



Effect of Trataka on Psycho Physiological Variables of Cricket Players

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Abstract: The primary goal of the study was to determine how trataka training affected cricket players' reaction times. Thirty male inter-university cricket players from Tanta University in Sri Ganganagar, Rajasthan, were chosen at random for this study. The subjects were split into two groups, the Control group and the Experiment group, equally. The control group received no therapy, while the experimental group participated in an 8-week training programme five days a week. The age range of the subjects was 18 to 25. The researcher chose and employed chronoscope (reaction timer) equipment in order to gather data. Using descriptive statistics analysis of covariance (ANCOVA), a statistical tool, and the LSD post-hoc test, the data were examined with the aid of SPSS software. The results of the study showed that while there were significant changes in the post-test and adjusted post-test, there was no significant difference in the pretest phase.

Keyword: Trataka, Training, Reaction Time, Cricket Players.

1. Introduction:

Cricket in India is not merely a sport; it is a cultural institution, a national obsession, and a powerful unifying force. The game's significance in India is deeply embedded in the country's history, social fabric, and daily life.

Cricket was introduced to India during British colonial rule, primarily as a leisure activity for the British elite. Over time, it found its way into the Indian consciousness, transcending social and cultural boundaries. The game's historical roots and the colonial legacy make it a symbol of both continuity and resistance in India's history. Today it has become the passion that borders on obsession. Millions of fans across the country ardently follow the sport. Whether it's an international match, a domestic tournament, or even a street cricket game, the excitement and fervour among fans are unmatched. Cricket matches are social events where families and friends come together to celebrate and share the highs and lows of the game. Indian cricketers are not just athletes; they are national icons. Players like Sachin Tendulkar, Virat Kohli, and M.S. Dhoni are revered figures whose achievements transcend the boundaries of sport. They inspire generations of young Indians to pursue excellence in cricket and beyond. Cricket serves as a unifying force in a country as diverse as India. When the Indian cricket team plays, it doesn't matter which state or region you come from, which language you speak, or which religion you follow. The entire nation comes together to support the team. Cricket has the unique ability to bridge cultural and regional divides, fostering a sense of unity among Indians. Cricket has become a major economic driver in India. The Indian Premier League (IPL), in particular, is a lucrative tournament that attracts top talent from around the world and generates substantial revenue. It has also led to the emergence of cricket-related industries, including advertising, merchandising, and event management. Cricket in India is not devoid of social and political symbolism. Cricketing events have been known to influence public sentiment and political discourse. Victories on the cricket field are often celebrated as national achievements, boosting national pride.

In conclusion, cricket in India is more than just a game; it is an intrinsic part of the nation's identity. Its historical significance, passionate fandom, cultural impact, and unifying force make it a phenomenon that is deeply woven into the social fabric of India to the extent that it has become a career aspiration for countless young Indians.



The Sanskrit root "Yuj," which means to join, yoke, or unite, is where the word yoga originates. Nowadays, yoga is the most widely accepted idea in the world, and its main goal is to help everyone live a calm existence. In the Bhagavat Gita, Lord Krishna tells Arjun that yoga is the practise of being freed from suffering and anguish. The true meaning of eternal bliss can only be understood when one's mind, wisdom, and personality are firmly under control and desire is free to run wild. This is a condition that defies understanding. The individual stays still and follows their true feelings in such a situation.

Trataka (blink less gazing): Trataka, which means "to look" or "gaze" in Sanskrit, is the act of beginning with an outside object. It is a technique used in yoga to strengthen the eyes and improve focus. The definition of trataka is maintaining a steady, focused gaze on a point or a lamp's flame without blinking eyes. Both the Gherand Samhita and Hatha yoga emphasise the value of fixed gazing trataka. Generally speaking, trataka is one of the six cleansing techniques and is a very easy to use yet highly powerful procedure. Hatha yoga's trataka technique requires practitioners to fix their gaze on a single spot, object, or candle flame. Simply said, yogic gazing is a unique form of meditation used in yoga that enhances attention, grants the ability to achieve self-actualization, heightens spirituality, and produces a calming sensation. The several varieties of trataka include: Jyotitrataka is the practise of staring at a candle flame nonstop until tears form.

Nasargatrataka: The area around the tip of the nose.

Brumadhyatrataka: Staring at the point of Bindu.

Bahirangatrataka: "outside gazing," requires one to fix their attention on an external item that is visible to the human eye and is present. The outer gazing method includes looking at a specific image or location, such as a candle flame. The key is that all that is required is focusing one's gaze on a certain object or point rather than closing one's eyes.

Gazing inward, or antarnagratka: It is also believed that inward staring is an advanced form of trataka, and that it is completely opposed to outside gazing. Only after a student feels at ease with bahirangatrataka can they proceed with internal gazing. The internal focus required for this trataka approach entails focusing on any chakra, the ajna chakra being one example.

Reaction time: In general, reaction time is a measure of how long it takes for someone to comprehend information. Because it depends on the modification of an independent variable, reaction time is typically regarded as a dependent variable.

