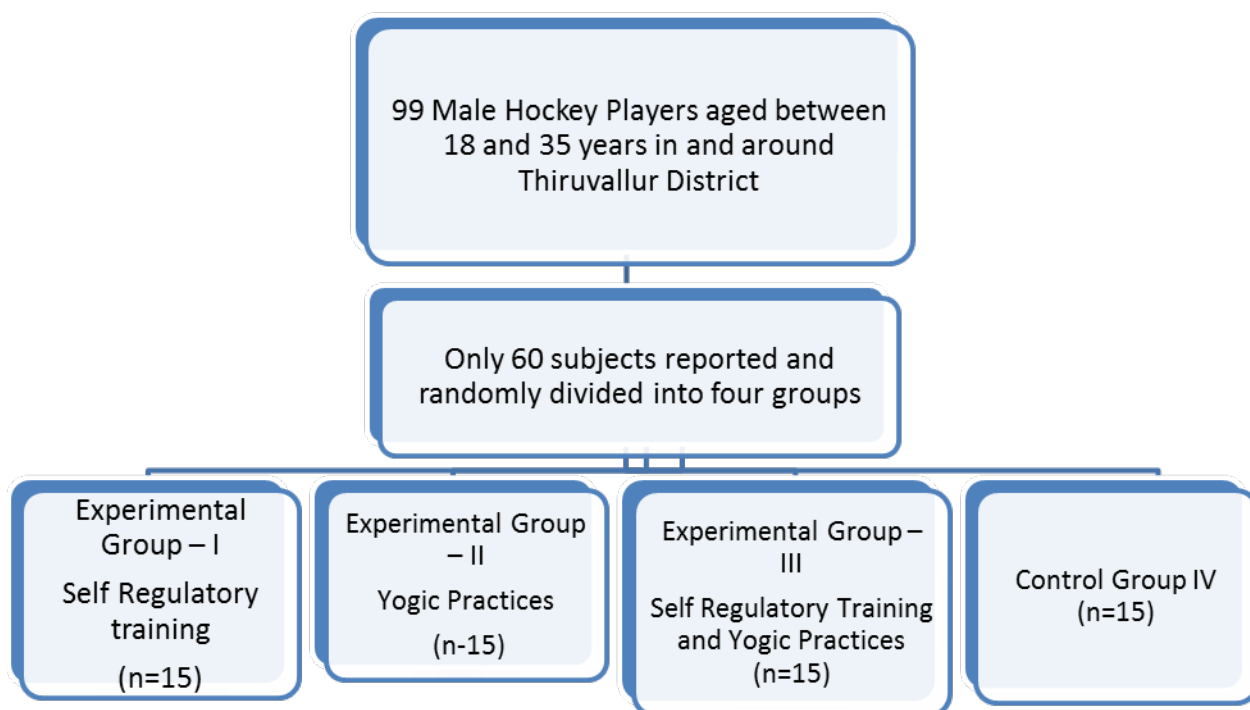
3.6.2 NATURE AND PROCEDURE OF SAMPLE COLLECTION

Prior to the test, the investigator visited many places in and around Thiruvallur District, Tamilnadu State and met the male hockey players who had represented their university and the players who were representing their organization even after engaged into service. They were explained about the purpose and nature of work and requested the subjects to volunteer for the study. Only male hockey players aged between 18 and 35 years were contacted and around ninety-nine subjects gave their voluntary consent to work as subjects for the study. A qualified medical officer of the Government Hospital, Thiruvallur District, Tamilnadu, examined 99 subjects and

declared all of them to be medically fit for this study, and from the ninety nine subjects only sixty subjects were serious enough to participate and only they were selected. Further, they were divided randomly into four groups as three experimental groups and one control group. Their written voluntary consent was obtained, with regard to the training program and the variables under which they would be tested and they were assured that their data would be kept strictly confidential and it would not be used for any purpose other than the present study.

The selected 60 subjects were randomly divided into four groups of fifteen each, out of which Experimental Group I (n = 15) underwent Self-regulatory technique, Experimental Group - II (n = 15) underwent Yoga practice, Experimental Group - III (n = 15) underwent a combination of Self-regulatory training and Yogic practices and Group – IV (n = 15) remained as Control. All the subjects had revealed that they had no ailments of any sort and were not under any medication. A general medical checkup was done on them and the physician confirmed and the subjects were given clearance to take part in the training.

