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ROLL OF YOGA AND BALANCED DIET IN PERFORMANCE OF SPORT PLAYERS

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ABSTRACT:

The focus of the present study is to find out the impact of yoga and balanced diet on and in maintaining the performance of sports players. The target population selected for this study was comprised of players belongs to different games. The players were selected randomly and selected as a final sample. For the data collection researcher developed a questionnaire. The questionnaire was given to players and the data collected with it. The questions were based on the role of yoga and balanced diet. The collected data analyzed and researcher found that yoga and balanced diet plays vital role in maintaining and increasing the level of performance.

Key words: *Yoga, Diet, Performance.*

INTRODUCTION:

Yoga has been practiced for around 5,000 years. Several schools and organizations of yoga have emerged over time to time. It can be overwhelming at first to find a style of yoga that resonates with you.

Sports diet has been one of the basic needs of every sportsmen participating at various level of sports. Sports diet has the variety of benefits for maintenance and improvement of performance for an athlete. The performance of sportsmen is decreasing day by day. There may be many reasons behind this decreasing standard. Diet is one of the basic requirements for sportsmen.

WHAT IS YOGA?

How does sport and exercise psychology fit in to the equation? Psychology is the science of behavior. As sport and exercise psychologists we are interested in examining, researching and providing theory and evidence based interventions and solutions to cognitive and behavioral difficulties experienced by athletes that impinge their ability to perform to their highest potential.

Afflictions of the mind such as experiencing competitive anxiety, dealing and coping with stress, handling pressure and nerves, staying in the present, remaining focused, coping with negative thoughts, the inner critic, low confidence, self-esteem and belief systems are all common issues experienced by athletes regardless of the sporting discipline. Some psychological interventions recommended that are evidence-based to deal with some of these common issues are developing pre performance routines, introducing positive self-talk, the use of mental imagery, goal-setting, concentration skills and deep breathing and relaxation exercises.

Yamas – dealing with the world around us. This is our moral code of conduct. These are the moral principles that govern the way you treat others and the world around you.

Niyamas – dealing with yourself. These are five observances or rules of conduct, by which we should live our lives i.e. purity, modesty, contentment, discipline, self-study and acknowledgement of our own limits.

Asana – dealing with the body. These are the physical postures or exercises in yoga.

Pranayama – dealing with breathing. This is the conscious control of energy by practising controlled breathing techniques.

Pratyahara – dealing with the senses. This denotes the withdrawal of the senses. It teaches us to close the doors to the senses so that the mind can still be aware of external stimuli but no longer responds to them.

Dharana – concentration. This is the ability to focus our entire concentration on one object, one question, or one consideration and keep it there.

Dhyana – meditation. This is an interaction with the object of concentration whereby we become observers and view the object intuitively, free from subjective notions. It is an acceptance.

Samadhi – The absolute: the inner freedom. This is the complete feeling of being at one with the world, knowledge of the true self. Ultimate enlightenment! Inner Happiness!

WHAT IS SPORT'S DIET

The term diet refers to the collection of such type of food which helps to improve the physical condition, controls weight and helps to cure diseases by making the immune system strong.

Every athlete need to use proper diet before, during and after the activity. Lacking of proper diet not only adversely affects the performance of athlete but it significantly affects the overall functional capacity of the body of athlete. Sports diet has been one of the basic needs of every sportsmen participating at various level of sports. Sports diet enhances athletic performance by decreasing fatigue and the risk of disease and injury; it also enables athletes to optimize training and recover faster. Athletes must fuel their bodies with the appropriate nutritional foods to meet their individual energy requirements in competition, training and recovery. If these nutritional needs are not met, there is an increased risk of poor performance and health issues.

HOW YOGA WORKS

If you are a competitive athlete, it is best to tailor your yoga practice to your training schedule because a particular sport can develop certain muscle groups while ignoring others. Over time, this process causes imbalances in the muscles and joints, leading to overuse injuries. Yoga helps the muscles, tendons, and ligaments move through a full range of motion, thus cultivating balance and core strength which is a huge benefit to athletes in their chosen sports. Another essential element in yoga is breath work (pranayama). The attention to breath during yoga can be considered one of the most important benefits to athletes. Learning to stay focused and centered through uncomfortable poses by concentrating on even inhalations and exhalations sets up the athlete to stay focused during a race or challenging workout. The mind-body connection in yoga is essential to helping athletes develop mental acuity and concentration. In addition, yoga helps you to relax not just tight muscles, but also anxious and overstressed minds. Yoga works not just in the sagittal plane, but in the frontal and transverse planes as well, ensuring well-rounded development. Being more relaxed will also aid in athletic performance. So, why not enhance your game performance and prevent injury by adding yoga to your training plan. Yoga is both preventive and therapeutic and has shown to offer both physical and mental benefits to the body and mind. Yoga is distinctly different from other kinds of exercise as it generates motion without causing strain and imbalances in the body. Therefore the practice is an ideal complement to other forms of exercise and an extreme advantage to any sport. The "postures" are the physical positions that coordinate breath with movement and we hold these positions to stretch and strengthen different parts of the body. They systematically work all the major muscle groups, including the back, neck, and shoulders, deep abdominals, hip and buttock muscles and even ankles, feet, wrists and hands. Although most poses are non aerobic in nature, they do in fact send oxygen to the cells in the body by way of conscious deep breathing and sustained stretching & contraction of different muscle groups. No amount of coaching or training can prepare for doubt or worry entering the mind of a player during a game. By holding steady postures and concentrating on deep abdominal breathing we can increase body awareness, relieve chronic stress patterns in the body, relax the mind, center ones' attention, sharpen concentration and stay in the zone.

IMPORTANCE OF DIET

Sports diet must be consist of food nutrients, which are more beneficial, Carbohydrates should be the largest percentage of an athlete caloric intake, at least 50% to 60% in his food. This helps to meet with the demands of energy needed during exercise, maintain blood glucose and refill muscle glycogen stores.

Food components may be classified as macronutrients and micronutrients. It is necessary for athlete to use both macronutrients and micronutrients. Lacking of both macronutrients and micronutrients may cause the poor or weak performance of athlete during the competition. Macronutrients are essential for players in energy production, bone health, immune function and

antioxidant activity. Micronutrient itself does not provide energy but helps to maintain the functional capacity of the body of athlete.

Diet refers to the collection of such type of food, which helps to improve the physical condition, controls weight and helps to cure diseases by making the immune system strong. Use of diet directly linked with physical structure and intensity of the activities which is to be performed because some activities are high powered in nature such as football, tennis, and hockey, requiring large amounts of work, rapid movements, and more energy while others are more endurance-based, such as cross-country running and triathlon training, which require continual lower force outputs for longer durations. Diet may be given to athlete according to the nature and type of activity. Many athletes loss performance due to improper use of diet.

CONCLUSION:

- 1) Yoga is helpful to regulate the body system and ultimately disease such as obesity, diabetes, such disorders, depression, etc.
- 2) It is also observed that yoga decreases levels of blood glucose as well as plasma rennin level.
- 3) Yoga significantly decreases heart rate and systolic and diastolic blood pressure. Yoga also decreases negative impact of stress on the immune system.
- 4) Yoga has been shown to have immediate psychological effects like decrease anxiety and increasing feelings of emotional, social and spiritual well being.
- 5) Yoga also helpful to change health in a positive health.
- 6) Adequate amount of diet helps in maintaining of health and performance.
- 7) High amount of Carbohydrates should be taken for maintaining of energy level before, during and after the activity.
- 8) After the activity, proper concentration should be given to the right intake of major nutrients for maintenance of performance.

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