ANXIETY, AGGRESSION, MINDFULNESS AND EMOTIONAL INTELLIGENCE OF INDIAN SPORTS PERSONS: A CORRELATIONAL STUDY

Dissertation submitted by
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TO
SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(Declared as Deemed University under Section 3 of the UGC Act, 1956)
BANGALORE - 560 019
I N D I A

CERTIFICATE

This is to certify that **CHINMAY KUMAR SINGH** who has got MSc registration with start from August 01, 2018 by Swami **Vivekananda Yoga Anusandhana Samsthana, deemed to-be University**, has successfully completed the required training in acquiring the relevant background knowledge in Yoga Therapy and has completed the M.Sc. course of 2 years to submit this research project entitled **"ANXIETY, AGGRESSION, MINDFULNESS AND STRESS OF INDIAN PORTS PERSONS: A CORRELATIONAL STUDY"**

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Date:

Place: Bengaluru

DECLARATION

I hereby declare that the subjected study was conducted by me at **Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA),** Bengaluru, under the guidance of **Dr. Satya Prakash Purohit**.

I also declare that the subject matter of my dissertation entitled **"ANXIETY, AGGRESSION, MINDFULNESS AND STRESS OF INDIAN PORTS PERSONS: A CORRELATIONAL STUDY"** has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

DATE: Chinmay Kumar Singh

PLACE: Bengaluru

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An Enriching learning experience can be possible only with the complete support of the Institution , teachers ,Family and friends.

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DATE: **Chinmay Kumar Singh**

PLACE: Bengaluru

STANDARD INTERNATIONAL TRANSLITERATION CODE USED TO TRANSLITERATE SANSKRIT WORDS

a	=	अ	**ṅa**	=	ङ	**pa**	=	प
ā	=	आ	**ca**	=	च	**pha**	=	फ
i	=	इ	**cha**	=	छ	**ba**	=	ब
ī	=	ई	**ja**	=	ज	**bha**	=	भ
u	=	उ	**jha**	=	झ	**ma**	=	म
ū	=	ऊ	**ñ**	=	ञ	**ya**	=	य
ṛ	=	ऋ	**ṭa**	=	ट	**ra**	=	र
ṝ	=	ॠ	**ṭha**	=	ठ	**la**	=	ल
E	=	ए	**Ḍa**	=	ढ	**Va**	=	व
ai	=	ऐ	**Ḍha**	=	ढ	**Śa**	=	श
O	=	ओ	**Ṇa**	=	ण	**Ṣa**	=	ष
au	=	औ	**Ta**	=	त	**Sa**	=	स
Ṁ	=	अं	**Tha**	=	थ	**Ha**	=	ह
Ḥ	=	अः	**Da**	=	छ	**kṣa**	=	क्ष
Ka	=	क	**Dha**	=	ध	**tra**	=	त्र
kha	=	ख	**Na**	=	न	**jña**	=	ज्ञ
ga	=	ग						
gha	=	घ						

ABSTRACT

Background

Sport includes all forms of competitive physical activity or games which, through casual or organized participation, at least in part aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. Aggression is overt or covert, often harmful, social interaction with the intention of inflicting damage or other unpleasantness upon another individual. It may occur either reactively or without provocation. Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Emotional intelligence or EI is the ability to understand and manage your own emotions, and those of the people around you. Aim of this study to see the correlation between mindfulness and anxiety, mindfulness and aggression and emotional intelligence with aggression and anxiety.

Materials and method

265 sports person with in age range from 20 to 30 years participated in the study. This sample study is conducted to know the relation among variables mindfulness, emotional intelligence, aggression and anxiety. Mindful Attention Awareness Scale questioner was used to asses mindfulness, Sports Aggression Inventory questioner was used to asses aggression, Sport Anxiety Scale questioner was used to asses anxiety and Sport Emotional Intelligence questioner was used to asses emotional intelligence. Spearmen's correlation test was used to see the correlation among variables.

Results: Result of the Spearmen correlation indicated that there was a significant positive correlation between sports anxiety and sports aggression (r_s=0.193, p=0.002).Result of the Spearmen correlation indicated that there was a significant negative correlation between emotional intelligence and sports anxiety(r_s= -0.152, p=0.003),between sports aggression and emotional intelligence(r_s= -0.156, p=0.011).

Result of the Spearmen correlation indicated that there was a significant correlation sports anxiety and mindfulness,(r_s=0.441, p<0.001).

Result of the Spearmen correlation indicated that there was no significant correlation between sports aggression and mindfulness,(r_s=0.080, p<0.193).

Conclusion: This sample study was conducted to know the correlation of sports anxiety and aggression with emotional intelligence and mindfulness. This study indicated that there was a significant negative

correlation between emotional intelligence and sports anxiety, sports aggression and emotional intelligence, findings of study also revealed a significant positive correlation between sports anxiety and sports aggression, whereas there was no significant correlation between sports aggression and mindfulness. Also, positive correlation between sports anxiety and mindfulness was observed which could be due to low sample size, response bias and sportsperson without experience of mindfulness

CONTENTS

CHAPTER 1

CHAPTER 1:

INTRODUCTION

Sports includes all type of serious physical action or games which through easygoing or composed support plan to utilize keep up or improve physical capacity and aptitudes(Forrester et al., 2006). While giving satisfaction to members, and now and again amusement for observers(Forrester et al., 2006).

1.1 IMPORTANTANCE OF SPORTS

One quality of game is that it not just adds to fulfilling singular needs, for example, singular wellness, fun, and prosperity, yet in addition produces outside impacts like social coordination, socialization, vote based system, and general wellbeing(Hallmann et al., 2012). Ordinary interest in physical action has been appeared to decidedly affect various medical advantages, including a diminished danger of untimely mortality, coronary illness, hypertension, colon disease, Type 2 diabetes, osteoarthritis, and osteoporosis(Hallmann et al., 2012). Support in physical action additionally seems to positively affect full of feeling improvement by diminishing degrees of wretchedness and tension, improving disposition, and upgrading capacities to perform day by day undertakings. Cooperation in recreational games and wellness exercises while in school have been appeared to impact sly affect understudy wellbeing results, including physical wellness, quality, and prosperity; stress decrease; and diminished liquor utilization(Wankel & Kreisel, 2016).

1.2 TYPES OF SPORTS

Indoor games:

Indoor games are those games which are played in a room by staying there and in open games like chess, carom, playing a game of cards, ludo, table tennis. Indoor games make improvement in our cerebrum and mental force. Indoor games are typically staggered structure with various types of play work, similar to ball pool, trampoline, kids party room, little child regions. It incorporates far reaching games covering diverse age gathering(Lau, 2017).

Snookers Snooker is a prompt game that began among British Army officials positioned in India in the second half of the nineteenth century. It is played on a rectangular table secured with a green material, with pockets at every one of the four corners and in each long side(Lau, 2017).

Squash: Squash is a racket and ball sport played by two players in a four-walled court with a little, empty elastic ball. The goal of the game is to hit the ball so that the rival can't play a legitimate return.

Bowling: Bowling is an objective game and recreational action in which a player rolls a ball toward pins or another objective. In the U.S. furthermore, Canada, the term bowling for the most part alludes to ten-pin bowling; in the U.K. what's more, Commonwealth Countries, in any case, the term bowling could likewise allude to yard bowls.

Table tennis: Table tennis, otherwise called ping-pong and whiff-whaff, is a game where two or four players hit a lightweight ball, otherwise called the ping-pong ball, to and fro over a table utilizing little rackets.

Chess: Chess is a two-player procedure table game played on a checkered board with 64 squares orchestrated in a 8×8 framework.

Volley ball: Volleyball is a group activity wherein two groups of six players are isolated by a net. Each group attempts to score focuses by establishing a ball on the other group's court under sorted out standards.

Boxing: Enclosing is a battle sport which two individuals, normally wearing defensive gloves, toss punches at one another for a foreordained measure of time in a boxing ring.

Swimming: Swimming is an individual or group hustling sport that requires the utilization of one's whole body to travel through water. The game happens in pools or untamed water.

Basketball: Basketball is a group activity wherein two groups, most regularly of five players each, restricting each other on a rectangular court, contend with the essential target of shooting a b-ball through the protector's band while keeping the rival group from shooting through their own circle.

Badminton: Badminton is a racquet sport played utilizing racquets to hit a shuttlecock over a net. In spite of the fact that it might be played with bigger groups, the most widely recognized types of the game are singles and duplicates.

Outdoor games:

Outdoor games are commonly any game which must be played outside, or in any case requires an enormous play territory. Badminton, horseshoes, and so forth are instances of open air games. Gear for most outside games might be viewed as outdoor supplies as opposed to gaming hardware. Numerous outside games are considers to be sports and even have official rivalries, for example, Frisbee(Craigo, 2018).

Cricket: Cricket is a bat and ball game played between two groups of eleven players on a field at the focal point of which is a 20-meter (22-yard) pitch with a wicket at each end, each including two bails adjusted on three stumps(Craigo, 2018).

Hockey: Hockey is a game where two groups play against one another by attempting to move a ball or a puck into the adversary's objective utilizing a hockey stick. There are numerous kinds of hockey, for example, bandy, field hockey, ice hockey and arena hockey.

Baseball: Baseball is a bat-and-ball game played between two rival groups who alternate batting and handling. The game continues when a player on the handling group, called the pitcher, tosses a ball which

a player on the batting group attempts to hit with a bat.

Rugby: Rugby association, generally referred to just as rugby, is a full contact group activity that began in England in the main portion of the nineteenth century. One of the two codes of rugby football, it depends on running with the ball close by.

Wrestling: Wrestling is a battle sport including catching sort methods, for example, secure battling, tosses and takedowns, joint locks, pins and other hooking holds.

High jumping: The high hop is an Olympic style events occasion in which contenders must hop Independent over a flat bar put at estimated statures without dislodging it. In its cutting edge most rehearsed design, a bar is put between two principles with an accident tangle for landing.

Football: Football is a group of group activities that include, to shifting degrees, kicking a ball to score an objective.

Golf: Golf is a club-and-ball sport in which players utilize different clubs to hit balls into a progression of openings on a course in as scarcely any strokes as could be expected under the circumstances.

1.3 Game & competition in sports

The conflicting propensity is between the ethic of the interest in sports and the limited degree of cooperation identified with rivalry(Galliher & Hessler, 1979). Rare asset are given to a proportionately little games world class who separate themselves as the most elite through rivalry. The essential feature of the political economy of sports isn't rivalry(Galliher & Hessler, 1979). The pivotal aspect of the political economy of sports isn't rivalry parse, yet is the degree to which the political economy stresses individual or community as extreme material objectives(Eklund, 1998). The improvement of wearable, scaled down

savvy sensor gadgets has given new roads of research in the game sciences, including examining the requests of group activities(Eklund, 1998). The utilization of keen sensor gadgets in b-ball may give significant data about the physical and physiological requests during training and rivalry. Despite the fact that the development attributes of b-ball rivalry have been archived in few time-movement contemplates known in regards to the physical interest, as for entire body development, or the related physiological reaction to hostile and guarded penetrates, and game play. Subsequently, how these reactions add to, and sway on the general practice or potentially rivalry practice isn't surely known(Montgomery et al., 2010).

1.5 Sport man spirits

Life is full of disappointments and victories yet it's dependent upon us to choose how we perceive the result just as our personality. At the point when we play a game, say soccer or cricket, we will undoubtedly lose or win. Athlete soul is the demonstration of tolerating one's prosperity with quietude. This kind of strategy causes us to adapt to disappointments and frustrations that come our path and to put forth recharged and provoking attempts to make progress next time. And yet, we will build up the best approach to focus and attempt to dominate the following match(Malloy et al., 2007). For many of the top athletes, there is more to the opportunity to be in Japan than financial gain. The new environment no matter how unfamiliar or challenging it may be , provides. An opportunity for personal development and change(Ronkainen et al., 2013). Perhaps it is the same perspective that separates the winner from the losers. They emerge from their Japanese experiences richer personally as well as financially(Ronkainen et al., 2013).

