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Systematic Study for Impact of Yoga on Stress, Emotional Stability and performance among Archers from India

Sowmya N D[1]*, Dr. Vikas Rawat[2]

[1]Teacher for Indian Culture, High Commission of India, Mauritius (PhD Scholar, SVYASA)
Email ID: soumyaji.yoga@gmail.com, SVYASA, Bangalore, India
[2]Principal of Yoga School, SVYASA, Bangalore, India, Email ID: vikasrawat@svyasa.edu.in

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ABSTRACT

This study investigates the impact of yoga on stress reduction, emotional stability, and performance among Indian archers. Archery, a sport that requires intense concentration, precision, and resilience, often induces stress and emotional fluctuations, potentially impairing performance. This research systematically examines how yoga practices—including mindfulness, meditation, and visual concentration exercises—can enhance archers' mental and emotional well-being, thereby improving performance outcomes. A literature review of relevant studies from 1998 to 2023 highlights the role of yoga in fostering focus, reducing competitive anxiety, and stabilizing emotions. The study follows a structured methodology, employing both primary and secondary data sources, and adhering to rigorous inclusion criteria for sample selection. The findings underscore yoga's effectiveness in promoting stress resilience and enhancing performance metrics among archers.

Keywords: Yoga, Archery, Emotional Stability, Stress Reduction, Performance Enhancement

1. INTRODUCTION

An age-old Indian discipline yoga has gained widespread acclaim for its all-encompassing approach to mental emotional and physical health (Desikachar 1999). Yoga is a mind-body practice that incorporates physical postures breathing exercises and meditation. It has therapeutic benefits for improving emotional stability and stress management (Saraswati and Hiti 1996). Yoga may help athletes in particular according to research since it supports their need to strike a balance between psychological toughness and physical fitness (Swain & McGwin 2016). This research investigates the potential advantages of yoga for Indian archers a population that demands intense mental concentration emotional control and reliable performance under duress (Sangodkar et al. in 2022).

Anxiety and stress are common problems among competitive athletes frequently resulting in poor psychological effects and decreased performance. Like many other precision sports archeries requires a high degree of focus emotional stability and self-control which makes archers especially vulnerable to stress related to performance. Research has demonstrated that stress impairs three essential archery skills: shooting accuracy body balance and reaction time (Hanin & Ekkekakis 2014). Yogas's ability to reduce stress and anxiety has been well-established and research indicates that consistent practice can improve focus lower cortisol levels and improve self-regulation.

In sports emotional stability—the capacity to maintain composure under pressure—is essential (Fredrickson 2001). According to studies athletes who exhibit strong emotional stability are better able to manage stressful situations and continue to deliver consistent performances (Vaughan et al. in 2019). By encouraging self-awareness and decreasing impulsivity yoga's emphasis on mindfulness and meditation is especially helpful in promoting emotional regulation (Kabat-Zinn 2003). Yogas's mindfulness exercises are associated with higher gray matter density in the brain regions linked to emotional regulation providing physiological support for psychological advantages (Holzel et al. (2011). According to this link yoga may offer archers who want to improve their emotional fortitude on the field useful assistance. Incorporating yoga into sports training has been linked to better performance outcomes especially in sports that require a high level of discipline and mental focus (Büssing et al 2012). For example, research on athletes from different sports shows that yoga enhances flexibility balance and response times. In archery where control and accuracy are crucial these

physical advantages along with improved mental clarity can greatly boost performance. Reviewing the effects of yoga on stress emotional stability and performance in Indian archers is the goal of this study.

2. LITERATURE REVIEW

Korde and Ashti (2019) examined 20 archers from the Mahatma Jotiba Fule Archery Club ages 20 to 25 to determine how Dhyan or meditation affected their performance. With a t-value of 3. 453 which exceeded the 0. 05 significance level threshold of 2. 021 they discovered significant gains in performance following meditation using a pre-test and post-test design. The findings imply that meditation improves focus enabling archers to tune out outside distractions and focus only on the target. The study is consistent with research showing the advantages of meditation for athletes suggesting that it may be a useful training tool for enhancing concentration and performance in high-stress sports.

