

Impacts of Pressure Training Intervention with Yogic Practices on Ability of Kicking and Self-Confidence among Football Players

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DOI: [10.36348/jaspe.2022.v05i10.004](https://doi.org/10.36348/jaspe.2022.v05i10.004)

| Received: 13.09.2022 | Accepted: 21.10.2022 | Published: 29.10.2022

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Abstract

The purpose of the study was to investigate the impacts of pressure training with yogic practices on ability of kicking and self-confidence among football players. Forty out of handball players were randomly selected from Coimbatore district, selected players were divided into two groups consisting of 20 football players. No attempt was made equate the groups. The age of the subjects ranged between 18 to 23 years. The influence of the pressure training with yogic practice was assessed on fitness. The training load was increased from the maximum working capacity of the subject doing pilot study. The study was formulated as pre and post-test random group design, in which forty were divided into two equal groups. The experimental group-1(n=20) underwent Pressure training and group -2 served as control group (n=20). In this study, only one training program were adopted as independent variables and ability of kicking and self-confidence was selected as dependent variable and it was tested by warner soccer skill test, performance was recorded in points and self-confidence was tested by CSAI-II Inventory was recorded in scoring. The training period of this intervention 6 days in a week for twelve weeks. The collected pre and post data was critically analyzed with dependent 't' test. The level of significance was fixed at 0.05 levels for all the cases in order to find out the significance. The result clearly proved that the pressure training demonstrated better improvement on ability of kicking and self-confidence and self-confidence.

Keywords: Kicking ability, Self-confidence, Football players, Pressure training with yogic practice.

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INTRODUCTION

Pressure refers to “the presence of an incentive or number of incentives that increase the importance for optimal, maximal, or superior performance” (Baumeister & Showers, 1986, p. 362). A training system much used in team sports. It consists of deliberately creating intensive conditions for skill practice, much more difficult than those required in the actual game. This type of training is often related to a particular skill, such as passing or heading in football. Once a person has learned the skill of heading, the skill should be practiced in a pressure situation. The player now has to head a number of balls which are delivered in turn at a fairly rapid pace. The player has to adjust to each heading situation quickly. If the balls are fed too quickly or the player becomes fatigued, the skill might well break down. A drill for pressure heading is shown below. Pressure affects coordination, focus and

judgement, increases your heartrate, speeds up breathing and creates unwanted tension. These factors can negatively affect performance, causing an athlete to panic and rush. If you're looking to get an edge on your rivals in your next race or game, consider psyching yourself up first. Pressure training, a mental technique that simulates the stress of high-stakes competition during practice, is the newest tool coaches are using to prepare athletes for battle. When we train dogs, we are always utilizing various types of pressure. Reward based training uses primarily what I term Resource Pressure, or the internal pressure that one feels when they are trying to achieve something of a strong desire. Horses can be taught to move off of pressure or to strain mightily against it. In this article we will talk mostly about teaching them to move away from pressure.

The objectives of this training for facilitators were twofold. On the one hand, the event aimed at

strengthening resilience to fake news and disinformation among the participants by increasing their knowledge of the way such news are created and spread, by encouraging critical thinking and responsible use of media, as well as by reflecting on possible approaches to counter fake news and disinformation. On the other hand, the event also aimed at empowering the participants to use the Under Pressure methodology themselves and to host sessions on the topics at stake in their own communities following the training. Horses are often described as sensitive enough to feel a fly land on their back.

Pressure is an important parameter in processes. An accurate pressure measurement ensures that the quality of the end product is stable and of a high level. Measuring pressure and calibrating pressure measuring equipment is not as easy as it seems and often goes wrong. In one day you will become acquainted with common errors during pressure measurement and calibration. You get a better insight into which issues influence the pressure measurement. This course is subdivided into three modules and is set up as a blended learning model. Physical fitness has proven to support the body's blood pressure. Staying active and exercising regularly builds a stronger heart. The heart is the main organ in charge of systolic blood pressure and diastolic blood pressure. Engaging in a physical activity raises blood pressure. Once the subject stops the activity, the blood pressure returns to normal. The more physical activity, the easier this process becomes, resulting in a fitter cardiovascular profile. Through regular physical fitness, it becomes easier to create a rise in blood pressure. This lowers the force on the arteries, and lowers the overall blood pressure.