1.6 How government supports

In England, there are over 100,000 sports clubs run by volunteers and affiliated to the governing body structure. These have over 8 million members in total(Walters, 2011). While acknowledging the limitations in defining a ‘club’ and that members may have membership of different clubs in the same sport, these figures illustrate the importance of the voluntary sector in sport for participation(Walters, 2011). A primary objective of government policy is to increase all physical participation, such that 70% of the population will reach the recommended levels of physical activity by 2020(Walters, 2011). In the sporting arena, Brazil is known worldwide for its football. The country has won five FIFA men’s football World Cups (1958, 1962, 1970, 1994 and 2002) and has had several athletes regarded as the world’s best in the sport, including Pele, Romario, Ronaldo, Ronaldinho, Kaka and Marta(de Almeida et al., 2012). However, when Brazil was selected recently to host two sport mega-events – the men’s football World

Cup in 2014 and the Summer Olympic and Paralympic Games in 2016 (Rio 2016) – global attention came to be focused on it for reasons other than success on the football pitch. The selection of Brazil to host the World Cup was, in part, due to FIFA's policy of rotating among the world's continents when selecting a host nation; the withdrawal of Colombia, the only other South American nation to bid for the men's World Cup in 2014, strengthened Brazil's chances to be selected (de Almeida et al., 2012). In the case of the 2016 Summer Olympic and Paralympic Games, Rio de Janeiro competed with Tokyo (Japan), Chicago (the United States), Madrid (Spain), Prague (Czech Republic), Baku (Azerbaijan) and Doha (Qatar) to be the 2016 host (International Olympic Committee 2008) (Horch, 1994). During the bid assessment process, the IOC selection committee visited the four finalist cities of Madrid, Chicago, Tokyo and Rio de Janeiro. During the visit to Rio, the world media highlighted the financial support given to the bid by Brazil's federal government and the emotional support provided by charismatic President Luiz Inacio Lula da Silva(Horch, 1994). Lula's promise of financial support coming from the highest level of Brazil's government was crucial in the bid selection process, and it also raises a range of questions about the relationship between sport and the policy and funding priorities of the Brazilian government(de Almeida et al., 2012).

Sports authority of India

The Government of India makes the huge venture on programs for the young, through different Ministries/Departments. Furthermore, the State Governments and various different partners are additionally attempting to help youth improvement and to empower gainful youth support in sports and physical exercises(Social, 2017). Different Sports Promotional Schemes of Sports Authority of India are as follows:

a. National Sports Talent Contest Scheme (NSTC) - for Sub-Junior level trainees:

National Sports Talent Contest, (NSTC) Scheme is being actualized to scout sports ability in the age gathering of 8-14 years from schools and sustain them into future award trusts by providing scientific training(Social, 2017).

b. Army Boys Sports Company Scheme (ABSC) - for Sub-Junior level trainees:

This is a collaborative venture of SAI with the Indian Army. The fundamental goal of the Scheme is to utilize the great foundation and restrained condition of the Army for preparing young men in the age gathering of 8-16 years old, to accomplish greatness in sports. After attaining the required age of seventeen and a half years, the trainees are also offered placement in the Army(Social, 2017).

c. SAI Training Centers Scheme (STC) - for junior level trainees:

Fundamental destinations were to make it feasible for the Central Government and State Governments to cooperate for sports advancement endeavors, through the incorporation of different Schemes. Right existing local awkward nature in sports foundation in the Country and inside a State. Empower SAI to support junior games ability experimentally who had achieved greatness at Sub Junior level under NSTC Scheme and enlist them into the STCs/Centers of Excellence, for additional logical and inside and out instructing on a drawn out premise(Social, 2017).

d. Extension Centre of STC /SAG:

The expansion communities of STC/SAG focuses Scheme was begun to cover schools and universities for more extensive inclusion in 2005, with the end goal of creating sports gauges in schools and universities which had the imperative fundamental foundation and had indicated great outcomes in sports. Learners in the age gathering of 12-18 years are embraced under the Scheme(Social, 2017).

e. Special Area Games Scheme (SAG) - for junior level trainees:

Unique Area Games (SAG) Scheme targets exploring regular ability for present day serious games and games from blocked off inborn, provincial and waterfront zones of the nation and sustaining them experimentally for accomplishing greatness in sports. The Scheme additionally imagines tapping of ability from indigenous games and hand to hand fighting and furthermore from areas/networks, which are either hereditarily or geologically worthwhile for greatness in a specific games discipline. The primary target of the Scheme is to prepare worthy sportspersons in the age gathering of 12-18 years, with age being loose in extraordinary cases(Social, 2017).

f. Centre of Excellence Scheme (COX) - for senior level trainees

As a characteristic result to the Schemes for Sub-Junior and Junior, the Scheme of Centers of Excellence was begun in 1997. The plan visualized enlistment of sportspersons, who had performed well at Sr. National Competitions, for additional progressed logical preparing at the Regional Centers of SAI for 330 days in a year. These Centers of Excellence work as ordinary training camps for the best accessible ability in India and give simultaneous layers of gifted sportspersons, giving a more extensive decision of ability and congruity for choice to National Teams and give elective second and third alternatives for the National Teams(Social, 2017).

g. Come And Play Scheme

The Come and Play Scheme was started for ideal usage of SAI sports offices in Delhi and the nation over, and essentially centered on empowering nearby sportspersons in regions where SAI sports offices/Centers are operational. While giving youth from neighborhood networks and sports aficionados with a chance to prepare under SAI mentors(Social, 2017).

1.7 Importance of mental health in sports

The WHO characterizes emotional well-being as "a condition of prosperity where the individual understand their own capacities, can adapt to the typical worries of life, can work productively and fruitfully, and is able to make a contribution to his or her community(Gucciardi et al., 2017). Such an emphasis on functionality necessitates the consideration of the presence (or absence) of both a state of wellbeing and mental health problems. As mental health is more than the absence of mental illness traditional public mental health interventions that are effective in alleviating mental illness do not necessarily promote mental health(Gucciardi et al., 2017). One important social setting with great potential for supporting mental health is participation in organized sport. Organized sport can be defined as an activity that involves: physical exertion or a physical skill; a structured or organized setting for training or competition that is provided by a club or association; competition against others(Gucciardi et al., 2017). When structured appropriately, the context of sport can enhance social and emotional functioning, enhance health-related quality of life, and develop protective factors including self-esteem, positive social relationships, and wellbeing. As a result of such strong physiological, psychological, and social benefits, participation in organized sports can protect adolescents and young men against suicidal ideation and suicide attempts.(Swann et al., 2018). Presentation the mental parts of competitor wellbeing and execution have increased expanded consideration in the course of recent decades, with a lot of this examination worried about the psychological well-being of athletes and the concept of mental toughness(Swann et al., 2018). It was recently proposed that mental health and mental toughness are contradictory concepts in the world of elite sport. The focal postulation of this contention is that the way of life in sport is one where there is disgrace related with competitor psychological well-being issues, and accordingly any longing to get professional help is undermined by the fear of being labeled ‘mentally weak (Swann et al., 2018). At first glance, the proposed contradiction between mental health and mental toughness has intuitive appeal; however, a short yet thought-provoking editorial of this nature precludes

the opportunity to develop arguments fully, such that the central concepts remained undefined and many of the key assertions were unsubstantiated(Swann et al., 2018).

1.8 Benefits/ implication from the sports

As indicated by the Centers for Disease Control and Prevention (CDC), "More than 33% of youngsters and youths were overweight or large" in 2012. Youngsters who admire competitors may be bound to get out and play sports themselves. As a progressively solid model, sports groups have done their part to get kids dynamic and sound. Sports give a stage to individuals to meet up and bolster their nation. Global occasions like the Olympics and the World Cup fill in as a point around which to mobilize and show national pride and solidarity. Other than helping kids get dynamic and solid, sports cooperation can have other significant advantages, for example, mental prosperity and expanded confidence. As of late, another examination, "Sports at Work: Anticipated and Persistent Correlations of Participation in High School Athletics," by Cornell conduct science teacher Kevin Kniffin found that sports can significantly affect business viewpoint also. As indicated by the examination, youngsters who played secondary school sports had a superior profession viewpoint and performed better in their occupations further down the road(LAURA DEPTA, n.d.).

1.9 Health issues related to Sports

A genuinely dynamic way of life is significant for all age gatherings. Motivations to partake in sports and physical action are many, for example, delight and unwinding, rivalry, socialization, upkeep, and improvement of wellness and wellbeing. Standard physical action decreases the danger of untimely mortality as a rule, and of coronary illness, hypertension, colon disease, corpulence, and diabetes mellitus specifically. Be that as it may, sports interest additionally conveys a hazard for wounds, which may sometimes prompt changeless handicap every single intense injury found in a crisis room. Some injury types, for example, foremost cruciate tendon (ACL) wounds, are a developing reason for concern. The most noteworthy occurrence is found in 15–multi year old competitors in rotating sports, for example, football, ball and group handball; the frequency is3–multiple times higher among ladies than among men. Leg tendon injury causes protracted nonappearance from work and sports, and drastically builds the danger of long haul squealer like unusual joint elements and beginning stage of degenerative joint malady. Leg tendon or segregated ligament sores forestalls further advancement of osteoarthritis. Other pervasive injury types, for example, hamstrings strains or patellar tendonpathy, might be career ending, in spite of the fact that they when in doubt don't prompt post-vocation handicap. As it were, sports wounds are a

huge reason for worry for competitors, sports, and society the dangers related with minor, moderate, and significant intense wounds and osteoarthritis in lower appendage joints of English expert footballers are unsatisfactory when assessed against acknowledged standards from the word related wellbeing setting.

Though creating improved treatment techniques for wounds stays a significant objective, it might be considerably progressively essential to forestall wounds when it has been perceived through injury observation that sports wounds comprise a danger to the soundness of competitors, the causes must be built up as a following stage towards injury counteraction. This remembers data for why a specific competitor might be in danger in a given circumstance (hazard variables) or how wounds occur (injury components). Murphy have as of late explored the writing on the hazard factors for lower limit wounds, showing that our comprehension of injury causation is constrained(Bahr & Holme, 2003).

The relationship between sports injuries and psychological factors, there is only limited scientific knowledge. In view of the increasing frequency of injury, not only during leisure time activities but also in professional sports, it is clear that analyses of risk factors for sports injury are urgently required as a prerequisite to the development of prevention programs. Not only should the level of physical fitness and appropriate training and competition conditions be considered, but psychological factors should also be considered, as these can be expected to be of importance(Junge, 2000).

1.10 Need of the study

Sports person may suffer anxiety during or before performance. Anxiety can have psychological symptoms such as decrease in concentration as well as physical symptoms such as irregular heartbeat, headache, and fatigue reduce control over body movement etc. so anxiety can adversely affect performance of sport person.

Aggression is common phenomenon in sportsperson, which may have positive or negative effects. When aggression is too high in sports person they may break the rules involve in fight with other players or behave violently or some time disciplinary action can be taken against them or they may get disqualified.

Studies have shown that people who are high in emotional intelligence and are mindful have better control over aggression and anxiety. No correlation study has been conducted to assess the correlation of sport anxiety and aggression with emotional intelligence and mindfulness among sport person from various sport background. Result of this sample study can be used as basic of future studies on correlation of sports anxiety and aggression with mindfulness and emotional intelligence.

CHAPTER 2

CHAPTER 2:

SPORT IN ANCIENT INDIA

Aim of the literary research is to gain knowledge about various games played in ancient India. Ancient India games were played with an intention of learning physical, mental, emotional growth rather than with feeling of competition. Here ancient text of Mahabharata and Ramayana were searched games of *chausar, art of archery, hunting* and *kushti and* other games requiring mental and physical involvement. Our ancient scripture also give intense if games are not played with skill, awareness, empathy and mindfulness could have bad consequences like sarwana kumar killed by king dasratha while hunting.

Ramayana and Mahabharata were searched manually and some information was collected from online depositories of ancient scriptures.