FIGURE 2
FLOW CHART OF THE SAMPLE



3.6.3 TESTER RELIABILITY

Prior to the commencement of the study, the investigator had undergone training in various techniques and testing procedures undertaken for the study under experts working in the field of Sports, Psychology and Yoga. Collection of data on Self-confidence, Anxiety, Aggression, Speed, Agility and Leg Strength was under the supervision of experts was executed. The Playing Ability of the players with regard to the technical and psychological skills of the game was rated by the Coaches.

3.6.4 RELIABILITY OF THE INSTRUMENT

The required instruments such as stop watches, dynamometer, measuring tape and questionnaires were taken from the human performance laboratory of the Department of Physical Education, Tamil Nadu Physical Education and Sports University. All the instruments were in good condition and had been purchased from the reliable and reputed companies. Their calibrations were tested and found to be accurate enough to serve the purpose of the study.

3.6.5. COLLECTION OF DATA

Data on selected psychological and performance related variables were collected as per the method prescribed in test administration one day prior to the commencement of training and one day after the completion of training.

3.6.6. PILOT STUDY

A pilot study was conducted to assess the initial capacity of the subject's to undergo the training. To achieve this purpose 15 subjects were selected and they were divided into three groups of five each at random. Group – I underwent Self-regulatory training, Group – II underwent Yogic practices and Group – III underwent a combination of Self-regulatory training and Yogic practices under the careful supervision of the researcher. Based on the response of the subjects in the pilot study the training schedule for the three groups was constructed separately. However, the individual

differences were taken into consideration. The basic principles of training were followed while constructing the training program, form and technique too were emphasized at all stages of the training program.

3.7. CRITERION MEASURES AND SELECTION OF TESTS

The present study was undertaken to assess the impact of Self-regulatory technique, Yoga practices and a combination of Self-regulatory training and Yoga practices on the psychological and performance aspects such as Self-confidence, Anxiety, Aggression, Speed, Agility and Leg Strength. The Playing Ability was measured by the coaches on the technical and psychological skills required for the game. The investigator analysed various literature and also consulted many physical education professionals, sports psychologists and then selected the following test items, which were standardized, ideal for the chosen subjects and most suitable for the purpose of the study, and it is presented in the Table - I.

Table - I**TESTS SELECTION**

Sl. No	Criterion Variables	Test items	Unit of Measurement
1.	Self-confidence	Agnihotry Rekha Self-confidence test	Score
2.	Anxiety	Taylor's Manifest Anxiety Scale	Score
3.	Aggression	Thiwari Chauhan Aggression inventory	Score
4.	Speed	50 meters run	Seconds
5.	Agility	Shuttle run	Seconds
6.	Leg strength	Dynamometer	Kilograms
7.	Playing Ability	Coaches Rating	Marks

3.8 RELIABILITY OF DATA

Test and retest method was followed in order to establish reliability of data by using 15 subjects at random. All the dependent variables selected in the present study were tested twice for the subjects by the same persons under similar conditions. The intra class co-efficient of correlation was used to find out the reliability of the data as suggested by Johnson and Nelson and the results are presented in Table - II.

Table – II

**INTRA CLASS CORRELATION CO-EFFICIENT OF SELECTED
CRITERION VARIABLES**

Sl. No.	Variables	r*
1.	50 meters run	0.88*
2.	Shuttle run	0.87*
3.	Dynamometer	0.82*

* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 29 was 0.767).

3.9. ORIENTATION OF SUBJECTS

The investigator explained the purpose of training program to the subjects and their role in the study. For the collection of data, the investigator explained the procedure of test on selected dependent variables and gave instructions to the subjects about the procedure to be adopted by them for measuring. Five sessions were spent to familiarize the subjects with the techniques involved to execute the training program and yogic exercises. It helped them to perform the training program and yogic exercises perfectly. The subjects were verbally motivated to attend the training session regularly. Further the control group was specially oriented, advised and controlled to avoid the special practice of any of the specific training program till the end of the testing period. The subjects of all the groups were sufficiently motivated to perform their best.