METHODOLOGY

In order to address the hypothesis presented herein, we selected 40 football players from Coimbatore district. Their age ranged from 18 to 23 years. The subjects were randomly assigned in to two equal groups namely, Pressure training with yogic practice Group (PTWYPG) (n=20) and Control Group (CG) (n=20). The respective training was given to the experimental group the 6 days per weeks for the training period of twelve weeks. The control group was not given any sort of training except their routine. The evaluated parameters were kicking was assessed by warner soccer skill test, performance was recorded in points, self-confidence was assessed by CSAI-II Inventory was recorded in scoring. The parameters were measured at baseline and after 12 weeks of pressure training were examined. The intensity was increased once in two weeks based on the variation of the exercises.

Statistical Analysis

The means and standard deviations of both control and pressure training with yoga groups were calculated for throwing accuracy and self-confidence for the pre as well as posttests. The collected data was analyzed using "t" test. Statistical significance was set to a priority at $p < 0.05$. All statistical tests were calculated using the statistical package for the social science (SPSS).

Training Programme

The training programme was lasted for 60 minutes for session in a day, 6 days in a week for a period of 12 weeks duration. These 60 minutes included warm up for 10 minutes, 25 minutes pressure trainings 15 minutes yogic practice and 10 minutes warm down. The equivalent in pressure training with yogic practice is the length of the time each action in total 6 day per weeks (Monday to Saturday).

Table I: Computation of 'T' Ratio on Kicking Ability on Experimental Group and Control Group (Scores in Numbers)

| GROUPS | PRE TEST | POST TEST | SD | "T" RATIO |
|--------------------|----------|-----------|------|-----------|
| Experimental Group | 41.05 | 45.35 | 1.99 | 15.79* |
| Control Group | 41.45 | 41.85 | 1.61 | 2.03 |

*significant level 0.05 level (degree of freedom 2.09, 1 and 19)

Table I reveals the computation of mean, standard deviation and 't' ratio on selected variables namely kicking of experimental group. The obtained 't' ratio on throwing accuracy were 15.79 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and 't' ratio on selected variables parameters namely kicking of control group. The obtained 't' ratio on speed were 2.03 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were lesser than the table value it was found to be statistically not significant.

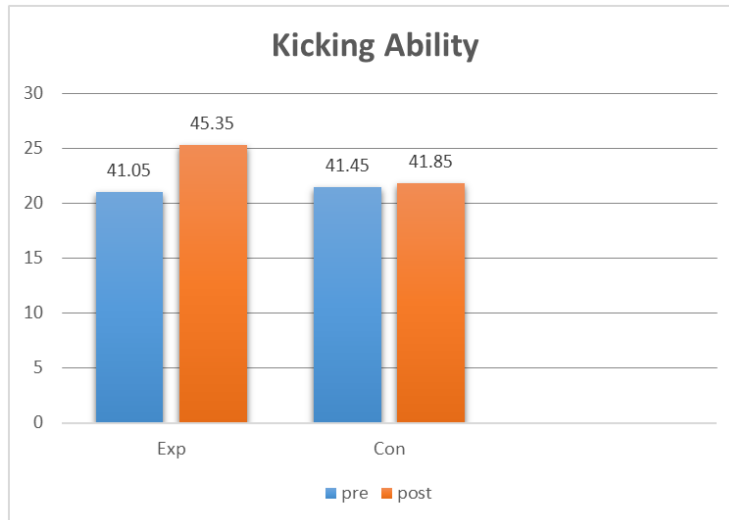


Figure I: Bar Diagram Showing the Mean Value on Kicking Ability on Experimental Group and Control Group

Table II: Computation of ‘T’ Ratio on Self Confidence on Experimental Group and Control Group (Scores in Numbers)

| GROUPS | PRE TEST | POST TEST | SD | “T” RATIO |
|--------------------|----------|-----------|------|-----------|
| Experimental Group | 27.26 | 30.06 | 0.99 | 16.74* |
| Control Group | 27.13 | 27.21 | 0.65 | 1.36 |

*significant level 0.05 level (degree of freedom 2.09, 1 and 19)

Table I reveals the computation of mean, standard deviation and ‘t’ ratio on selected variables namely self-confidence of experimental group. The obtained ‘t’ ratio on resting pulse rate were 16.74 respectively. The required table value was 2.14 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained ‘t’ values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and ‘t’ ratio on selected variables parameters namely self-confidence of control group. The obtained ‘t’ ratio on resting pulse rate were 1.36 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained ‘t’ values were lesser than the table value it was found to be statistically not significant.