MAHABHARATA

ततो व्यध्वगतं पार्थं प्रातिकामी युधिष्ठिरम

उवाच वचनाद् राज्ञो धृतराष्ट्रस्य धीमतः ॥६७।१॥

vaiçampäyana uväca
tato vyadhvagataà pärthaà prätikämé yudhiñöhirama
uväca vacanäd räjïo dhåtaräñörasya dhémataù ||67.1||

Vaisampayana said,--'The royal messenger, agreeably to the commands of the intelligent king Dhritarashtra, coming upon Yudhishthira (Kisari Mohan Ganguli).

MAHABHARATA

उपस्तीर्णा सभा राजन्न् अक्षान उत्वा युधिष्ठिर।

एहि पाण्डव दीव्येति पिता त्वाम् आह भारत ॥६७।२॥

upastéréä sabhä räjann akñäna uptvä yudhiñöhira|
ehi päëòava dévyeti pitä tväm äha bhärata||67.2||

The son of Pritha who had by that time gone a great way, addressed the monarch and said,--'Even these are the words of thy father-like uncle, O Bharata, spoken unto thee, 'The assembly is ready. O son of Pandu, O king Yudhisthira, come and cast the dice (Kisari Mohan Ganguli)

MAHABHARATA

युधिष्ठिर उवाच

धातुर् नियोगाद् भूतानि प्राप्नुवन्ति शुभाशुभम्

न निवृत्तिस तयोर् अस्ति देवितव्यं पुनर् यदि ॥६७ ।३ ॥

yudhiñöhira uväca
dhätur niyogäd bhütäni präpnuvanti çubhäçubham
na nivåttisa tayor asti devitavyaà punar yadi||67.3||

Yudhishthira said,--'Creatures obtain fruits good and ill according to the dispensation of the Ordainer of the creation. Those fruits are inevitable whether I play or not (Kisari Mohan Ganguli).

MAHABHARATA

अक्षद्रयूते समाह्वानम् नियोगात् स्थविरस्य च

जानन्न् अपि कषयकरं नतिक्रमितुम् उत्सहे ॥६७ ।४ ॥

akñadrayüte samähvänam niyogät sthavirasya ca
jänann api kañayakaraà natikramitum utsahe||67.4||

This is a summons to dice; it is, besides the command of the old king. Although I know that it will prove destructive to me, yet I cannot refuse (Kisari Mohan Ganguli).

MAHABHARATA

वैशंपायन उवाच

इति ब्रुवन् निववृते भरातृभिः सह पाण्डवः

जानंश च शकुनेर् मायां पार्थो दयूतम् इयात पुनः ॥६७ ।५.

vaiçampäyana uväca
iti bruvan nivavåte bharätåbhiù saha päëòavaù
jänaàça ca çakuner mäyää pärtho dayütam iyäta punaù||67.5||

Vaisampayana continued,--"Although (a living) animal made of gold was an impossibility, yet Rama suffered himself to be tempted by a (golden) deer. Indeed, the minds of men over who calamities hang, became deranged and out of order. Yudhishthira, therefore, having said these words, retraced his steps along with his brothers. And knowing full well the deception practised by Sakuni, the son of Pritha came back to sit at dice with him again (Kisari Mohan Ganguli).

MAHABHARATA

विविशुस ते सभां तां तु पुनर एव महारथाः

व्यथयन्ति स्म चेतांसि सुहृदां भरतर्षभाः ॥६७ ।६ ॥

viviçusa te sabhää tää tu punara eva mahärathäù
vyathayanti sma cetääsi suhådää bharatarñabhäù||67.6||

These mighty warriors again entered that assembly, afflicting the hearts of all their friends. And compelled by Fate they once more sat down at ease for gambling for the destruction of themselves (Kisari Mohan Ganguli)

RAMAYANA

यदा हि हयमारूढो मृगयां याति राघवः ॥

तदैनं पृष्ठतोऽभ्येति स धनुः परिपलयन् ॥१८ ।३४ ॥

yadä hi hayamärüòho mågayää yäti räghavaù||
tadaionaà påñöhato'bhyeti sa dhanuù paripälayan||18.34||

Whenever Raghava mounts a horse and goes on a hunting game Lakshmana rushes after him wielding his bow as a squire (Valmiki Ramayana).

RAMAYANA

भरतस्यापि शत्रुघ्नो लक्ष्मणावरजो हि सः ॥

प्राणेः प्रियतरो नित्यं तस्य चासीत्तथा प्रियः ॥१८ ।३५ ॥

bharatasyäpi çatrudhno lakñmaëävarajo hi saù||
präëeuù priyataro nityaà tasya cäséttathä priyaù||18.35||

Lakshmana's younger brother Shatrughna is a dear one to Bharata, like that Bharata too held Shatrughna dearer than his own lives (Valmiki Ramayana).

RAMAYANA

ते चापि मनुजव्याघ्रा वेदिकाध्ययने रताः ॥

पितृशुश्रूषणरता धनुर्वेदे च निष्ठिताः ॥१८ ।३६ ॥

te cäpi manujavyädhrä veudikädhyayane ratäù||
pitåçuçrüñaëaratä dhanurvede ca niñöitäù||18.36||

Even those tiger men, namely the princes, are engrossed in the studies of Veda-s, delighted to render service to their father and they are also the experts in art of archery (Valmiki Ramayana).

Malla-yuddha (मल्लय–उद्ध)

Mallayuddha is the conventional type of battle wrestling beginning from the Indian subcontinent. It is firmly identified with Southeast Asian wrestling styles, for example, naban and is the progenitor of kusti. Indian wrestling is portrayed in the thirteenth century Malla Purana. Malla yuddha consolidates catching, joint-breaking, punching, gnawing, gagging and pressure point striking. Matches were generally arranged into four kinds which advanced from simply sportive challenges of solidarity to genuine full-contact battles known as yuddha(Wikipedia, n.d.-d).

Malakhra or Malakhro

Is an old Sindhi type of wrestling in Pakistan and India, which goes back 5000 years. The match starts with the two grapplers tying a turned material around the rival's midsection. Every one at that point clutches the rival's midsection material and attempts to toss him to the ground. Malakhra is one of the most loved games among guys in Sindh, Pakistan and Gujarat, India. Malakhara matches are commonly hung on vacations and Fridays and are an element all things considered and celebrations(Wikipedia, n.d.-c).

Chaturanga : (चतुरङ्ग)

Is an old Indian system game that is ordinarily conjectured to be the normal progenitor of the prepackaged games chess, Chaturanga is first known from the Gupta Empire in Quite a while around the sixth century AD. In the seventh century, it was received as chatrang (shatranj) in Sassanid Persia, which thusly was the type of chess brought to late-medieval Europe. The specific guidelines of chaturanga are obscure. Chess students of history guess that the game had comparable principles to those of its replacement, shatranj. Specifically, there is vulnerability with regards to the moves of the Gaja (elephant)(Wikipedia, n.d.-b).

Ashtāpada (अष्टापद)

Is an Indian table game which originates before chess and was referenced on the rundown of games that Gautama Buddha would not play. Chaturanga, which could be played on a similar load up, showed up at some point around the sixth century in India; it could be played by two to four members(Wikipedia, n.d.-a).

Indus valley civilization (3250 BC to 2750 BC)

A statuette found in the Mohenjadaro remains is that of an artist, which calls attention to that the significant side interest of the individuals at that point was moving and singing. The other significant game was swimming which has solid proof with respect to the nearness of the "Incomparable Bath" which is similar to the current day modem pool. Marbles, balls and dice were utilized for games and dicing was the significant game as is obvious from bunches of dices uncovered. Additionally, a kind of table game looking like the modem chess was likewise predominant. A barrel shaped gamesman taking after the present-day round of Draft has additionally been exhumed at Harappa(Cards, n.d.).

Vedic period (2500 BC-600 BC)

A type of chariot race was one of the game's generally famous during the Vedic time frame. Individuals were partial to swinging. Ball games were stylish in those days by the two people. Aside from this, various patio games like" Hide and look for" and "Run and catch" were likewise played by the young ladies. Playing with dice turned into a well known action. The dices were clearly made of Vibhidaka nuts. From the Rigveda, apparently the Vedic Aryans knew the craft of boxing(Cards, n.d.).

The Mahabharata

Uncommon notice has been made of games and aerobatic during this period. Hopping, arms contracting, wrestling, playing with balls, find the stowaway, pursuing creatures were a portion of the games common during this period. Ball games were famous and it is said that Lord Krishna made a move games with ladies on the banks of the Yamuna." Iti-Danda " or "Gullidanda" was likewise one of the games played and it includes one long and one short stick. Bhima was knowledgeable in this and this is like the current day cricket. There is likewise a notice of the Kauravas and the Pandavas playing Gulli Danda in the Mahabharata(Cards, n.d.).

The Puranas

The utilization of Discus was extremely mainstream. Now and again, the assault of blade was additionally delivered futile by the plate. The Munda beast is said to have utilized it. Rope battling or Pasi-yuddha was additionally common. The rope was the fundamental weapon of a portion of the Gods and in view of the

utilization of rope, Varuna is called Pasi. The specialty of utilizing silambu or long sticks, lathi and slings was additionally educated during this period(Cards, n.d.).

Buddhist and Jain Literatures

The round of chess is found referenced in the accepted writings of Jainism. Chess was discovered pervasive in the grounds of Nalanda. Archeological unearthing has discovered betting dice in religious communities and other Buddhist locales. Another thing of diversion was swimming. The Viharas offered the delight of washing pools. Boxing was likewise well known. With the blooming of Buddhism in the nation, Indian game arrived at the very pinnacle of greatness. Gautam Buddha himself, is said to have been a pro at arrow based weaponry, chariot - dashing, equitation and sledge - tossing(Cards, n.d.).

Summary:

Yudhishthira, card sharks have in their homes numerous ladies of free character. They don't yet stake those ladies having graciousness for them even. Whatever riches and other amazing articles the ruler of Kasi gave, whatever, diamonds, creatures, riches, layers of mail and weapons that different rulers of the earth gave, our realm, you and ourselves, have all been won by the adversaries. At this my anger was not energized for thou workmanship our master. This, in any case, I view as a profoundly inappropriate act- - this demonstration of marking Draupadi. This guiltless young lady merited not this treatment. Having gotten the Pandavas as her rulers, it is for thee alone that she is by and large along these lines oppressed by the low, terrible, brutal, and mean-disapproved Kauravas. It is for the good of she, O lord, That my outrage filet on thee. I will consume those hands of slight. Sahadeva, bring some fire. Arjuna hearing this, said,- - 'Thou hast never, O Bhimasena, before this articulated such words as these. Without a doubt thy high profound quality hath been annihilated by these pitiless enemies. Thou ought not satisfy the desires of the foe. Practice thou the most noteworthy profound quality. Whom doth it act to violate his high-minded oldest sibling? The lord was called by the adversary, and recalling the utilization of the Kshatriyas, he played at dice without wanting to. That is unquestionably helpful for our incredible distinction. Bhima said, In the event that I had not known, O Dhananjaya, that the ruler had acted by Kshatriya use, at that point I would have, taking his hands together by sheer power, consumed them in a blasting fire. Vaisampayana proceeded, Seeing the Pandavas in this manner upset and the princess of Panchala additionally along these lines burdened, Vikarna the child of Dhritarashtra said- - 'Ye lords, answer ye the inquiry that hath been posed by Yajnaseni. On the off chance that we don't pass judgment

on a make a difference alluded to us, we all will definitely need to take a hike immediately. How is that Bhishma and Dhritarashtra, both of whom are the most seasoned of the Kurus, as likewise the high-souled Vidura, don't utter a word! The child of Bharadwaja who is the preceptor of us, as additionally Kripa, is here. For what reason don't these best of recover ones answer the inquiry. Let additionally those different lords gathered here from all headings answer as per their judgment this inquiry, leaving aside all thought processes of increase and outrage. Ye rulers, answer ye the inquiry that hath been posed by this favored little girl of lord Drupada, and proclaim after reflection on which side each of ye is. Thus did Vikarna over and over intrigue to those that were in that get together. Be that as it may, those lords addressed him not single word, great or sick. Also, Vikarna having over and again engaged all the lords started to rub his hands and murmur like a snake(Kisari Mohan Ganguli, 1896).