3.10 Description and Scoring of Assessment Tools:

The current research used three set of assessment tools under psychological parameters to measure Self-confidence , Anxiety and Aggression and other four performance variables such as Speed, Agility, Leg Strength and Playing Ability were assessed through activity based process.

3.10.1 PSYCHOLOGICAL VARIABLES

- **Agnihotri Self-confidence Inventory**

Self-confidence was measured with the Agnihotri Self-Confidence Inventory (ASCI) developed by Rekha Agnihotri. It consisted of 56 items and it is for adolescents and adults. The inventory could be scored manually. Agnihotri Self-confidence Inventory (ASCI) obtained the reliability of the questionnaire of 0.89, which was also quite high

SCORING

A score of one is awarded for a response indicative of lack of self-confidence. That is for marking cross (x) to wrong response to item numbers 2,7,23,31,40,41,43,45,53,54,55 and for making cross (x) to right response to the rest of the items. The lower of the score the higher would be the level of confidence and vice versa.

- **Taylor's Manifest Anxiety Scale**

Anxiety was measured with the Taylor's Manifest Anxiety Scale. The questionnaire was given to all subjects to measure anxiety. It consisted of 50 items and can be administered both for adults and adolescents. The questionnaire is translated from English to Tamil so that subject can understand. The reliability of the questionnaire was established through test and re-test method, reliability co-efficient ranged from 0.55 to 0.93.

SCORING:*Positive Statement*

If the answer is 'true' for positive statements, it gets '0' mark.

If the answer is 'false' for positive statements, it gets '1' mark.

Negative Statement, marks are awarded in the reverse

If the answer is 'true' for positive statements, it gets '1' mark.

If the answer is 'true' for positive statements, it gets '0' mark.

The maximum possible score is 50.

Item Numbers of Positive statements:

1,3,4,9,12,14,15,18,20,29,32,38 and 50.

Item Numbers of Negative statements:

2,5,6,7,8,10,11,13,16,17,19,21,22,23,24,25,26,27,28,30,31,33,34,35,

36,37,39,40,41,42,43,44,45,46,47,48 and 49.

TABLE 3 - INTERPRETATION

Scores	Anxiety Level
0 – 8	Normal anxiety
9 – 18	Significantly anxiety
19 – 30	Highly anxious
31 and above	Anxiety level in very high and uncontrollable

- **Tiwari Chauhan Aggression Inventory**

The standard psychological tool devised by Tiwari Chauhan was used to quantify the aggression. This test consisted of 10 statements with six responses. All statements were positive in nature. The respondents must make a tick (✓) on any one of the responses that fits to them best. The Inventory obtained the reliability of the questionnaire of 0.87, which was quite high.

TABLE 4 - SCORING

The score obtained for each statement was added and treated as individual score.

Responses	Scores
Very much	5
Much	4
Ordinary	3
Less	2
Very less	1
Not at all	0

PERFORMANCE VARIABLES

- ***Speed : 50 Meters Dash***

This test assesses the speed, which is one of the performance variable. It basically uses Starting Clapper, measuring tape and stop watches. After a short warm-up period the

subject take a position behind the starting line. The starter used the command ready and clap, the subject run across the finish line, which will be drawn at 50 mts. from the starting line, as fast as possible. The score is the elapsed time to the nearest tenth second between the starting signal and the subject crosses finish line.

- ***Agility : Shuttle Run***

This test assesses the agility, which is one of the performance variable, by measuring the performer's running and changing direction. Basically the Marking tape, stop watches and two block of wood (2"x2"x2") are used as measuring the agility level. The performer starts behind the starting line on the signal "GO", and runs to the blocks, picks up one returns to the starting line, and places block behind the line; he then repeats the process with the second block. Allow some rest between the two trials. The score for each performer is the length of time taken (to the nearest tenth of a second) to complete the course. The best trails are recorded.