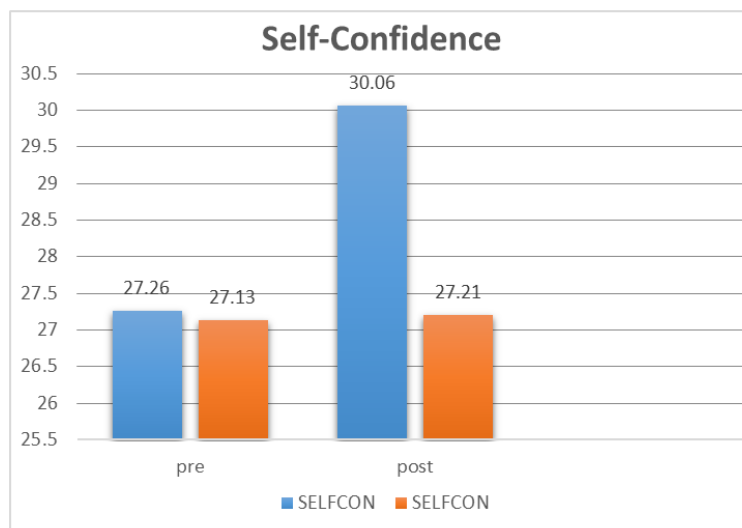


Figure II: Bar Diagram Showing the Mean Value on Self-Confidence on Experimental Group and Control Group

DISCUSSION ON FINDINGS

The present study experimented the influence of twelve weeks pressure training on the selected parameters of football players. The results of this study

indicated that pressure training is more efficient to bring out desirable changes over the kicking ability and self-confidence of football players. The results of this study indicated that pressure training with yogic practice is

more efficient to bring out desirable changes over the psychological variables of the footballers. Investigators have extended their interest to consider the kicking ability and self-confidence commencement from the way a football player approaches the pressure training with yogic practices. Like pressure training with yogic practices is probably the new found chic workout among the youths. Though initially chose aerobic exercises simply as a hobby to developing liking to it. Also, the pressure training with yogic practice helps maintain health and fitness part from making feel bold and equipped. Pre and post-test kicking ability and self-confidence scores between the experimental and control groups were examined; there was a significant difference in posteromedial and posterior directions.

Kegelaers *et al.*, (2021) a mixed methods evaluation of a pressure training intervention to develop resilience in female basketball players. Svanström, *et al.*, (2016) time pressure, training activities and dysfunctional auditor behaviour: evidence from small audit firms. Low, W. R, *et al.*, (2021) pressure training for performance domains: A meta-analysis. Devonport, T., *et al.*, (2021) implementing a pressure training program to improve decision-making and execution of skill among premier league academy soccer players. Bell, J. J., *et al.*, (2013) enhancing mental toughness and performance under pressure in elite young cricketers: A 2-year longitudinal intervention. Also, the pressure training helps maintain health and fitness part from making feel bold and equipped. Selected variables likes to throwing accuracy and self-confidence developing the pressuring movements for normal walking and running especially for the beginner of handball players. Hence, it concluded that for kicking ability and self-confidence improvement of football players.

CONCLUSIONS

From the results of the study and discussion the following conclusions were drawn.

In summary, the results of this study demonstrated that, the football coaches should stress more on lower body in the training schedule, particularly for football players. Therefore, it is suggested that pressure training with yogic practice should be used as an effective strategy to promote improvements in the basic fitness of apparently. Its low operational cost, easy applicability, high attendance rate, and the fact that it can be performed by many individuals of different fitness levels at the same time make this modality viable to be implemented in any community center. Performance and psychological competency appears to be a better predictor of pressure training during physical activity opportunities than effective competency. Findings from the current study substantially contribute to the understanding of pressure training with yogic practice in women and will assist in

evidence-based intervention design to increase kicking ability and self-confidence.

From the result of the study it was concluded that the 12 weeks training of pressure training with yogic practice have been significantly improved kicking ability of football players. The twelve weeks training of pressure training with yogic practice have been significantly improved self-confidence of football players.

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