Shitole et al. (2019) investigated how summer camps and organized sports affected kids in Jalgaon India with a particular emphasis on cricket's appeal. In contrast to sports like football and basketball cricket appeals to more young people because of its easily accessible facilities and infrastructure according to the study. Participation in other sports is limited by inadequate infrastructure as the Jain Sports Academy hosts cricket camps for about 850 participants. In order to balance children's interests and opportunities for social and physical development the study recommends increasing support for a variety of sports. It also encourages infrastructure improvements for sports other than cricket in order to foster a well-rounded sports culture

With an emphasis on muscle activation draw force line mood states and physical fitness Sien (2023) examined variables that predict archery performance among state-level recurve archers. The study found that physical fitness and left deltoid muscle activation were strongly correlated with performance outcomes but mood states and draw force line had no discernible impact. Indicators like balance grip strength and endurance were essential for reliable performance underscoring the significance of physiological characteristics over psychological ones. For archers Siens findings imply that muscle-specific training and fitness improvement may be advantageous guiding focused training strategies that place an emphasis on physical conditioning.

Singh et al. (2020) investigated the connections among 265 Indian athletes in the 20–30 age range between emotional intelligence anxiety aggression and mindfulness. The results indicated that while emotional intelligence and anxiety were negatively correlated, they were positively correlated indicating that emotionally intelligent athletes are less likely to experience anxiety and aggression. Perhaps as a result of heightened emotional awareness mindfulness and anxiety showed a positive correlation. Nevertheless, there was no discernible relationship between it and aggression. By providing insights into the intricate emotional dynamics in sports the study emphasizes the importance of emotional intelligence training in controlling aggression and anxiety which may improve athletes' performance and mental health.

Phor (2013) emphasized the advantages of yoga for sports and physical education by enhancing the mental and physical well-being of athletes. Flexibility balance strength and focus are all improved by yoga poses breathing techniques and meditation. These abilities aid in stress reduction and enhanced concentration which makes yoga an advantageous part of athletic training. Phor also made the case that yoga's holistic health advantages could lower the risk of injury and speed up recovery

he advantages of integrating spiritual activities personality development and cognitive-behavioural strategies for sports performance are examined by Singh (2014). Combining meditation with cognitive techniques improved athletes' emotional stability mental toughness and focus while lowering anxiety and increasing self-assurance. These interventions which provided a thorough mental conditioning approach assisted athletes in better managing the stress of competition. Singhs research indicates that by developing a well-rounded mentally resilient athlete combining personality-focused and spiritual approaches can greatly enhance athletic performance.

Cadieux et al (2022) examined the Bali Yoga Program for Athletes (BYP-A) and how it affected the mental health of circus performers. BYP-A reduced anxiety and increased mental clarity by improving focus emotional regulation and relaxation. Performance improved as a result of the programs structured approach which promoted mental preparedness. Because yoga programs foster psychological stability and resilience which are essential for peak performance the research supports their inclusion in high-intensity training settings.

National-level yoga performers anxiety levels were examined before and after competition by Thakur (2016) who discovered that stress and anxiety levels considerably decreased after the competition. This decrease is ascribed to the meditative qualities of yoga which assisted athletes in coping with the demands of competition. According to Thakurs research regular yoga practice improves physical capabilities and gives athletes the skills they need to manage stress. The results highlight yoga's twofold advantages for competitive athletes mental and physical fortitude.

In her study Chavarria (2019) looked at how mindful yoga affected student veterans' psychological health and found that it reduced stress enhanced emotional stability and raised self-awareness. Veterans gained resilience and a sense of calm after experiencing relief from anxiety and PTSD symptoms. According to the study mindful yoga can be a useful mental health intervention that helps veterans cope with stress and eases their transition to civilian life by enhancing their psychological health.

Li et al (2019). evaluated the impact of a single mind-body practice session on the shooting accuracy brain activity and heart rate variability of archers. Improved heart rate variability and brain activation were found in the results which improved focus and relaxation for improved performance. The study supports the idea of using short focused sessions in

training for sports requiring high concentration by showing that quick mind-body techniques can help athletes manage stress and increase accuracy.

Archers' attention levels were studied by Yadav and Rathore (2022) in relation to particular yoga techniques such as Bhramari Trataka and Jala Neti. According to the study consistent application of these yoga poses greatly enhanced focus and concentration two qualities necessary for archery performance. The researchers came to the conclusion that while Bhramari and Jala Neti encouraged mental clarity and relaxation Trataka in particular improved visual attention.

