

Effect of Common Yoga Protocol on Reaction Time of Football Players

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Abstract : The objective of the study was to study the effectiveness of common yoga protocol on reaction time (simple visual reaction time-SVRT measured in milliseconds/seconds) of male football players in the age group of 15 to 21 years. The 40 boys were randomly assigned into two groups i.e. control and experimental. SVRT for both the groups were measured on day-1 and post intervention (common yoga protocol here) was measured after 45 days of training to the experimental group only. One way ANOVA (Univariate analysis) and Independent t-test using SPSS 23 statistical package was applied to get and analyze the results. There was a significant difference after 45 days of yoga protocol in simple visual reaction time of experimental group ($p = .032$), $t(33.05) = 3.881$, $p = .000$ (two-tailed). Null hypothesis (that there would be no post measurement differences in reaction times of control and experimental groups) was rejected. Where $p < .05$. Therefore alternate hypothesis was accepted.

Keywords : footballers, t-test, yoga protocol, reaction time

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