- ***Leg Strength : Leg Lift with Dynamometer***

This test assesses the Leg Strength, which is one of the performance variable. A Leg Dynamometer is used to measure. The subject stood on the dynamometer base, with feet placed parallel and body weight equally balanced on both feet. A belt was wrapped around the subject's hip to stabilize the bar, as the lifting force of the legs was too great to be held by the hands. The subject held the center of the bar, palms down, at the level of the pupil bone. The tester attached the belt loop to the left end of the bar. The belt was then brought around the lower portion of the sacrum to be attached to the right end of the handle. The knees were flexed, heads up and back straight. The handle was hooked on to

the chain so that the subject's knees were flexed between 115 and 125 degrees. The bar was on the subject's thigh during the lift and hands either in the middle or at the ends of the bar. The subject was directed to lift straight up. At the completion of the lift the subject's knee joints were almost completely extended to ensure maximum effort. As instructed in the leg dynamometer manual, the score shown in the dial during the maximal lift was multiplied into two to arrive at the final score. The best of the three trials was recorded in kilograms.

- ***Playing Ability : Rating***

The key technical and psychological factors were taken into consideration that would improve the playing ability of the players. A rating scale was developed by the researcher with the help of the professional players consisting of the attributes necessary for the game. The rating scale consisted of 10 attributes related to the game of hockey such as Pass, Dribble, Dodge, Push, Hit, Receive, Team Spirit, Leadership qualities, Focus and Resilience. The coach was given the rating scale with the attributes related to the psychological and performance aspects of the game, where he had to evaluate on a scale of 10 (1 – Low to 10 - High).

3.11 ADMINISTRATION OF THE TESTS:

The above mentioned tests were administered at two levels. One stream line consisted of paper pencil test for which the following instructions were given for all the psychological parameters that were to be assessed like Self confidence , Anxiety and Aggression through tests like Agnihotri Self-confidence Inventory, Taylor's Manifest Anxiety Scale and Tiwari Chauhan Aggression Inventory.

The trainees were gathered under a single umbrella and they were made to feel comfortable. A brief orientation was given as what the basics are and the general reasons of collecting data so as to make them feel connected and responsible for the responses that they would give. After orientation the following instructions were given to the trainees.

- Keep yourself comfortable and start attending to each items of the questionnaire
- Whatever comes to your mind first choose that response
- This is purely about you , so do not feel influenced about the other factors
- There is no right or wrong answers.
- Do not miss any items/questions from the questionnaire.
- Do not hesitate to clarify your doubts in understanding the statements
- There are no specific time limits, still do not take extensive time to fill up.
- Do not change your responses often
- Feel confident in choosing your responses
- It's all about you, so give only your thoughts onto it and not your neighbors.

Having given all the instructions, the questionnaires were administered and the data was collected accordingly. The other streamline was to conduct the tests to assess the performance parameters through physical activity test . Careful instructions were given to the physical safety while assessing the performance variables.