In their study Maske and Bobdey (2022) investigated how meditation affected archery players mental toughness and competitive anxiety. Regular meditation practice improved mental resilience which is essential for remaining composed under pressure from competition according to the results. Additionally, meditation helped archers focus more efficiently on their skills by lowering anxiety related to sports. To develop mental toughness and assist athletes in managing stress during competitions the researchers advise integrating meditation into archery training. According to the research meditation can effectively help with archery performance by addressing mental and emotional issues. The effects of meditation on archers' mental toughness and competitive anxiety were the main focus of JAGTAP (2021). Consistent meditation practice dramatically increased participants mental resilience and decreased their anxiety levels according to the findings. Archers' ability to better handle performance stress was made possible by their increased mental toughness which improved their performance as a whole. According to the study meditation should be regarded as a vital part of archers mental training since it helps them stay focused and composed under duress which is critical for success in competitive sports. The effects of visual exercise training on motor skills necessary for archery were investigated by Raut & Tripathy (2020). According to their research visual exercises improved shooting performance by improving reflexes coordination and motor movement precision. These exercises probably improved athletes focus and reaction times which are essential for success in sports that demand accuracy. The study emphasizes the value of visual training as an adjunctive technique to improve archers motor skills and it implies that implementing such exercises could maximize practice and competitive archery performance.

Jose (2018) examined how stress and achievement motivation affected the archery performance of athletes in Kerala. The findings showed that while high levels of achievement motivation were positively associated with improved performance excessive stress had the opposite effect. Stronger intrinsic motivation is associated with better performance according to the research which emphasizes the intricate relationship between motivation stress and athletic output. Jose suggests using mental training techniques to effectively handle stress so that archers can stay highly motivated without letting it impair their performance.

Butler (2018) studied the effects of archery practice on non-clinical adult participants self-efficacy general anxiety and hand-eye coordination. Regular archery practice improved self-efficacy decreased anxiety and improved hand-eye coordination according to the findings. Participants said they felt more at ease and confident which is probably because the sport requires accuracy and focus

The effect of Trataka a yogic visual concentration exercise on archers shooting performance was examined by Kumar (2023). The findings demonstrated that Trataka greatly increased shooting accuracy visual clarity and focus. Archers benefited from this yoga practice by improving their focus eye acuity and motor control. Trataka may be a useful supplement to archery training regimens according to the study as it helps athletes improve their accuracy and focus under pressure. The results of Kumar's research support the possible advantages of incorporating conventional yoga methods into contemporary sports training.

Kumar (2019) investigated how yoga sports performance and psychological factors relate to one another. The study demonstrated the critical roles that psychological factors like focus fortitude and stress management play in athletic performance especially in sports that demand a high degree of precision. It has been demonstrated that yoga improves these qualities by encouraging focus emotional equilibrium and mental clarity all of which led to better performance in competitive environments.

Robazza and associates. (1998) investigated the relationship between physiological arousal and elite archery performance. Arousal levels and performance were found to have a complex relationship moderate arousal may improve focus and accuracy while excessive arousal may have the opposite effect. The authors stress that regulated physiological responses are necessary for archery performance and that arousal should be controlled to preserve concentration under pressure from competition.

The impact of particular yoga poses on the shooting skills of male archers was investigated by Sahu & Yadav (2020). Their study showed that yoga poses emphasizing mental clarity flexibility and breath control greatly increased archers' accuracy and steadiness. Both focus and relaxation which are critical for archery performance significantly improved among the participants. Focus and control are essential for accurate shooting and the study indicates that adding specific yoga poses to archery training can improve these skills.

Wu et al. (2021) studied how mindfulness-based interventions affected archers' cognitive abilities and shooting performance in 2021. Significant improvements in shooting accuracy as well as cognitive abilities like working memory and attention were found in the results. Archers were able to perform with more accuracy after the mindfulness training seemed to lessen performance anxiety and increase focus. The authors contend that mindfulness practices can help athletes manage stress and sharpen their minds. This study demonstrates how mindfulness-based techniques can improve competitive archery's mental and physical components.