The eager ruler moaned from numerous points of view; the night appeared to him like an age and he felt like it could never end. He was helped to remember the visually impaired loner's revile and he portrayed the entire story to Indeed, even those tiger men, specifically the sovereigns, are immersed in the investigations of Veda-s, enchanted to render administration to their dad and they are likewise the specialists in specialty of bows and arrows. Lakshmana's more youthful sibling Shatrughna is a dearer to Bharata, similar to that Bharata too held Shatrughna dearer than his own lives. At whatever point Raghava mounts a pony and goes on a chasing game Lakshmana surges after him employing his bow as an assistant(IITkanpur,2002).

CHAPTER 3

CHAPTER 3:

REVIEW OF SCIENTFIC LITERATURE

	Author year Reference	Sample size	Design of study	Intervention	Variables studied	Tools/instruments	Results	conclusion
1	(Swann et al., 2018)	(N=55) adolescent males aged 12–17 years	Interpretive qualitative design	All 55 are participating in organized basketball, soccer, swimming for 48 minutes	Mental health	Sport mental health questioner	Participants perceived the need for resources to prevent and cope with mental health issues. on average, 48 min (SD= 9.25).	This study suggests that sport is a promising, and potentially engaging avenue for supporting mental health.
2	(Mazzer et al., 2012)	(N=34) participant all are male age of 12-18 years	NVivo qualitative design	Mental health theory of promotion and prevention	Mental health, awareness, acceptance	Mental health questioner, awareness questioner, acceptance questioner	participants identified young people's mental health as relevant to and part of their role as a teacher or sports coach of 12 (*SD* = 10.7) -18 (*SD* = 9.7) year olds	Both teachers and coaches perceived having influential but slightly different roles to play in supporting mental health. There may be potential to elevate the influence of teachers and coaches as sources of support for young people and their mental health care.

3	(Sathya, 2007)	(N=100) (50 cricket and 50 karate) age of 20 - 30 years	Cross sectional study	Pre-post sport performance of cricket and karate	Anxiety level in cricket and karate	Sports competitive anxiety test scale (SCAT)	Higher anxiety scores were found in individual sport(karate) than in team sports(cricket), pre and post competition Pre cricket: 18.72±4.4 Post cricket: 18.16±4.5 Pre karate: 19.96±4.7 Post karate: 17.2±3.97	There is marked rise in the pre anxiety of cricketers compared to the post anxiety and also the pre anxiety of karate players is more compared to the post anxiety
4	(Gamit, 2011)	(N=60) all are male out of this 30 from vollyball and 30 soccer age of 18-25 years	Cross sectional study	Pre-post sport performance of volleyball and soccer	Anxiety level in volleyball and soccer	Sport competitive anxiety test scale (SCAT)	Calculated t-value (0.812) was less than the tabulated t-value (2.00), so there was no significant difference between the Competitive Anxiety of the two groups of District level Volleyball and Soccer players of Bilaspur	No significant difference was found between the Volleyball male players and Soccer male players in relation to Sports Competitive Anxiety.

5	(Hagiwara et al., 2017)	(N= 204) (male 105 and female 99) age of 20-24 years	Correlational study	Match of baseball, football, volleyball	Depression level in American sports man	Social sport scale	Receiving social support Depression (M=0.06 ,F=-0.38) Sports helplessness(M=-0.09, F=-0.35), Providing social support Depression (M=-0.12, F=-0.29) Sports helplessness(M=-0.07, F=-0.31)	there were no significant differences between males and female intercollegiate student-athletes in terms of social support, depression, and sports helplessness
6	(Rogers et al., 2014)	(N=11) age of 24-30 years	Pre-post cohort design	5wk community based occupational therapy	Depression and stress disorder	PTSD check list and major depression inventory	PTSD Wilcoxon signed rank Z 5 2.5, p 5 .01 Depression Inventory, Wilcoxon signed rank Z 5 2.05, p 5 .04	Participant reports of PTSD symptom severity were significantly lower after the 5-wk study period
7	(Wann et al., 1999)	(N=196) 121M & 75 F) age of 21-30	ANOVA	Basketball match	Aggression in sports spectators	Sport spectator identification scale (SSIS)	The aggression target main effect was also significant, F(l,194) =27.52, p < .001, as participants directed a higher level of aggression toward the officials (M = 2.71, SD =	Post hoc analyses (Newman-Keuls) indicated that the amount of hostile and instrumental aggression directed toward the officials was Significantly different from all

							1.86) than the opposition (M = 2.32, SD = 1.73). The aggression type main effect was not significant, F(l, 194) = 0.018, p = .67.	other conditions. The MANOVA failed to reveal any other significant interactions.
8	(Donahue et al., 2009)	(N=208) (men -114 and women -94) age of 16 years	Cross sectional study	Basketball match 8.3 hrs per week	Aggression in sport	Sport aggression scale	(M=3.78; SD= 1.04) reporting more aggression than harmoniously passionate Players (M= 3.26; SD =1.18), F(1,185)=7.02, p=0.009. The present results revealed a moderate Cohen's d of 0.47 for passion	Athletes with a predominant obsessive passion for basketball reported higher levels of aggression on an aggression scale than athletes with a harmonious passion.
9	(Frode Moen et al., 2015)	(N=50) out of this 23 are in experimental group and 27 are in control	Pre-test, post-test control group design	12 week mindfulness intervention on perceived stress perceived performance in school sport	Mindfulness in junior elite athletes in sports	MAAS mindful attention awareness scale	(t(26)=4.32, P<.000, r = .35), MAAS (t(26)=3.36, P=.002, r = .74), ABQ (t(26)=-6.28, P<.000, r = .80), exhaustion (t(26)=-4.30,	There were no significant effects Found on perceived stress, perceived performance in school and sports.

							P<.000, r = .71), accomplishments (t(26)=-3.36, P<.000, r = .69) and devaluation (t(26)=-5.69, P<.000, r = .69), for pre to post test.	
10	(Bernier et al., 2009)	(N=10) elite swimmers (4 women and 6 men) age from 18 – 24 years	Inductive and deductive design	Optimal experience in their swimming and poor swimming experiences	Mindfulness and acceptance in sport performance	Qualitative inquiry tool	Athletes with propensity to be more mindful are also more likely to experience the flow state.	This particular mental state is comparable to the mindfulness state, which is the nonjudgmental observation of an ongoing stream of internal and external stimuli as they arise

Summary:

One study on adolescent males perceived sport to be an engaging vehicle for supporting mental health, particularly in teams, and through interest in elite athletes' mental health. They considered coaches and parents/family to be key support individuals. In addition, these adolescents expressed a need to know how to help individuals close to them who may be struggling with a mental health issue. This study suggests that sport is a promising, and potentially engaging avenue for supporting mental health. Adolescents perceive need for clubs, parents, and coaches to develop knowledge around mental health, and in particular, desire strategies for providing help(Swann et al., 2018).

Teachers and sports coaches may be in a position to be effective in supporting young people's mental health through promotion, prevention and early intervention. Another study reports findings from interviews with21 teachers and 13 sports coaches of young people aged 12 to 18 in Canberra, Australia, regarding their perceptions of the relevance and effectiveness of their role in supporting young people's mental health. Both teachers and coaches perceived having influential but slightly different roles to play in supporting mental health. There may be potential to elevate the influence of teachers and coaches as sources of support for young people and their mental health care(Mazzer et al., 2012).

In another study 100 male (50 cricket & 50 karate) players were taken in the age group of 20-30years playing at different levels to understand the competition related anxiety for which sports competitive anxiety test (SCAT) was used. Forms were distributed 15 minutes prior the competition and immediately after the completion of the competition. The player's composite score was analyzed according to the SCAT analysis format and it was found that there were higher anxiety scores in individual sport(karate) than in team sports(cricket), pre and post competition(Sathya, 2007).

A study by Gamit(2011) compared the sports competition anxiety between Volleyball and Soccer male players. The subjects for this study were (N=60) male were 30 each from Volleyball and Soccer male players and age ranged from 18 to 25 years were purposive selected from Bilaspur district (C.G.). For the Acquisition of Sports Competitive Anxiety questionnaire developed by Martin

(1990) was used. The independent's' test was used to analyze data. Results showed that there was no significant difference between Volleyball male players and Soccer male players in their Sports Competition Anxiety(Gamit, 2011).

Another study aimed to examine the relationships between social support and mental health problems among male and female intercollegiate student-athletes. Participants were 204 American student athletes (105 males, 99 females) recruited from the NCAA colleges and universities. Participants were 20.24 (SD = ±1.24) years old, and had a mean of 12.94 (SD = ±4.27) years of experience in sports. Results indicated that for female student-athletes, social support provided to and received from teammates were negatively correlated with both depression and sports helplessness, but for male student-athletes, no significant relationships were found(Hagiwara et al., 2017).

An investigation by Wann et al., (1999) examined the hostile and instrumental verbal aggression of sport spectators. It was hypothesized that highly identified fans would report higher levels of hostile and instrumental aggression than fans low in identification and that aggression directed toward the officials would tend to be hostile in nature. Prior to attending a men's college basketball game, participants (N = 196) were asked to complete a measure of their team identification. After the contest, they were asked to indicate the degree to which they had acted aggressively toward the officials and opposition for hostile and instrumental reasons. The results revealed strong support for both hypotheses(Wann et al., 1999).

A cross sectional study on aggressive behavior in sports among 208 athletes found that Athletes with a predominant obsessive passion for basketball reported higher levels of aggression on an aggression scale than athletes with a harmonious passion.(Donahue et al., 2009).

Above given studies for shown that mindfulness is negatively related with aggression and anxiety in sportspersons. Studies have shown that if a person is mindful while playing his anxiety, aggression, stress would reduce and their performance could improve further. studies have also suggested that if sportsperson are emotionally intelligence then anxiety, aggression, stress and negative

thought does not hinder their performance and even if they lose they were emotionally stable and had positive attitude. Another study on 12-weeks mindfulness intervention on perceived stress, perceived performance on 50 Norwegian junior athletes from two different found there was an significant effects on burnout where as no significant effects found on perceived stress, perceived performance in school and sports(Frode Moen et al., 2015).

Another study also found mindfulness and acceptance contributed to performance enhancement in competition which enhance the applicability and efficacy of these approaches with athletic clientele(Bernier et al., 2009).

CHAPTER 4

CHAPTER -4:

AIMS AND OBJECTIVES

4.1 AIMS OF THE STUDY

The aim of the study to see the relation in between anxiety, aggression, mindfulness and emotional intelligence among sports persons.

4.2 OBJECTIVES OF THE STUDY

To assess the co- relation in between anxiety, aggression, mindfulness and emotional intelligence among sports persons.

4.3 RESEARCH QUESTIONS

Do sports persons have anxiety, aggression, mindfulness and emotional intelligence?

4.4 HYPOTHESIS

- Mindfulness is related with anxiety and aggression among sports persons
- Emotional intelligence is related with aggression and anxiety among sport persons

4.5NULL HYPOTHESIS

- Mindfulness is not related with anxiety and aggression among sports persons
- Emotional intelligence is not related with aggression and anxiety among sport persons

CHAPTER 5

CHAPTER -5:
METHODS

5.1 Participants

Male sports persons were taken from Banaras Hindu University the age range between 20 to 30 years. Total sample size was 265, Sample collected in convenience.

5.1.1 Inclusion criteria

- Age group between 20 years to 30 years.
- Only male sports persons
- Subjects must be practicing sports minimum 3 days in a week.
- Those who were willing to participate.

5.1.2 Exclusion criteria

- Those who were having any physical or mental health issues.
- Those who did not fill the inform consent form.

5.1.3 Ethical consideration

All the participants were informed about the study purpose and assured keeping their personal information confidential. Participants had a brief introduction of the study before filling consent form.

5.1.4 Source of the subjects

Samples were collected from Banaras Hindu University.