3.12 DESCRIPTION AND IMPLEMENTATION OF INTERVENTION

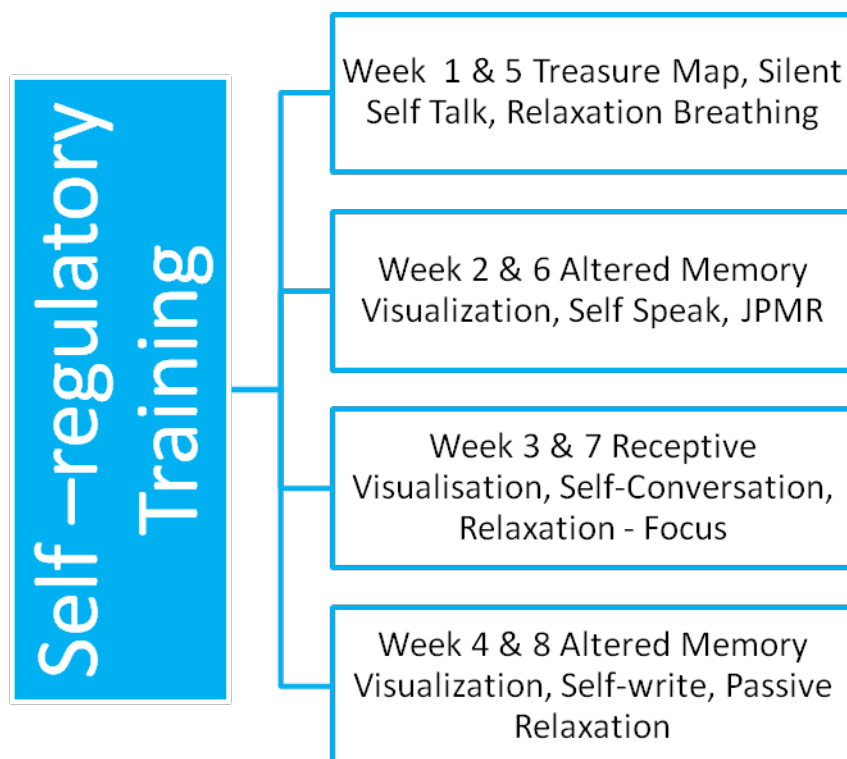
During the training period, the Experimental Groups underwent their respective training program in addition to their regular chores. Experimental Group – I underwent Self-regulatory training program for three days per week for 8 weeks, Experimental Group – II underwent Yogic practices and Experimental Group – III underwent a combination of Self-regulatory training and Yogic practices for three days per week for 8 weeks and Group – IV acted as Control who did not participate in any specific training on par with the Experimental Groups. Every day the duration of training session for Experimental Groups I and II were between forty-five minutes to one-hour approximately and 90 minutes for Experimental Group III, which included both the sessions on Self-regulatory training and Yogic practices. The experimental groups underwent their respective training programs during morning hours which were supervised by the researcher and the expert in the related field. In the evenings,

all the players used to get together and play their regular game. The researcher himself being a Junior Tamil Nadu State and Madras University hockey player, recruited through sports quota and still in action representing his organization Govt. of India, Ministry of Defence, Indian Ordnance Factories, played many All India Hockey Tournaments since 27 years was monitoring their performance thoroughly. All the subjects involved in this study were carefully observed throughout the training programs. However, muscle soreness appeared in the earlier period of the training program and got reduced in due course. The researcher conducted orientation before the beginning of the session and also debriefed the importance of the training programs.

3.12.1 SELF-REGULATORY TRAINING -MODULE

FIGURE 3

SCHEMATIC REPRESENTATION OF SELF-REGULATORY TRAINING ON EXPERIMENTAL GROUP (I) AMONG MEN HOCKEY PLAYERS



Experimental Group I - Self Regulatory Group for Week I and Week 5

<i>Time implementation:</i>	Orientation	- 10 minutes
	Setting of the situation and clarification	- 5 minutes
	Implementation	- 30 minutes.

- *Mental imagery Training- Visualization:*

Treasure map is a visualization technique which means creating a tangible picture of something what we want to have. Then draw it (this is possible only with something what we can draw). Make it realistic as possible and place it somewhere you can see it every day. Visualization techniques are used by many world class athletes to boost their performance on the field.

- *Self talk*

Silent Self-Talk: Monitor Your Thoughts

The internal thoughts you have on a daily basis are called your silent self-talk.

How can you change negative silent self-talk?

Step 1: The most important step in changing your self-talk is to get rid yourself of that little voice telling you that all this “self-talk stuff” is garbage, rubbish, baloney. You need to give yourself permission to buy in.

Step 2: Allow yourself to be aware of the self-talk that is working against you.

Step 3: Immediately turn the negative self-talk around. If you find yourself saying you are always late, instantly tell yourself the opposite: “I am consistently on time!” This turnaround of self-talk will actually change how you feel. If you find your self-talk exclaiming how sad, tired, or upset you feel change it. Immediately tell yourself you are

extremely happy, you are energized, you are calm. Change the signals that are being sent to your brain. Remember, your brain doesn't care if you are lying to it; it has no moral compass. It will just take what you consistently tell it and create that reality.

- *Relaxation Breathing*

Breath controlled relaxation is a technique that requires practice to learn properly. It can help with both mental and physical anxiety. Begin by practicing once a day for 15-20 minutes at a time. Assume a lying or sitting position in a quiet place that is free from distractions. Practice involves four steps and approximately 17-20 minutes to complete the entire technique.