Chatla & et al. (2023) investigated the effects of strength training and targeted strength training separately and in combination on archery performance. Their results demonstrated that both types of training improved archers' strength and stamina with combined training producing the greatest benefits. The study emphasizes how stability muscular endurance and general physical control are all improved by strength training designed to meet archery requirements.
Kavita et al. (2015) investigated the levels of competitive anxiety in female archery and yoga practitioners. Results showed that state anxiety was higher among archers than among yoga practitioners most likely because of the precision demands of archery. Incorporating yoga into archers' routines may have advantages as the study indicates that it may help lower anxiety. Yogas emphasis on relaxation and breath control may give archers the skills they need to better control their anxiety which could improve their performance by giving them more mental control during competition.
Yudho and associates. (2022) looked at how archery performance was affected by mental and muscular endurance. The combination of mental exercises and muscle endurance training was found to significantly improve shooting consistency and accuracy. According to the authors archer's performance results are greatly influenced by both mental and physical training. According to the study precision sports like archery can significantly benefit from the combination of endurance training and mental exercises like focus training and visualization.
Singh (2014) investigated how cognitive-behavioural therapies spiritual practices and personality traits affect athletic performance. The study made clear that athletes resilience focus and competitive drive can all be enhanced by self-awareness mental discipline and spiritual practices. It has been discovered that cognitive-behavioural methods work well for stress management and increasing performance consistency.

3. METHODOLOGY

The study utilized the Google Scholar database, with a search scope spanning from 1998 to 2023. The keywords employed for article identification included "Yoga in Sports," "Emotional Stability," "Resilience and Mindfulness," "Archery Athletes Performance," and "Anxiety and Sports." These keywords were selected to focus on studies that could contribute insights into the impact of yoga, emotional resilience, and mindfulness on the performance and mental well-being of archery athletes.