5.2 DESIGN OF THE STUDY

Correlational Survey Study

5.3 VARIABLES STUDIED

- Anxiety (SAS scale of anxiety)
- Aggression (The aggression scale)
- Sport Emotional Intelligence (SEIT)
- Mindfulness (Mindfulness attention awareness scale)

- **Mindful Attention Awareness Scale (MAAS)** (Hollis-Walker & Colosimo, 2011)

MAAS is a 15-item, 6-point Likert scale (1 = almost always to 6 = almost never) measure that

assesses the quality of attention and awareness that individuals apply to their daily lives. All items of the MAAS are worded in a negative direction (e.g., I find myself doing things without paying attention). Participant's responses on each item are summed to create a total score. A high score indicates a high degree of mindfulness.

MAAS is a valid and reliable measure of mindfulness (α = . 92)

- **Sports Aggression Inventory (SAI)** (Shukla, n.d.)

This inventory consisted to 25 items in which 13 items were keyed "Yes" and rest of 12 were keyed "No". The statement which was keyed "Yes" were 1, 4, 5, 6, 9, 12, 14, 16, 18, 21, 22, 24 and 25 and the statement which were keyed "No" were 2, 3, 7, 8, 10, 11, 13, 15, 17, 19, 20 and 23.

- **Sport Anxiety Scale (SAS)**(smith, 2006)

The athlete answers the 21 questions, with no time limit for completion. The scale uses a four point the responses, ranging from one (not at all) to four (very much). The scale measures responses for three factors: somatic anxiety, worry and concentration disruption.

The SAS-2 has stronger factorial validity than the original scale did, and construct validity research indicates that scores relate to other psychological measures as expected. The scale reliably predicts pre competition state anxiety scores and proved sensitive to anxiety-reduction interventions directed at youth sport coaches and parents

- **Sport Emotional Intelligence(SEIT)**(CD Agashe, 2008)

The sports emotional intelligence test was constructed using Goleman's (19998) five domains of emotional intelligence, as applied to the word of sports and games. These five domains are self-awareness, self-regulation, motivation, empathy and social skill. Each sport-situational item was standing with five (a, b, c, d and e) alternative responses with an instruction to choose only one in accordance with one's own feeling and experiences.

Reliability and validity scores (α = 0.74).

5.4 INTERVENTIONS

No intervention involved in this study.

CHAPTER 6

CHAPTER 6:

6.1 DATA EXTRACTION AND ANALYSIS

Total four questionnaire were used in the study namely, Mindful Attention Awareness Scale to measure mindfulness in sportsperson, Sports Aggression Inventory to measure aggression in sportsperson, Sport Anxiety Scale to measure anxiety in sportsperson, Sport Emotional Intelligence to measure emotional intelligence in sportsperson. Total 265 samples were collected from Banaras Hindu university all the participant were informed about the purpose of study and informed consent form was obtained. Daily 50 samples were collected and within 6 days 265 samples were collected. Certain necessary instruction were given orally to all the participant about the questioners variables and how to fill the questioner before distributing questioner after giving appropriate time questioner were collected back from the participant**.**

a) Mindful Attention Awareness Scale

MAAS is a 15-item, 6-point Likert scale (1 = almost always to 6 = almost never) measure that assesses the quality of attention and awareness that individuals apply to their daily lives. All items of the MAAS are worded in a negative direction (e.g., I find myself doing things without paying attention). Participant's responses on each item are summed to create a total score. A high score indicates a high degree of mindfulness.

Scoring To score the scale, simply compute a mean (average) of the 15 items. Higher scores reflect higher levels of dispositional mindfulness.

b) Sports Aggression Inventory (SAI) (Shukla, n.d.)

This inventory consisted to 25 items in which 13 items were keyed "Yes" and rest of 12 were keyed "No". The statement which was keyed "Yes" were 1, 4, 5, 6, 9, 12, 14, 16, 18, 21, 22, 24 and 25 and the statement which were keyed "No" were 2, 3, 7, 8, 10, 11, 13, 15, 17, 19, 20 and 23.

Scoring For each item score was "1". The maximum score might be 25 and minimum score might be zero. Score obtained by each subject on each statement was added up which represented one's total score on Aggression

c) Sport Anxiety Scale (SAS)(smith, 2006)

The athlete answers the 21 questions, with no time limit for completion. The scale uses a four point the responses, ranging from one (not at all) to four (very much). The scale

measures responses for three factors: somatic anxiety, worry and concentration disruption.

Scoring To calculate your score, add up all the numbers that were circled Add up all results for the Trait Anxiety Score.

d) **Sport Emotional Intelligence(SEIT)**(CD Agashe, 2008)

The sports emotional intelligence test was constructed using Goleman's (19998) five domains of emotional intelligence, as applied to the word of sports and games. These five domains are self-awareness, self-regulation, motivation, empathy and social skill. Each sport-situational item was standing with five (a, b, c, d and e) alternative responses with an instruction to choose only one in accordance with one's own feeling and experiences

Scoring the scoring procedure of the entire test is very simple. Each sports-situation stands with five alternative response category, namely, (a), (b), (c), (d) and (e). the differential weightage scoring system is prescribed. For instance, for the best alternative, a score of 20, for the better alternative, a score of 15, for the good alternative, a score of 10, for the poor alternative, a score of 5 and for the poorest alternative, a score of 0 (zero) is prescribed on the on the basics of the verdict of the judges.

6.2 DATA ANALYSIS:-

Data entry was done in excel sheet and all statistical analysis were performed using JASP. Data were assessed for normality distribution using Shapiro wilk"s test and result showed that data were not normally distributed. Therefore non-parametric test (Speraman's rank correlation) was used to calculate the correlation. Further descriptive statistic was also calculated which included mean, standard deviation .Correlation test values, p-value and 95% confidence interval reported for main analysis. Correlation plots were included to know the direction and strength of correlation.

CHAPTER 7

CHAPTER 7:

RESULTS

7.1 Demographic details:-

265 samples of male sportsperson were collected within age range of 20 to 29 years, Mean=22.392 years standard deviation± 2.182.Sportspersons from different sports were included in study.

7.2 Descriptive Statistics

	SAI	MAAS	SAS	SEI
Mean	12.668	3.543	53.555	103.547
Std. Deviation	3.293	0.535	6.937	33.352
Minimum	4.000	1.933	31.000	25.000
Maximum	27.000	4.867	65.000	220.000

Spearman's correlation

			Spearman's rho	p	Lower 95% CI	Upper 95% CI
SAI	-	MAAS	0.080	0.193	-0.041	0.199
SAS	-	MAAS	0.441	< .001	0.339	0.533
SAI	-	SAS	0.193	0.002	0.074	0.306
SAI	-	SEI	-0.156	0.011	-0.271	-0.036
SAS	-	SEI	-0.152	0.013	-0.268	-0.032

MAAS=Mindfulness attention awareness scale.

SAS=Sports anxiety scale.

SAI=Sports aggression inventory.

SEI=Sports emotional intelligence.

7.3 Distribution of data: -

Shapiro Wilk's test result shows p-value for MAAS is 0.100 and for other variables is <0.001 concluding that data for MAAS is normally distributed and for other variables it is not normally distributed. So, Spearmen's Correlation test is used to calculate correlation among the variables.

7.4 Spearmen Correlation test results:-

Result of the Spearmen correlation indicated that there was a significant positive correlation between sports anxiety and sports aggression (r_s=0.193,p=0.002); there was a significant negative correlation between emotional intelligence and sports anxiety (r_s= -0.152,p=0.003), between sports aggression and emotional intelligence(r_s=-0.156, p=0.011); there was a significant correlation between sports anxiety and mindfulness,(r_s=0.441, p<0.001) and there was no significant correlation between sports aggression and mindfulness,(r_s=0.080, p<0.193).

7.5 Correlation Plots:-

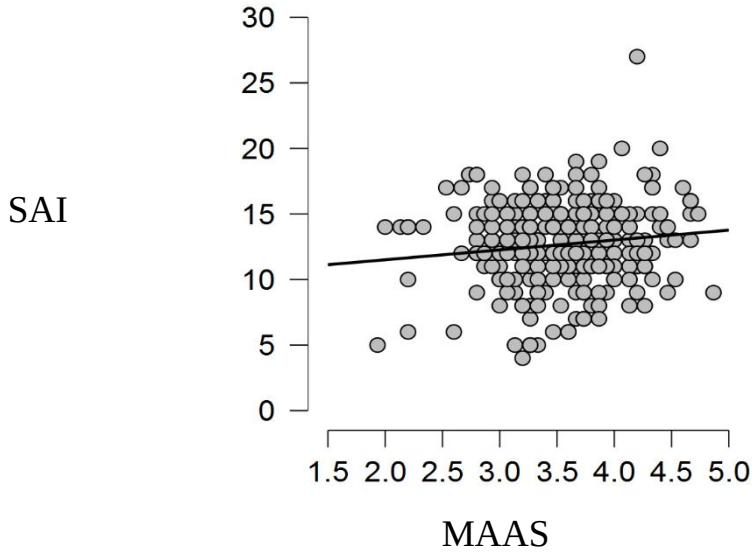

Figure 1: Correlation between SAI and MAAS

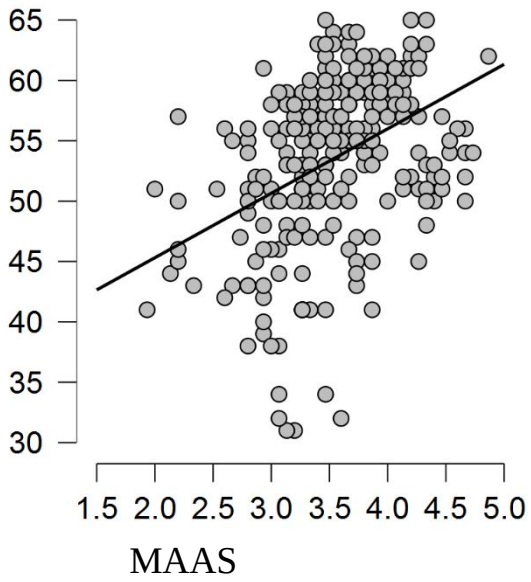

Figure 2: Correlation between SAS and MAAS

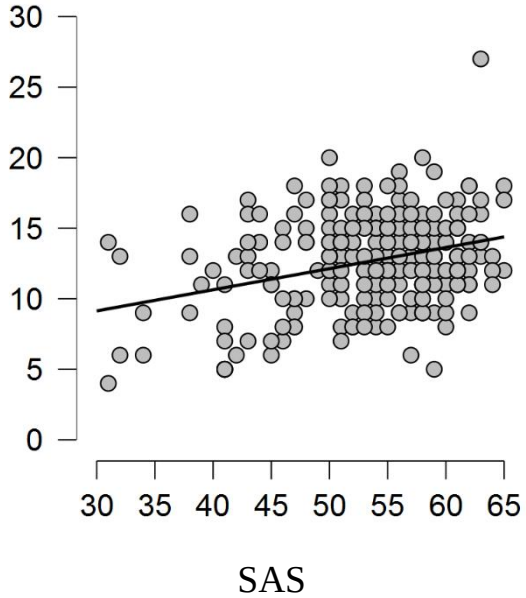

Figure 3: Correlation between SAI and SAS

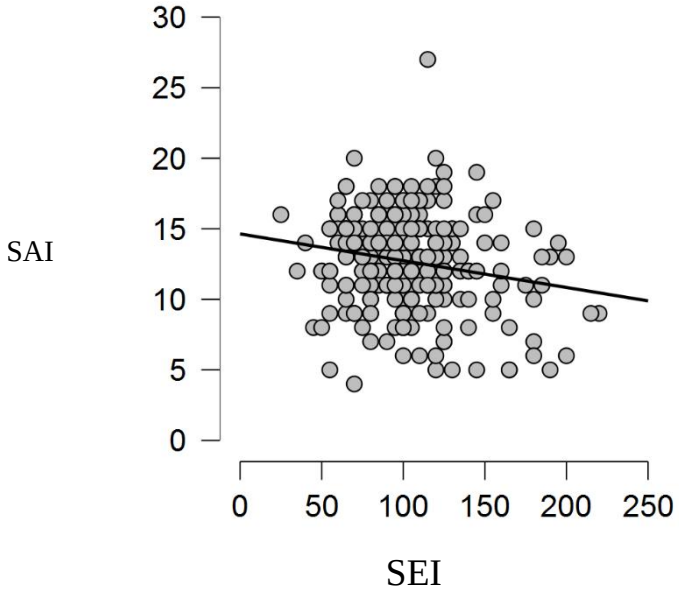

Figure 4: Correlation between SAI and SEI

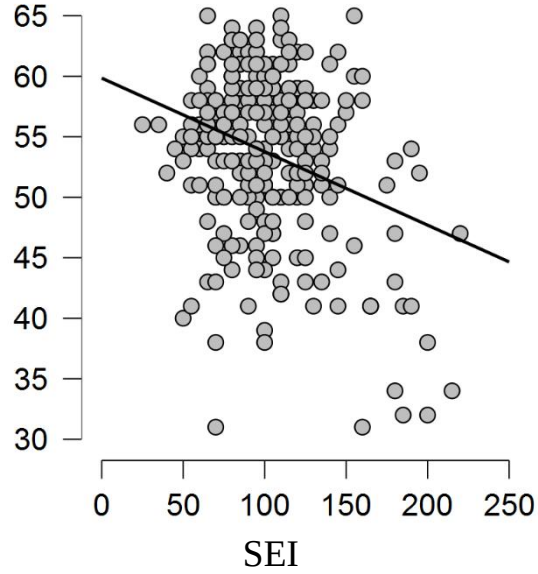

Figure 5: Correlation between SAS and SEI

CHAPTER 8

CHAPTER 8:

DISCUSSION

8.1 Summary of the results

Results of the study showed significant correlation. Spearmen correlation indicated that there was a significant negative correlation between emotional intelligence and sports anxiety (r_s= -0.152, p=0.003), between sports aggression and emotional intelligence (r_s=-0.156, p=0.011). Findings of study also revealed a significant positive correlation between sports anxiety and sports aggression (r_s=0.193, p=0.002), whereas there was no significant correlation between sports aggression and mindfulness. Also, positive correlation between sports anxiety and mindfulness was observed.

None of the pairs of variable showed strong correlation. Correlation of emotional intelligence with aggression and anxiety was negatively significant but strength of correlation was weak, similarly, sports anxiety and aggression showed weaker significant correlation. Whereas sports aggression and mindfulness did not show significant correlation. Besides this significant positive correlation was observed between sports anxiety and mindfulness which was not in line with earlier findings. Reason for such results could be low sample size, response bias and inclusion of sportsperson without previous experience of mindfulness due to which they could not answer accurately.

8.2 Comparison with other studies

The subjects for this study 60 males players where 30 each from Volleyball and Soccer age ranged from 18 to 25 years found there was no significant difference between Volleyball male players and Soccer male players in their Sports Competition Anxiety(Gamit, 2011). Another study also found mindfulness and acceptance contributed to performance enhancement in competition which enhance the applicability and efficacy in athletic patrons(Bernier et al., 2009). In an another study 12-weeks mindfulness intervention on perceived stress, perceived performance on 50 Norwegian junior athletes found there was an significant effects on burnout where as no significant effects found on perceived stress, perceived performance in school and sports(Frode Moen et al., 2015). However, in this study correlation of mindfulness is negatively related with aggression and anxiety.

8.3 Possible Mechanism

Anxiety is the feelings of nervousness and tension resulting from environmental demands. These demands are usually stressful, indicating to the athletes a perception of imbalance between the demand given and their abilities to fulfill the demand (Sajadi el al., 2011). Emotional intelligence enables to effectively think about emotions and use emotions to aid cognitive processes and decision making" (Mayer et al., 2000). It enables us to perceive, monitor, employ, and manage emotions thereby helps to enhance effective functioning. Palmer and Stough (2001) suggested that the 'emotional management' factor assesses the extent to which an individual is able to bring up and maintain positive moods and emotions which effectively manage stress within self and others. By effectively managing one's own emotions an individual is able to retain focus on task, avoiding external and internal distractions. As per (Nideffer,1990) findings, by shifting the focus of attention from a negative internal or external source to a more positive internal focus, possibility of committing error reduces. Also, one study states that facilitating-positive emotions help an athlete to produce energy aiding performance and effectively manage competitive anxiety levels(Birwatkar, 2014).

The inability to appropriately manage emotions experienced in competitive situations may cause inappropriate outburst of aggression and can often lead athletes to be penalized or excluded from competing. Those who are emotionally intelligent are able to effectively manage their emotions and can channelize their emotions into the production of motivation and drive. According to (Nideffer and Bond, 1990) athletes who had good score in emotional control could inhibit strong emotions, such as anger and hostility, from badly affecting their thoughts and performance before and during competition(Birwatkar, 2014).

However, mindfulness enables sportsperson to maintain awareness without judging themselves and others and to accept internal awareness, which can help them to divert their focus on current situation and task during performance and help reduce stress and anxiety. Practicing mindfulness also helps body to relax and manage stressful situation and thereby reducing anxiety. It creates a proactive and positive approach towards difficulties leading to improved performance. better sleep, pain management, focus and reduction of negative, destructive and unhealthy thoughts such as fear of losing reduces thereby reducing anxiety levels(Tahmasebi Boroujeni et al., 2012).

Although results of this survey study were not in line with previous studies on variable anxiety and mindfulness, further studies need to be conducted on those sportsperson who have practiced mindfulness, have a better understanding and experience of practice to get more appropriate results and to better understand the relation between anxiety and mindfulness(Tahmasebi Boroujeni et al., 2012).

CHAPTER 9

CHAPTER 9:

APPRIASAL

9.1Strength of the Study

This is the 1st survey study to search the correlation of emotional intelligence with anxiety and aggression and of mindfulness with aggression and anxiety in young male sportsperson from different sports background. Result of this study showed negative correlation of sport emotional intelligence with anxiety and aggression, on the basis of these finding further experimental study can be conducted to know the effect of sport emotional intelligence on aggression and anxiety.

a) Limitation of the study

No instrument or tools have been used. Sports man included in this study plays various games although they have a special interest in one game.

b) Scope and implication

i. More variables like stress, concentration, attention, decision making can be included in future study to know there relation with emotional intelligence and mindfulness.

ii. Incentive can be given to the respondents in future studies to encourage them to involve in the study and answer accurately.

iii. Future study can be improvised by comparing with those who are practicing some awareness practice like yoga and meditation or experimental study can be conducted on mindfulness meditation

CHAPTER 10

CHAPTER 10:

CONCLUSION

This sample study was conducted to know the correlation of sports anxiety and aggression with emotional intelligence and mindfulness. This study indicated that there was a significant negative correlation between emotional intelligence and sports anxiety, sports aggression and emotional intelligence; findings of study also revealed a significant positive correlation between sports anxiety and sports aggression, whereas there was no significant correlation between sports aggression and mindfulness. Also, positive correlation between sports anxiety and mindfulness was observed which could be due to low sample size, response bias and sportsperson without experience of mindfulness. This findings need to be confirmed with future studies. Further experimental studies can be conducted on mindfulness as intervention and it's effect on anxiety and aggression among sportspersons for better understanding of correlation among them.

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APPENDIX

CHAPTER 12:

APPENDIX-1: DEMOGRAPHIC

DEMOGRAPHIC DATA				
1	Name			
2	Date of birth (Date/Month/Year)			
3	Age (Years and Months)			
4	Gender			
5	Address			
6	Contact number			
7	E -mail id			
8	Standard / Class			
9	Height			
10	Weight			
11	What sport you play since last 6 months			
11.a	How frequently you play (No. of hours/ week)			
12.a	Do you practice Yoga (Yes/ No)			
12.b	If Yes. Since how long How frequently (No. of hours/ week)	**…….** **…….**		
13	Socio -economic status (Make a tick)	**Upper**	**Middle**	**Lower**
14	Father education			
15	Mother education			
16	Chronic health issue (if any)			
17	History of medication (if any , specify)			
18	Date : Place: Signature:			

APPENDIX-2:

INFORM CONCERN SHEET

Title of the project:

Investigator 1: Mr. Chinmay…… (Contact No:……)
Investigator 2: Dr. Satya Prakash Purohit, PhD

About the project: In order to understand the psychological well being of sports person we are conducting a survey using the following tools. Also we promise you that all information obtained during the study will be kept confidential.

1. Sports anxiety scale
2. Mindfulness scale
3. Sports emotional inelegance scale
4. Sports aggression inventory

NAME OF THE SPORT PERSON_____

I herby have understood the above and consent voluntarily to participate in the study.

Signature of the Participant

Date: ……. Place:……..

APPENDIX-3:

QUESTIONNAIRES COPIES

QUESTIONNAIRES: DAY-TO-DAY EXPERIENCES

Instructions: Below is a collection of statements about your everyday experience. Using the 1-6 scale below, please indicate how frequently or infrequently you currently have each experience. Please answer according to what *really reflects* your experience rather than what you think your experience should be. Please treat each item separately from every other item.

1	2	3	4	5	6
Almost Always	Very Frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently	Almost Never

I could be experiencing some emotion and not be conscious of it until sometime later.	1	2	3	4	5	6
I break or spill things because of carelessness, not paying attention, or thinking of something else.	1	2	3	4	5	6
I find it difficult to stay focused on what's happening in the present.	1	2	3	4	5	6
I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.	1	2	3	4	5	6
I tend not to notice feelings of physical tension or discomfort until they really grab my attention.	1	2	3	4	5	6
I forget a person's name almost as soon as I've been told it for the first time.	1	2	3	4	5	6
It seems I am "running on automatic," without much awareness of what I'm doing.	1	2	3	4	5	6
I rush through activities without being really attentive to them.	1	2	3	4	5	6
I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.	1	2	3	4	5	6
I do jobs or tasks automatically, without being aware of what I'm doing.	1	2	3	4	5	6
I find myself listening to someone with one ear, doing something else at the same time.	1	2	3	4	5	6

1 Almost Always	2 Very Frequently	3 Somewhat Frequently	4 Somewhat Infrequently	5 Very Infrequently	6 Almost Never

I drive places on 'automatic pilot' and then wonder why I went there.	1	2	3	4	5	6
I find myself preoccupied with the future or the past.	1	2	3	4	5	6
I find myself doing things without paying attention.	1	2	3	4	5	6
I snack without being aware that I'm eating.	1	2	3	4	5	6

QUESTIONNAIRES: THE SPORT ANXIETY SCALE (SAS)

The Sport Anxiety Scale-2 (Smith et al., 2006) is a questionnaire that assesses the competitive trait anxiety experienced by athletes before or during competition.

ABOUT

The athlete answers the 21 questions, with no time limit for completion. The scale uses a four-point Likert scale for the responses, ranging from one (not at all) to four (very much). The scale measures responses for three factors: somatic anxiety, worry and concentration disruption

SAS

Q.		Not At All	Somewhat	Moderately So	Very Much So
1	I feel nervous	1	2	3	4
2	During competition, I find myself thinking about unrelated things	1	2	3	4
3	I have self-doubts	1	2	3	4
4	My body feels tense	1	2	3	4
5	I am concerned that I may not do as well in competition as I could	1	2	3	4
6	My mind wanders during sport competition	1	2	3	4
7	While performing, I often do not pay attention to what's going on	1	2	3	4
8	I feel tense in my stomach	1	2	3	4
9	Thoughts of doing poorly interfere with my concentration during	1	2	3	4
10	I'm concerned about choking under pressure	1	2	3	4
11	My heart races	1	2	3	4
12	I feel my stomach sinking	1	2	3	4
13	I'm concerned about performing poorly	1	2	3	4

14	I have lapses of concentration during competition because of nervousness	1	2	3	4
15	I sometimes find myself trembling before or during a competitive event	1	2	3	4
16	I'm worried about reaching my goal	1	2	3	4
17	My body feels tight	1	2	3	4
18	I'm concerned that others will be disappointed in my performance	1	2	3	4
19	My stomach gets upset before or during a competitive event	1	2	3	4
20	I'm concerned I won't be able to concentrate	1	2	3	4
21	My heart pounds before competition	1	2	3	4

QUESTIONNAIRES: SPORTS AGGRESSION INVENTORY

Name …….Age…….Sex …….University…….
Game Sport……. Level of Achievement……..

