

Effect Of Training Of Trataka On Visuo-Motor Abilities Of Cricket Players

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Abstract:

The main purpose of the study was to check the effect of training of trataka on visuo-motor abilities of Cricket players. For this purpose of this study total 30 male inter college level cricket players of Bharati Vidyapeeth (Deemed to be University) were purposively selected. The subjects were equally distributed into two different groups namely Experiment group and Control group. Experimental group were given 8 weeks of training program daily five days in a week and control group did not receive any treatment. Subject's age were ranged in between 18-25 years. For the purpose of collecting data the researcher used and selected six letter cancellation test. The data were analyzed with the help of SPSS software by applying descriptive statistics analysis of Co-variance (ANCOVA) used as a statistical tool and further LSD post-hoc test was applied. The study revealed that there was no significant difference was observed in pretest phase but significance differences were observed in both post and adjusted post-test. Trataka practice for 8 weeks significantly improve the reaction time of inter college level cricket players of Bharati Vidyapeeth (Deemed to be University) Pune.

Key word: Trataka, Training, Reaction Time, Cricket Players.

INTRODUCTION: The word Yoga is derived from the Sanskrit root “Yuj”, meaning to join or to yoke or to unite. Now a days yoga have become the most popular concept of the world and its principle role is to play a peaceful life for everyone. In Bhagavat Gita lord Krishna explains to Arjun that deliverance from contact with pain and sorrow is called yoga. It is mentioned when mind wisdom and self are well under control, freedom from desire prevails only then one can understand the real meaning of eternal joy and that will be condition beyond explanation. In such a condition the person abide by the real feeling and does not move. In Bhagavat Gita various definition are provided because of different states of mind evaluation and types of person there exist a particular type of yoga suitable for them.

Athatrātakamnirīkṣhenniśchala-dṛśāsūkṣhma-lakṣhyaṃsamāhitah

aśru-sampāta-paryantamāchāryaistrātakamsmṛtam

Trataka (blink less gazing):Trataka (in Sanskrit trataka to look or to gaze) is the practice of starting of some external object. It is used in yoga as a way of developing concentration, strengthening t¹ he eyes. Trataka is defined as focusing your attention with

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concentration on a point or on the flame of a lamp continuously without blinking the eyes. The importance of fixed gazing trataka is mentioned in Hatha yoga as well as in Gherand Samhita. Generally trataka is very simple to do but very effective method and is one of the six cleansing practices. Trataka is a method of hatha yoga in which one have to fix their eyes to a particular point, object or on a flame of a candle. In simple words yogic gazing is special types of meditation in yoga by which one can improve their concentration, it gives the power of self-actualization, increases spirituality and gives the feeling of tranquility. The different types of trataka are- Jyotitrataka - Gazing a candle flame continuously until tears come out. Nasargatrataka - Gazing on the tip of nose region. Brumadhyatrataka - Gazing on the bindu point.

Bahirangatrataka (Outer gazing): In this method one have to focus on an outer object that are present and easily seen by our eyes. Gazing a flame of a candle, a particular image or point comes under the outer gazing method. The main thing is that one doesn't need to close their eyes just need to set their eyes on a particular object or on a point.

Antarngatrataka (Inward gazing): Inward gazing is totally opposite to outer gazing or it is also said that it is an advance level of trataka. Once a learner is comfortable with bahirangatrataka then only one can go for inward gazing. In this method of trataka on have to focus inwardly means set your focus on anyone chakra ajna chakra is best for focusing.

Reaction time: Reaction time generally measures the amount of time that an individual takes to process information. Reaction time which is generally considered as a dependent variable as it is dependent on the manipulation of an independent variable.

METHODOLOGY AND DESIGN OF THE STUDY: 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:

- a. 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.
- b. 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.
- c. 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.
- d. 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.
- e. Next the subjects were instructed for self-Awareness practice for two minutes in shavasana.

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Activity Workout Phase:

- a. 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 browse for one minute duration.
- b. The cricket players were asked to repeat the same procedure for three rounds.
- c. After completion of three rounds trataka practice, the players were being instructed to felt the silence and concentrate on breathing.