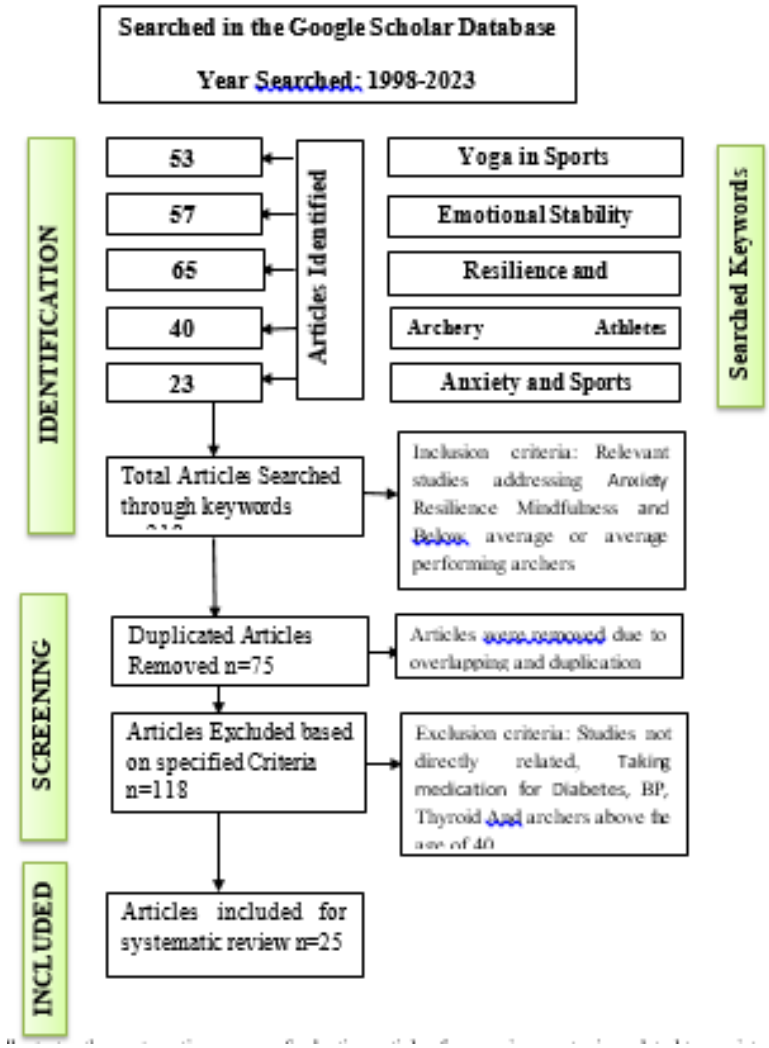

Fig: 1 Flow Chart

The flow chart illustrates the systematic process of selecting articles for a review on topics related to anxiety, resilience, mindfulness, and archery athletes' performance. The search was conducted in the Google Scholar database for the years 1998-2023, yielding a total of 218 articles initially. After removing 75 duplicate articles and excluding 118 based on the inclusion and exclusion criteria of the study like age and health conditions of archers, 25 articles were ultimately selected for systematic review. This process ensured a focused analysis on studies relevant to the mental health and performance of archers, particularly those performing at or below average.

Article Identification and Screening:
A total of 218 articles were initially identified through keyword searches. In the first screening step, 75 articles were removed due to duplication. Following this, a further 118 articles were excluded based on predefined inclusion and exclusion criteria, leaving 25 articles for the final systematic review.

Inclusion and Exclusion Criteria:
Inclusion Criteria: Only studies that were directly related to anxiety, resilience, and mindfulness in archers, particularly those with below-average or average performance, were included.
Exclusion Criteria: Studies were excluded if they were unrelated to the topic, involved archers on medication for diabetes, blood pressure, or thyroid conditions, or included participants over the age of 40.

Data Extraction and Analysis:
Relevant data from the final 25 articles were extracted and analysed systematically. The studies included were reviewed to understand the impact of various psychological factors—like anxiety, resilience, and mindfulness—and the effects of yoga practices on the performance of archers, with a focus on mental well-being and sports performance.

4. DATA ANALYSIS

The reviewed literature emphasizes how yoga significantly improves athletes' performance particularly archers' emotional stability and ability to cope with stress. Research conducted by Kumar (2019) and Sahu and Yadav (2020) highlights how certain yoga poses can improve athletes' stability mental clarity and focus. These results are in line with the goals of the research which is to evaluate how yoga affects the emotional fortitude and stress management of archers. As a sport that demands a great deal of accuracy and poise archery benefits from methods that lower stress increase concentration and boost performance. Through practices like mindfulness breath control and meditation yoga shows itself to be a useful tool for cultivating these attributes. Wu et al (2021) investigated mindfulness-based interventions show favourable results for archers' cognitive abilities and shooting performance. In archery where even small distractions can have an impact on results these techniques—mindfulness and meditation in particular—promote a state of serenity and increased awareness. Also, the results of Robazza et al. (1998) demonstrate how elite archers perform better when their physiological arousal is controlled indicating that controlling stress and emotional reactions is essential for success in the sport. This supports the goal of the current study which is to investigate how yoga can help archery performance by regulating emotions and preserving ideal arousal levels. Research on mental toughness and resilience like that done by Maske & Bobdey and Jagtap (2021) highlights the importance of meditation in protecting archers' mental fortitude lowering competitive anxiety and boosting resilience. This is relevant to the study because resilience is a key criterion and yoga poses may help archers survive stressful situations. The results of visual concentration exercises like Trataka which are covered in Kumar (2023) lend additional credence to the study by demonstrating increases in archers' attention which is crucial for reliable performance.

5. CONCLUSION

The study's conclusions support the notion that yoga significantly improves archers' performance by lowering stress and boosting emotional stability. Because archery requires constant mental concentration and emotional stability yoga is a crucial addition to conventional training. Archers need to remain composed and focused while shooting and techniques like breath control and mindfulness meditation help lower physiological arousal and competitive anxiety. Yoga techniques like Trataka (visual concentration) and mindfulness-based interventions are thought to enhance cognitive abilities and attention which are essential for accuracy in archery according to the reviewed literature. Yoga also improves resilience which helps archers effectively handle the pressures of competition—a crucial component of peak performance. By confirming the positive effects of yoga on athletes mental and emotional capacities especially those participating in precision sports like archery this study advances the field of sports psychology. According to the findings archers can benefit from a comprehensive approach to mental conditioning that promotes resilience and maximum focus by integrating yoga into their regular training schedules. Future studies could look at yoga programs designed especially for archers and the effects of consistent practice over time on performance.

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