INSTRUCTIONS

- Go Through The Following Statement and tick YES\NO, which You Think is Very Much Write in your case
- Do not spend more time on each statement
- Be as truthful as possible
- Answer all the question without hesitation

S.No.	Statement	Yes	No.
1	I believe in aggressive playing		
2	I never loose temper while playing		
3	I become angry while I find myself loosing		
4	I never loose temper even if spectators hoot me		
5	I am extremely irritated on unfair decisions		
6	I like excitement in games		
7	I play for fun		
8	I never feel excited even when my opponent is aggressive		
9	I try to hurt the opponent to deprive him from winning		
10	I always accept all the decision of the referee		
11	I never angry while playing		
12	I forget everything in anger		
13	I feel sad if the opponent is in turned		
14	I do not hesitate to win the game through brawl		
15	Good performance of the opponents gladdens me		
16	I do not hesitate to inflict at most harm to the opponent		
17	Winning or losing a game is not important to me		
18	I get pleasure in harassing the opponent		
19	I am not easily annoyed		
20	I feel a player must be penalized for inappropriate violence		
21	I am not worried to see my opponent hurt and screening		
22	I find myself of killer instinct		
23	I dislike to win a game by unfair means		
24	I can go out of the way to win a game		
25	When an opponent does me a wrong I try to pay him back.		

APPENDIX-4:

Name	gender	age	Sports name	no of hour per day	Pra-cting yoga	No. min utes per day	health issue	history of medi-cation	TOTAL _QSAI	TOTAL _QDDE	TOTAL _QSAS	TOTAL _QSEIT
avinash singh	male	21	cricket	2	no	0	no	no	13	4.67	62	85
Neeraj	male	22	running	2	no	0	no	no	16	4.00	54	105
Suryodya	male	24	basketball	2	no	0	no	no	14	3.60	54	130
chandan	male	21	running	4	yes	30	no	no	13	4.00	59	95
rupam	male	24	cricket	2	no	0	no	no	8	4.27	61	70
alok kumar	male	21	cricket	2	yes	20	no	no	15	4.67	65	85
ravi shankar	male	22	cricket	2	yes	60	no	no	16	4.67	66	60
satish kumar	male	23	cricket	2	yes	20	no	no	14	4.40	62	40
ananth singh	male	21	cricket	2	no	0	no	no	15	4.33	61	55
karvnanidan singh	male	22	cricket	2	no	0	no	no	10	4.33	62	125
nehal ali	male	21	cricket	3	no	0	no	no	20	4.40	64	120
subhanshu upadhya	male	26	running	1	no	0	no	no	16	4.67	66	25
vedant mishra	male	24	basketball	2	no	0	no	no	13	4.47	63	135
Neelkamal	male	23	cricket	2	no	0	no	no	10	4.53	64	100
Harsh	male	25	running	1	no	0	no	no	17	4.60	65	115
Anurag	male	21	running	1	yes	60	no	no	13	4.27	66	120
Vikash	male	21	vollyball	3	no	0	no	no	13	4.53	62	125
Ganesh	male	21	cricket	3	no	0	no	no	12	4.27	62	85
Vijay	male	22	cricket	2	no	0	no	no	11	4.27	61	115
Dheeraj	male	20	running	2	yes	20	no	no	11	2.87	51	125
Tarun	male	21	running	1	yes	20	no	no	10	3.00	51	100
Rithik	male	28	cricket	1	yes	60	no	no	15	3.27	52	95
Manish	male	22	running	1	no	0	no	no	14	3.53	57	80
Nikhil	male	21	running	1	no	0	no	no	13	3.53	50	105
Pradeep	male	20	running	1	yes	60	no	no	11	4.20	62	90
Sanskar	male	21	cricket	4	no	0	no	no	9	4.20	58	115
Shivendra	male	22	running	1	no	0	no	no	11	3.00	50	95
Brijesh	male	20	running	2	no	0	no	no	15	3.93	59	95
Ajeet	male	24	running	1	no	0	no	no	18	3.80	53	85
Vijay	male	20	running	2	yes	20	no	no	15	3.80	54	95
avinash	male	26	running	4	no	0	no	no	12	3.93	61	110

singh												
prince	male	22	vollyball	3	no	0	no	no	13	4.00	59	105
deepak kumar	male	24	long jump	3	yes	60	no	no	14	3.93	58	85
Prakash	male	20	cricket	2	no	0	no	no	19	3.67	56	145
gyan	male	24	long jump	4	yes	60	no	no	9	3.73	59	100
nitesh kumar	male	21	cricket	2	no	0	no	no	13	3.80	55	120
vikash	male	21	running	3	no	0	ankel injuri	3 month bed rest	16	3.87	56	60
sunil patel	male	21	cricket	2	no	0	no	no	15	4.20	58	115
roushan kumar	male	21	cricket	3	no	0	no	no	12	4.00	59	85
amit kumar yadav	male	28	athelitcs	3	yes	20	no	no	16	3.40	63	110
anurag pandey	male	24	football	2	no	0	no	no	12	3.53	55	50
ankit godiyal	male	21	football	1	no	0	no	no	12	3.33	55	55
anurag singh	male	22	running	3	no	0	no	no	8	3.80	54	45
priyanshu	male	21	jump	2	no	0	no	no	9	4.47	57	70
mithu pandey	male	22	football	3	no	0	no	no	12	4.20	65	110
shiva	male	23	cricket	2	no	0	no	no	15	3.80	59	65
sachitanand singh	male	26	running	1	no	0	no	no	18	4.33	65	65
santosh kumar singh	male	25	cricket	2	no	0	no	no	9	4.87	62	65
piyush choubey	male	21	vollyball	2	no	0	no	no	15	4.73	64	65
prince tiwari	male	25	running	2	no	0	no	no	12	3.13	54	140
abodesh yadav	male	20	running	4	no	0	no	no	13	3.33	50	90
arvind	male	20	running	2	no	0	no	no	15	2.80	55	110
subham yadav	male	20	running	1	no	0	no	no	10	3.60	51	120
ajay yadav	male	21	running	2	no	0	no	no	10	3.33	53	105
rishu singh	male	20	cricket	1	yes	60	no	no	5	3.13	59	120
kishan singh	male	20	running	2	yes	20	no	no	15	3.40	58	130
ajay kumar	male	21	running	3	no	0	no	no	10	3.47	57	95
shiv pratap	male	20	running	3	yes	60	no	no	9	3.33	54	55
abhishek yadav	male	20	running	2	yes	60	no	no	12	3.73	59	100
indal kumar	male	21	running	2	yes	60	no	no	13	3.13	58	110

prince giri	male	20	long jump	2	yes	20	no	no	10	3.27	58	65
suraj patel	male	22	athelitcs	4	no	0	no	no	15	2.87	52	85
sunil yadav	male	20	running	3	no	0	no	no	14	3.40	51	90
sushil kashyap	male	24	athelitcs	3	yes	20	no	no	9	3.13	56	105
ramohan saheni	male	21	running+jump	4	no	0	no	no	9	3.67	58	110
diwakar	male	20	running	2	no	0	no	no	13	3.67	55	65
satish kumar	male	20	running	3	yes	20	no	no	12	3.87	55	75
abhay prasad	male	20	running	3	no	0	no	no	13	3.67	63	80
binod pal	male	21	running	2	yes	60	no	no	11	3.67	55	120
prashant giri	male	20	running	2	no	0	no	no	10	3.73	60	105
brijesh kumar pal	male	20	vollyball	3	no	0	no	no	13	3.67	64	95
Rakesh	male	20	athelitcs	1	yes	30	no	no	15	4.00	61	85
ramnaresh	male	20	running	1	no	0	no	no	16	3.47	47	105
awadhesh	male	23	running	2	yes	30	no	no	17	3.53	50	110
sachin kumar	male	22	football	3	no	0	no	no	15	3.53	54	120
sanjeev	male	20	running	1	yes	30	no	no	12	3.87	59	105
kamlesh	male	22	cricket	2	yes	60	no	no	11	2.93	39	100
Golu	male	20	cricket	2	no	0	no	no	11	4.00	58	55
chandan kumar	male	25	running	4	no	0	no	no	16	3.67	52	90
pankaj	male	22	vollyball	3	no	0	no	no	13	3.93	59	190
Rahul	male	24	football	4	no	0	no	no	17	3.27	53	125
kanishk	male	23	football	4	no	0	no	no	13	3.87	61	100
shivam	male	22	cricket	2	no	0	no	no	16	3.47	53	70
dheeraj	male	23	cricket	1	no	0	no	no	16	3.47	57	105
mukesh	male	22	football	1	yes	60	no	no	13	3.80	56	75
gaurav singh	male	21	football	3	no	0	no	no	9	3.33	58	80
viru pal	male	21	football	4	no	0	no	no	17	3.47	61	105
anand pal	male	21	football	4	no	0	no	no	11	3.67	58	125
Rajnish	male	21	weight lifting	2	no	0	no	no	9	3.73	47	220
vikrant	male	29	athelitcs	2	yes	60	no	no	14	3.47	62	75
virendar	male	25	hockey	5	yes	30	no	no	12	3.53	64	80
kaushar	male	23	handball	4	no	0	no	no	18	3.67	62	95
Salman	male	26	basketball	3	no	0	no	no	11	3.27	58	90
Vinay	male	24	handball	4	yes	30	no	no	11	3.60	59	105
adesh singh	male	21	cricket	3	no	0	no	no	15	3.13	48	65
Piyush	male	20	cricket	4	no	0	no	no	11	3.73	56	65
ramnanrayan	male	24	cricket	4	no	0	no	no	9	3.40	56	100
amit kumar	male	23	cricket	2	no	0	no	no	13	2.93	61	110

anil kumar	male	23	running	2	yes	30	no	no	11	4.20	61	115
ajay kr	male	21	running	2	yes	60	no	no	13	3.93	61	100
kaushal	male	22	running	2	no	0	no	no	11	4.00	62	120
vikash kr	male	20	running	3	yes	20	no	no	12	4.33	58	80
brijesh yadav	male	20	athelitcs	5	no	0	no	no	11	3.73	64	110
jayprakash	male	20	running	2	yes	20	no	no	7	3.27	51	125
Sibbu	male	24	running	2	no	0	no	no	12	2.93	40	50
balram pandey	male	21	running	2	no	0	no	no	14	3.47	58	100
sonu yadav	male	20	running	4	no	0	no	no	14	2.20	50	70
mayank	male	20	running	2	yes	20	no	no	18	4.27	62	95
ravi mouriya	male	21	running	2	yes	60	no	no	11	3.27	59	85
pawan kumar	male	20	running	3	yes	60	no	no	11	3.33	59	80
aman singh	male	20	athelitcs	1	no	0	no	no	11	4.13	61	175
sailesh kumar	male	25	running	3	no	0	no	no	8	3.27	55	140
suraj pal	male	21	running	2	no	0	no	no	11	3.80	61	65
vikash yaadav	male	21	running	1	no	0	no	no	13	2.93	42	110
Suraj	male	20	running	1	yes	20	no	no	15	3.27	56	110
vikash kumar	male	29	cricket	1	no	0	no	no	11	3.60	55	80
anubhav mishra	male	23	cricket	3	no	0	no	no	12	3.40	50	125
vishal kumar	male	29	running	1	yes	10	no	no	8	3.53	60	105
nishad	male	21	running	2	yes	20	no	no	15	3.27	57	95
rahul	male	20	running	3	yes	20	no	no	14	4.00	60	95
Afrosh	male	20	cricket	2	no	0	no	no	13	2.80	43	65
ristesh chourasia	male	28	athelitcs	1	yes	45	no	no	9	3.93	60	155
alok	male	20	running	3	no	0	no	no	12	2.80	49	95
alok subba	male	21	RUNNING	2	yes	15	no	no	9	3.87	58	70
sunil yadav	male	22	running	2	no	0	no	no	12	2.87	45	105
navnish prakash	male	21	cricket	1	no	0	no	no	17	2.67	43	110
manish yadav	male	20	jabbling	2	no	0	no	no	15	4.40	62	180
navneet kumar	male	20	running	2	yes	20	no	no	11	3.80	60	100
subham verma	male	24	cricket	1	no	0	no	no	12	3.47	53	135
deepak kumar	male	20	running	2	yes	20	no	no	13	4.13	59	120