The four steps include:

1. Close your eyes and focus on your breathing. For the next 2-3 minutes, remain focused on the rise and fall of your chest. Notice that your breathing is calm and steady.
2. Next, focus your attention on the sound of your breathing. As you relax more, your breathing will get louder. Keep it calm and steady for 2-3 minutes. Be sure to stay relaxed as you listen to your breathing.
3. Now allow your chest muscles to relax every time you exhale. Also, allow your chest muscles to fall deeper and deeper within you on each exhalation. Remember to keep your breathing calm and steady. Continue to relax in this manner for 3-4 minutes.
4. With your chest muscles completely relaxed and resting deep within you, listen to your

How can you stop?

Try to reframe how you see the problem and find the value. For example, if your boss is sometimes rude and disrespectful, see that as a challenge you can grow from. The situation can be viewed as an opportunity to build patience and kindness in some tough circumstances.

- *Relaxation*

JACOBSONS PROGRESSIVE MUSCLE RELAXATION TECHNIQUE (JPMR)

This technique involves contracting and relaxing the muscles that keep a person calmer. The Steps for JPMR :

The following instructions were given to the subjects -

- Gently breathe in and let go
- Gently pull your toes towards your knees, just a little, hold briefly and let go.
- Recognize the difference
- Press your heels into the floor , hold and let go
- Pull your knees together; hold briefly, now let them drift apart a little. beware of the new position.
- Squeeze your buttocks together , hold and let go
- Gently pull in your tummy muscles towards your spine, hold briefly, now let go. Feel the difference.

- Shoulders – gently pull them up towards your ears , just enough to recognize the tension , hold briefly , now let go, recognize the new position.
- Gently press your elbows and upper arms to the sides of your body, hold for a moment. now let go
- Hands , gently clutch , hold and let go
- Push your head forward slightly , hold briefly , now let your head go back , to a balanced position and feel the difference
- Grit your teeth together , hold briefly , now let your jaw sag slightly . feel the difference
- Lips – press together , now let go until hardly touching . purse your lips , now let go and feel the difference
- Press your tongue briefly on the roof of your mouth , hold and let it drop loosely , feel the difference
- Eyes – screw them up a little , hold and let go
- Forehead frown a little , hold and let go

Each step feels the release of muscles thus releasing the tension and anxiety.

Experimental Group I - Psycho Regulative Group for Week 3 and Week 7

<i>Time implementation:</i>	Orientation	- 10 minutes
	Setting of the situation and clarification	- 5 minutes
	Implementation	- 30 minutes.

- *Mental imagery Training - Visualization:*

Receptive visualization is like watching a movie in our mind, but we are the director of that movie. We have a complete control and we can use receptive visualization for everyday events and to resolve any problem.

- *Self talk*

Self-Conversations: Monitor the Conversations You Have With Yourself

The art of talking with yourself aloud and hold multiple sides of a conversation is Self-Conversation. We've all done it, so don't feel like you are crazy. :) Those times when you are making a decision and you say something like, "Well, I think that would be a terrible idea." And then you say, "You are probably right about that." ... all aloud...to yourself. Remember, you are NOT crazy.

How can you take advantage of the skill of self-conversation?

One way to utilize self-conversation is to have daily aloud conversations with yourself regarding beneficial topics. For example, begin each day exclaiming, "Good morning! You look like you feel great today! I bet you can handle anything that comes your way!" Then respond, "I feel great and I know today is going to be awesome!" This may seem kind of weird, but I challenge you to try it. Find a private place tomorrow morning, and just try it. You might be amazed how it makes you feel. Why is this effective? It forces you to put thoughts into words, and words have a dramatic impact on how you feel.

- *Relaxation - Process Focus:*

One of the primary causes of over intensity is focusing on the outcome of the competition. If you're worried about whether you will win or lose, you're bound to get nervous. The prospect of losing is threatening, so that will make you anxious. The thought of winning, especially if it's against an opponent you have never defeated before, can also be anxiety provoking because it may be unfamiliar or unexpected to you.

Experimental Group I-Psycho Regulative Group for Week 4 and Week 8

Time implementation: Orientation – 10 minutes
 Setting of the situation and clarification- 5 minutes
 Implementation - 30 minutes.