Relaxation Phase:

- a. 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 felt the warmness.
- b. 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 of Visuo-motor abilities

	Treatment Group		Control Group	
	Pre test	Post test	Pre test	Post test
Sample Size	15	15	15	15
Mean	40.1333	40.233	40.433	40.700
S.D	11.6670	8.8236	18.650	10.479

From the above table 4.7: It was found that the mean and standard deviation of experimental group in respect of pre-test 40.1333 and. S.D were .11.6670 whereas the mean value and S.D of control group are 40.433 and .18.650 respectively. On the other side mean and S.D of post-test experimental group 40.233 and 8.8236 whereas mean and S.D. of post control group were 40.700 and 10.479.

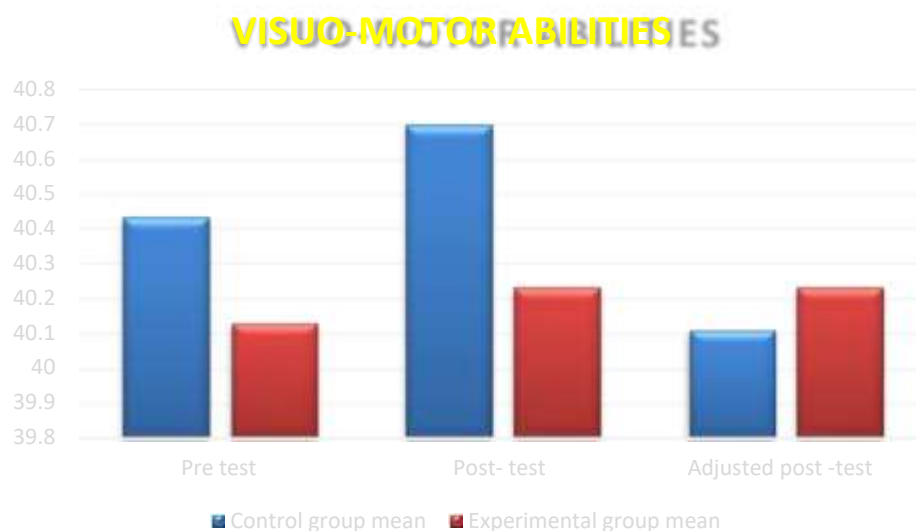
Table 2 Analysis of Covariance (ANCOVA) on Visuo-motor abilities

Test	Control group mean	Experimental group mean	Source of variance	Sum of squares	df	Mean squares	F ratio	p-value
Pre test	40.433	40.1333	Between	1.250	1	1.250	0.037	0.850
			Within	920.92	28	32.89		
Post-test	40.700	40.2333	Between	100.250	1	100.250	2.891	0.107
			Within	971.04	28	34.68		
Adjusted post - test	40.111	40.2333	Between	77.137	1	77.137	4.10	0.404
			Within	526.68	28	18.81		

The table value required for significance for df and 1, 28 is 4.20 and for 1, 27 is 4.21.

From the above table 4.8: It shown that the obtained value for the pre-test mean is

0.037. And it was the less than the table of 4.20 hence there is no significant differences observed in pre- test phase. However no significant difference is observed in post test phase and adjusted post test phase. The obtain F value (F= 2.891) is less than table value in both post-test and adjusted post- test with the degree of freedom (1, 28) and (1, 27) F= 4.10 respectively.



Graph 4.3: Comparison of mean value between experimental group and control group in respect of pre-test, post-test and adjusted post-test.

Table 3 LSD post hoc test in respect to adjusted mean on depression

Group	Adjusted Mean	Mean Difference	Critical Difference
Treatment	40.111	0.1223	1.661
control	40.2333		

From the above table 09: It was found that the mean difference between experimental and control group is 0.1223 which indicates less than the critical value 1.661 hence the treatment group is not shown good result in compare to control group.

Training schedule

Task	Duration
Deep breathing	2 minutes
Prayer	3 Minutes
Savasana	2 Minutes
Antaranga Trataka	3 Minutes
Savasana	2 Minutes
Bahiranga Trataka	3 Minutes
Savasana	2 Minutes
Antaranga Trataka	3 Minutes
Savasana	2 Minutes
Bahiranga Trataka	3 Minutes
Savasana	2 Minutes
Antaranga Trataka	3 Minutes
Savasana	2 Minutes
Bahiranga Trataka	3 Minutes
Savasana	3 Minutes
Closing prayer	2 Minutes
Total	40 minutes

DISCUSSION AND CONCLUSION: In the present study from the discussion of result and findings it is concluded that trataka practice for 8 weeks is not found significantly improvement in visuo-motor abilities of inter college level cricket players of Bharati Vidyapeeth (Deemed to be University) Pune.

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