niteshsingh	male	20	running	2	yes	20	no	no	12	3.53	56	120
rakesh kumar	male	27	basketball	2	no	0	no	no	15	3.07	46	85
amrendra singh	male	21	basketball	2	yes	30	no	no	4	3.20	31	70
harshit kumar	male	22	vollyball	2	no	0	no	no	12	2.80	43	135
arif khan	male	23	football	3	no	0	no	no	14	3.47	56	130
ritesh singh	male	23	vollyball	2	yes	30	no	no	16	2.93	43	70
shamsul	male	25	cricket	4	yes	20	no	no	11	3.53	59	120
Rahul	male	26	cricket	4	yes	20	no	no	16	3.80	61	85
rohit gupta	male	23	football	2	yes	30	no	no	11	3.47	41	185
anil kumar	male	21	cricket	3	yes	60	no	no	8	3.27	41	165
shivam shrivastav	male	21	cricket	3	yes	60	no	no	5	3.27	41	145
digvijay	male	23	cricket	3	no	0	no	no	15	3.53	61	85
dharmendra	male	20	running	2	no	0	no	no	12	3.33	60	80
Aarav	male	21	cricket	2	no	0	no	no	18	2.73	47	105
rakesh kumar yadav	male	21	cricket	3	no	0	no	no	9	2.80	38	100
Pintu	male	20	vollyball	1	yes	20	no	no	15	3.80	55	90
riteshpatel	male	21	cricket	2	no	0	no	no	12	3.27	50	75
parmanand	male	23	cricket	2	no	0	no	no	16	3.13	53	100
arvind	male	23	vollyball	2	no	0	no	no	17	4.33	63	80
Ravish	male	21	football	3	no	0	no	no	14	3.67	50	70
brajpati	male	26	running	2	no	0	no	no	10	4.13	60	80
santosh kumar	male	23	running	3	no	0	no	no	13	4.20	61	110
Jitesh	male	23	football	1	no	0	no	no	13	3.33	52	120
ashutosh pandey	male	24	cricket	2	yes	20	no	no	14	3.73	59	120
prakash	male	22	cricket	3	no	0	no	no	11	3.87	53	90
abhishek messai	male	23	cricket	1	no	0	no	no	12	3.47	59	115
akmal khan	male	23	cricket	2	yes	20	no	no	14	3.80	62	125
bimlesh yadav	male	20	running	2	no	0	no	no	14	2.13	44	80
ajay mohan	male	27	hockey	1	no	0	no	no	15	3.47	53	75
Vishal	male	20	running	3	no	0	no	no	13	3.07	59	90
divakar	male	21	athelitcs	2	no	0	no	no	15	4.07	59	100
vikash singh	male	24	cricket	2	no	0	no	no	19	3.87	59	125
abhishek shukla	male	20	basketball	2	yes	30	no	no	15	3.67	60	60

omprakash	male	22	cricket	3	no	0	no	no	11	3.93	61	90
sachinder	male	27	badminton	2	no	0	no	no	16	3.87	62	145
sihimon noa	male	23	badminton	2	no	0	no	no	14	4.47	52	195
abhishek raj	male	20	running	2	no	0	no	no	14	3.53	63	95
Prince	male	24	running	1	no	0	no	no	6	3.60	57	100
sudhakar	male	21	running	2	no	0	no	no	11	3.93	58	160
pramod	male	24	athelitcs	5	yes	20	no	no	14	3.07	44	100
puneet	male	21	running	2	yes	15	no	no	12	4.13	61	100
Monu	male	25	runnning	4	yes	20	no	no	17	3.27	51	100
mithlesh	male	21	cricket	3	yes	30	no	no	9	3.07	34	215
Sunil	male	20	running	2	yes	60	no	no	12	3.47	60	160
raj sonkar	male	20	athelitcs	2	yes	45	no	no	17	3.87	57	90
uday bhan	male	25	running	1	no	0	no	no	10	4.00	57	80
deepak sonkar	male	24	football	3	no	0	no	no	15	2.60	56	55
arvind kuswaha	male	26	cricket	2	no	0	no	no	14	2.33	43	125
shivansh singh	male	21	badminton	2	yes	30	no	no	14	3.13	31	160
satyam gupta	male	20	football	2	no	0	no	no	13	3.07	38	200
Ambuj	male	22	cricket	2	no	0	no	no	5	3.27	41	130
abhishek kumar	male	22	boxing	3	yes	20	no	no	14	2.00	51	95
manish kumar	male	20	running	2	yes	30	no	no	18	2.80	51	120
satyam pandey	male	24	cricket	2	no	0	no	no	10	3.00	58	135
Nilgagan	male	20	running	2	yes	30	no	no	10	3.13	47	140
shashikant pal	male	23	athelitcs	2	no	0	no	no	27	4.20	63	115
rahul pal	male	22	athelitcs	1	no	0	no	no	20	4.07	58	70
arvind yadav	male	20	running	2	yes	20	no	no	17	2.53	51	60
arjun kumar	male	22	running	1	yes	10	no	no	17	2.93	48	100
mukesh yadav	male	22	running	1	yes	30	no	no	17	3.47	65	155
Anand	male	20	running	2	no	0	no	no	14	2.20	57	150
mayank chaubey	male	20	running	2	no	0	no	no	16	3.00	38	70
sarvesh kumar	male	20	running	2	no	0	no	no	14	3.47	63	85
akshay kumar	male	21	running	2	no	0	no	no	18	2.80	56	65
ayush yadav	male	22	running	2	yes	20	no	no	16	3.20	56	85

amit kumar yadav	male	20	cricket	1	yes	20	no	no	6	2.60	42	110
sandeep kumar	male	27	cricket	2	no	0	no	no	10	3.33	47	180
yash srivastav	male	21	cricket	2	yes	60	no	no	5	1.93	41	55
rohit kumar	male	22	cricket	2	no	0	no	no	13	3.13	53	95
chandan pathak	male	22	cricket	2	yes	60	no	no	6	2.20	45	120
kurban ali khan	male	22	football	3	no	0	no	no	9	3.33	53	80
sujoy singh	male	23	football	4	no	0	no	no	8	3.87	47	100
abhishek pandey	male	22	cricket	2	no	0	no	no	7	3.67	46	80
sanjeet sharma	male	23	shootput	1	yes	60	no	no	8	3.20	47	75
amit shrivastav	male	20	cricket	2	no	0	no	no	5	3.27	41	190
mithlesh pal	male	23	football	2	yes	60	no	no	5	3.33	41	165
rana raj bhar	male	23	cricket	2	no	0	no	no	12	3.27	44	145
chandra bhushan yadav	male	26	running	1	no	0	no	no	12	3.00	56	35
monu raj	male	21	athelitcs	2	yes	45	no	no	12	4.20	61	140
deepak kumar	male	23	running	1	no	0	no	no	12	3.07	50	140
ashish kumar	male	25	running	1	yes	30	no	no	12	3.20	57	75
himanshu yadav	male	21	running	1	no	0	no	no	10	2.20	46	155
prakhyat mishra	male	20	vollyball	2	no	0	no	no	7	3.73	43	180
shadev kumar mishra	male	25	vollyball	2	no	0	no	no	13	3.27	50	110
vishnu deva	male	23	handball	2	yes	30	no	no	16	3.67	58	150
rajnikant pandey	male	23	cricket	3	yes	20	no	no	13	3.07	32	185
shubham gupta	male	22	football	2	no	0	no	no	5	3.27	41	165
vijay kumar singh	male	27	hockey	4	no	0	no	no	8	3.00	46	95
bhimsen singh	male	23	cricket	3	no	0	no	no	6	3.47	34	180
deepak kumar	male	23	cricket	3	no	0	no	no	6	3.60	32	200

sawant singh	male	25	football	2	yes	30	no	no	7	3.73	45	125
vikash pandey	male	22	cricket	2	yes	30	no	no	7	3.87	41	90
yubbair ahmed	male	24	football	2	no	0	no	no	14	3.47	52	120
sunit kumar singh	male	27	cricket	3	yes	20	no	no	11	3.87	45	95
ritesh patel	male	23	football	4	yes	20	no	no	14	3.53	48	90
akhileshwar singh	male	26	cricket	2	no	0	no	no	15	3.40	55	130
jaggu pal	male	24	football	3	no	0	no	no	16	3.73	44	95
rohit yadav	male	24	badminton	2	yes	20	no	no	14	2.93	46	70
akash sha	male	24	running	2	no	0	no	no	14	3.20	58	60
abhishek singh	male	24	cricket	2	no	0	no	no	12	3.53	55	105
ankit kumar singh	male	26	football	2	no	0	no	no	11	4.27	45	75
aanur khan	male	23	cricket	2	no	0	no	no	15	3.53	57	110
alok gupta	male	25	cricket	3	no	0	no	no	14	3.07	55	70
rohit kumar	male	26	cricket	2	yes	20	no	no	12	2.67	55	55
arjun mishra	male	26	vollyball	2	no	0	no	no	10	3.07	50	105
ramesh verma	male	25	cricket	2	no	0	no	no	12	2.80	54	95
sachin mishra	male	26	cricket	2	no	0	no	no	13	3.20	56	75
pratham kumar	male	28	cricket	4	yes	20	no	no	8	3.33	52	100
vikash kushwa	male	22	cricket	2	yes	20	no	no	14	3.47	60	80
munna kumar yadav	male	27	wrestling	2	no	0	no	no	14	2.80	50	85
satyam	male	21	running	4	no	0	no	no	17	3.67	60	105
anand vikram singh	male	24	basketball	4	no	0	no	no	15	2.93	52	135
vikash kumar yadav	male	23	basketball	2	no	0	no	no	12	3.60	57	80
alok ranjan	male	23	basketball	3	no	0	no	no	14	4.13	57	65
kasim hussain	male	23	hockey	2	no	0	no	no	18	3.40	55	125
deepak tiwari	male	21	football	3	yes	20	no	no	14	3.27	48	105
sandeep kumar patel	male	24	cricket	2	no	0	no	no	14	3.60	51	95
shubham kumar	male	20	handball	5	no	0	no	no	15	3.73	55	70

shubham singh	male	20	handball	5	no	0	no	no	12	3.67	58	125
amandeep singh	male	26	handball	3	no	0	no	no	8	4.13	55	125
dheeraj upadhya	male	23	running	2	yes	20	no	no	16	3.33	57	95
anshu	male	22	athelitcs	1	yes	20	no	no	15	4.13	58	125
piyush kumar	male	20	running	1	no	0	no	no	16	3.87	55	85
golu yadav	male	21	running	3	no	0	no	no	14	3.27	51	70
chandan raj	male	22	running	2	yes	60	no	no	12	2.87	51	145
dheeraj singh rana	male	23	tabel tennis	1	no	0	no	no	18	3.20	50	115
deepak yadav	male	24	cricket	2	yes	20	no	no	15	3.93	60	105
rajnikant pandey	male	25	cricket	3	no	0	no	no	8	3.20	53	50
amit singh	male	25	basketball	2	no	0	no	no	13	3.80	62	115
alok kumar	male	23	vollyball	2	yes	20	no	no	15	4.07	61	65
akash singh	male	24	basketball	2	no	0	no	no	15	3.73	61	80
rishav kumar	male	20	hockey	3	no	0	no	no	16	3.93	59	95
aman yadav	male	25	running	4	yes	20	no	no	17	4.33	60	75
chandan tiwari	male	20	cricket	2	yes	20	no	no	11	3.20	58	115
anurag yadav	male	23	hockey	2	yes	20	no	no	12	4.27	61	95