- *Mental imagery Training - Visualization:*

Altered memory visualization is used in resolving past conflicts and calming anger. We are watching us in situation as we can easily reduce the negative feelings and replace it with positive emotions.

- *Self talk*

Self-Write: The Power of the Written Word. It is the act of creating written or typed messages to read to yourself.

How can you implement Self-Write?

Identify an area you would like to improve in.

“I’m always late.”

- List a few statements that explain your struggles in that area.

“I do not allow myself enough time to get ready.”

“I find myself to be disorganized at the last minute.”

Write our reframed statements explaining how you excel in the areas you struggle with.

Use the first person (“I” statements).

“I am always on time or early for events. I’m excellent at time management. I plan ahead and organize all items I need well before events take place.”

Post these statements on cards where you can see them, or access them, 3-4 times per day.

- *Relaxation*

Passive relaxation - This involves imagining that tension is a liquid that fills your muscles creating discomfort that interferes with your body performing its best. To prepare for passive relaxation, lie down in a comfortable position in a quiet place where you won't be disturbed. As you go through the passive relaxation procedure, focus on your breathing, allow the tension to drain out of your muscles, and, at the end, focus on your overall state of mental calmness and physical relaxation.

3.12.2

YOGIC PRACTICES

FIGURE 4

**SCHEMATIC REPRESENTATION OF INTERVENTION SCHEDULE FOR
YOGIC PRACTICES ON EXPERIMENTAL GROUP (II) AMONG THE
MEN HOCKEY PLAYERS**

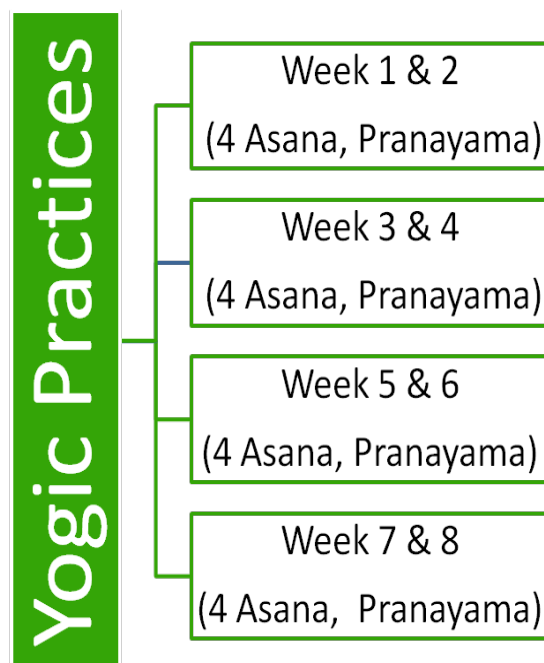


TABLE 5

DETAILS OF SCHEDULE FOR YOGIC PRACTICES

List of Yogasanas	Weeks	Duration	Maintaining Duration (seconds)	Recovery in between Yogasanas in seconds	Repetitions	Warming up and cooling down
Padmasana	1- 2 Weeks	20 min.	30 seconds	30 seconds	2	5 – 10 Minutes
Trikonasana			30 seconds	30 seconds		
Dhanurasana			30 seconds	30 seconds		
Shashangasana			1 minute	30 seconds		
Pachimosthasan			1 minute	30 seconds		
Pranayama – Nadisuthi			1 minutes	30 seconds		
Shavasana			2 minutes		1	
As in previous week	3-4 Weeks	40 min	20 minutes		2	5 – 10 Minutes
Bhujangasana			1 minute	30 seconds		
Shalabasana			1 minute	30 seconds		
Utkattasana			1 minute	30 seconds		
Gomukasana			1 minute	30 seconds		
Pranayama – Sitali.			1 minute	30 seconds		
Shavasana			2 minutes		1	

TABLE 5 (Continued)