2. Objective:

To Effect of Trataka on Psycho Physiological Variables of Cricket Players

3. AIM OF THE STUDY

The purpose of this study is to research and assess the influence that two distinct training methodologies, specifically field training with and without a trataka package, have on particular physiological and psychological aspects among cricket players.

It is possible that in this context, the term "field training" refers to the regular cricket training methods and exercises that players normally carry out as a part of their preparation for matches. Practises including batting, bowling, and fielding exercises, in addition to fitness routines, could fall within this category. The yogic meditation style known as "Trataka," on the other hand, is characterised by focused gaze. This type of meditation typically involves focussing on a fixed point, candle flame, or object. It is widely acknowledged that Trataka has the capacity to improve mental focus and clarity. This in-depth research was conducted with the intention of determining whether or not the yogic meditation practise known as Trataka, which is characterised by focused gazing, has the ability to have an effect on the psychophysiological variables of cricket players. The mental and physical capabilities of sportsmen must be pushed to their absolute limits in order to succeed at the sport of cricket. Cricket players need to be able to maintain a high level of concentration, unshakable focus,



and resilience in the face of great pressure if they want to be successful at the game. Trataka is a type of meditation that is thought to have the ability to improve a person's overall psychological well-being as well as their mental clarity and capacity for concentration.

4. Methodology

This was a true experimental study which was conducted to find out the reaction time of cricket players. For the present study two group pre-test and post-test randomized group design was applied. Total 30 subjects were selected and equally distributed in two groups.

Group A: Experimental group: N=15 (Received trataka practice for 8 weeks)

Group B: Control group: N=15 (Did not receive any treatment).

Method of Measurement of Variable

Preparation Phase:

- The researcher had asked the subjects to sit on Yoga mat in any of the comfortable meditative posture inside a yoga hall which was free from any kind of disturbances.
- Then all the subjects were asked to sit in erect position with spine and neck straight and the arms and shoulders in relaxing mode preferably in Dhyana Mudra.
- The researcher had placed the candles at eye level of the practitioners about two to three feet away from the eye. Then switched off all the lights and lighted the candles.
- Then instruction was being given to start the deep breathing for 2 minutes. After completing the deep breathing, the practitioners asked to chant Upanishad shanti mantra (Om Sahana Vavatu Sahanau Bhunaktu) for peace.
- Next the subjects were instructed for self-Awareness practice for two minutes in shavasana.

Activity Workout Phase:

- The practitioners were be instructed to open the eyes and sit in comfortable position and smoothly gaze at the candle flame continuously (without blinking) until tears came out from the eyes and discomfort took place, once this happened they were instructed to close their eyes and imagine the candle flame at forehead in between two eye brows for one minute duration.
- The cricket players were asked to repeat the same procedure for three rounds.
- After completion of three rounds trataka practice, the players were being instructed to feel the silence and concentrate on breathing.

Relaxation Phase:

- After completion of activity workout the practitioners were be asked to chant "Omkaara" for three rounds and rub both the palm and placed the palm on the eyes to feel the warmth.
- Finally the players were instructed to open the eyes slowly and wash the eyes with normal water.

Treatment Protocol of Trataka

- The trataka practice scheduled was prepared with consulting with research guide and yoga expert.
- The trataka practice was employed 5 days in a week for the duration of 8 weeks.
- The practice was done in dark room.
- The duration of practice was of 40 minutes.



Table 1: Descriptive Statistics Mean and S.D of Treatment Group and Control Group Reaction time

	Treatment Group		Control Group	
	Pre test	Post test	Pre test	Post test
Sample Size	15	15	15	15
Mean	.3073	.2885	.2645	.3473
S.D	.10834	.11947	0.8309	.07613

According to table 01 above, the experimental group's mean and standard deviation for the pre-test were .3073 and .10834, respectively, while the control group's mean value and standard deviation were .2645 and 0.8309, respectively. Conversely, the post-test experimental group's mean and standard deviation were .2885 and .11947, whereas the post-control group's were .3473 and .07613.

Table 2: Analysis of covariance (ANCOVA) of Reaction Time

Test	Control group mean	Experimental group mean	Source of variance	Sum of squares	df	Mean squares	F ratio	p-value
Pre-test	.2645	.3073	Between	.034	1	.034	1.249	.273
			Within	0.84	28	0.03		
Post-test	.3473	.2885	Between	.046	1	.046	5.687	.024
			Within	2.24	28	0.08		
Adjusted post-test	.358	.278	Between	.351	1	.351	4.496	.212
			Within	2.133	27	0.079		

For df and 1, 28 and for 1, 27, the necessary table value for significance is 4.20 and 4.21, respectively. From Table 2 above: There were no significant differences found in the pre-test phase, as evidenced by the obtained response time value of 1.249 for the pre-test mean, which was less than the table value of 4.20. Nonetheless, a notable distinction is noted between the post-test and adjusted post-test phases. In both the post-test and the adjusted post-test with the degree of freedom (1,18) and (1,17), respectively, the obtained F value is bigger than the table value.

5. CONCLUSION:

In the present study from the discussion of result and findings it is concluded that trataka practice for 8 weeks significantly improve the reaction time of inter college level cricket players of Tanta University in Sri Ganganagar, Rajasthan.

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