DETAILS OF SCHEDULE FOR YOGIC PRACTICES

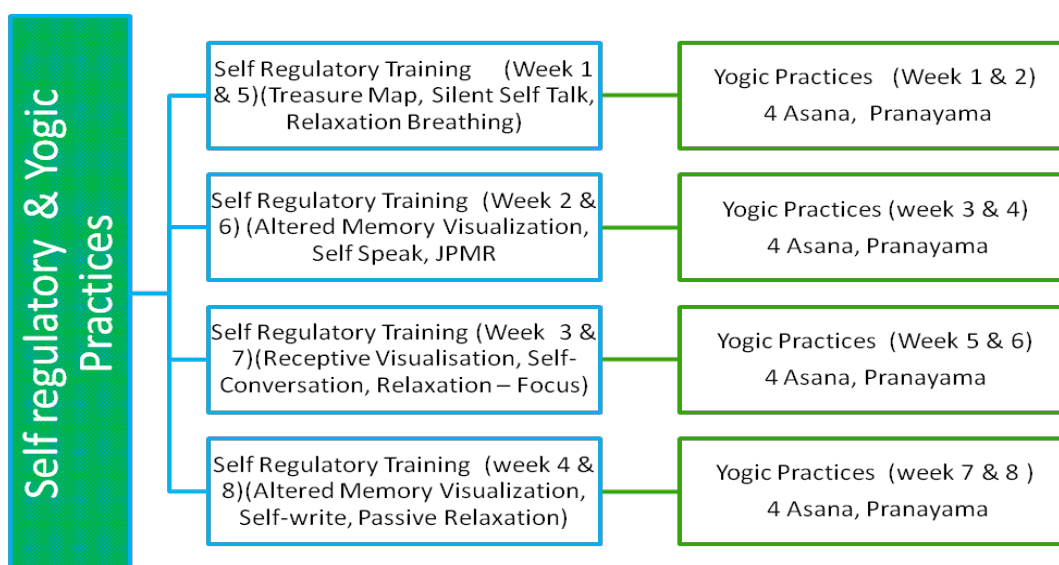
List of Yogasanas	Weeks	Duration	Maintaining Duration (seconds)	Recovery in between Yogasanas in seconds	Repetitions	Warming up and cooling down
As in previous week	5-6 Weeks	66 min	40 minutes		3	5 – 10 Minutes
Sedhupandhasan			1 minute	30 seconds		
Matsyasana			1 minute	30 seconds		
Uttanasana			1 minute	30 seconds		
Pranayama – Bhastrika.			1 minute	1 minute		
Shavasana			2 minutes		1	
As in previous week	7-8 Weeks	86 min	66 minutes		3	5 – 10 Minutes
Paschimottasana			1 minute	30 seconds		
Ushatrasana			1 minute	30 seconds		
Pranayama – ujjayi.			1 minute	30 seconds		
Shavasana			2 minutes		1	

The subjects underwent these yogic practices for 3 days a week on alternate days for a minimum of 45 minutes and a maximum of one hour and half towards the end of the training period.

3.12.3 SELF REGULATORY TRAINING AND YOGIC PRACTICES)

FIGURE 5

**SCHEMATIC REPRESENTATION OF INTERVENTION SCHEDULE FOR
COMBINED SELF REGULATORY AND YOGIC PRACTICES ON
EXPERIMENTAL GROUP (III) AMONG MEN HOCKEY PLAYERS**



The subjects in the Experimental Group (III) were given interventions on both Self-regulatory and Yogic Practices for a period of 8 weeks on alternate days. They were exposed to both the modules of Self-regulatory training for 45 minutes and Yogic Practices for 45 minutes on alternate days for 8 weeks.

3.13. PROCESSING AND ANALYSIS OF DATA

Sixty male hockey players were divided into four groups of fifteen each at random. No attempt was made to equate the groups in any manner. Group - I underwent Self-regulatory training, Group - II underwent Yogic practices, Group III underwent a combination of Self-regulatory training and Yogic practices and Group – IV acted as control. The subjects were tested on selected criterion variables such as Self-confidence, Anxiety, Aggression, Speed, Agility, Leg strength and Playing Ability prior to and immediately after the training programs.

Pre test was done for both the Experimental and Control Group. After 8 weeks of interventions on three Experimental Groups, and Control Group without intervention tests were conducted to measure to know whether there were changes in the Dependent Variables among the men hockey players. The following chapter deals with the statistical analysis of the research.