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## **Editorial**

*For years, exercise has been considered a cornerstone of diabetes management, along with diet and medication. Growing evidence supports the beneficial effects of yoga in physical and mental health through down regulation of the hypothalamic–pituitary–adrenal (HPA) axis.*

*Exercise improve glucose uptake by improving insulin sensitivity and reducing body adiposity in both patients of type 1 and type 2 DM. Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. Yoga may be an attractive alternate to traditional aerobic exercises and strength training program, as it requires only a little space and needs no equipment and literally devoid of side effects, mainly focusing on relaxation of mind and body. It provides a less strenuous and more pleasurable exercise experience to an individual. Yoga can help the person feel better, both improving the physical fitness and elevating the mood. Numerous studies have shown positive benefits of yoga in the management of diabetes with good impact, on lipid profile and cardiovascular status. Further it can alleviate stress. Yoga can be considered as a good alternate for exercise therapy.*

*The current scenario in India is wider spread of Diabetic amongst not only the seniors but younger generation is victim of this chronic disease mainly on account of stress lack of exercises lack of Sports in daily life and there arises importance of Research necessity of not only controlling but eliminating this chronic disease killing the generations of Indian*

*Research had been conducted but on a wider scale the importance of Sports different types of sports different asanas and yoga research need to be made as a genuine effort in right direction to kill this enemy disease.*

*Our role as Researchers in this direction shall not only contribute towards building healthier India but strong India to face the challenges of Global World changing and challenging problems.*

## Effects of Autogenic Relaxation on Total Mood Disturbance (TMD) In Volleyball Players Prior to Competition

**Lim Boon Hooi:** Centre for Sport and Exercise Sciences, University of Malaya, Malaysia

**Nguyen Van Bac:** Faculty of Sport Science, Ton DucThang University, Vietnam

**Pham ThanhAnh Khoa:** Faculty of Sport Science, Ton DucThang University, Vietnam

### Abstract:

The promotion of mood regulation strategies among athletes is not new but evidence about the efficacy of such strategies in sport is scarce. The objectives of the current study were to examine the effects of Autogenic Relaxation on regulating Total Mood Disturbance (TMD) and to investigate gender differences on TMD Responses to Autogenic Relaxation prior to competition. Participants were youth state volleyball players ( $N = 48$ ;  $male = 24$ ,  $female = 24$ ;  $M$  age = 16.35 yr.,  $SD = .89$  yr.) The abbreviated version of the Profile of Mood States (POMS) was employed to examine the TMD Scores on pre and post-intervention. The intervention was carried out twice a week, 30 minutes/session for 8 weeks before training. A paired-samples t-test indicated that mean scores of the TMD were significantly lower during post-intervention,  $t(47) = 9.25$ ,  $p < 0.05$ . Results of this study revealed that male players reported significantly lower,  $t(46) = -2.23$ ,  $p < 0.05$  on post-intervention TMD Scores compared to female players. Standard Autogenic Training appears to be useful procedure to induce significant changes on TMD responses prior to competition in current study.

**Keywords:** Gender Differences, Autogenic Relaxation, Total Mood Disturbance

### Introduction:

Although the promotion of mood regulation strategies among athletes is not new [1], evidence about the efficacy of such strategies in sport is scarce. In the general psychology literature, there is a relative consensus that people tend to monitor and evaluate their moods, and also that they develop and implement personal self-regulation strategies [2].

The effects of relaxation in mood regulation can be observed in a study of Japanese adults [3]. The researchers reported positive effects of 10-minute relaxation exercises on general mood ratings using Profile of Mood States (POMS). Furthermore, they observed a greater reduction in confusion and fatigue scores post-intervention in the relaxation group compared with the control group [3].

One method of mood-management is self-regulation. It is suggested that individuals tend to actively monitor their moods and develop self-regulating strategies to reduce negative mood and increase positive mood [4]. Autogenic Relaxation technique has been used by many practitioners [5], the Autogenic Relaxation technique relaxes the mind to relax the body. It uses both visual imagery and body awareness to move a person into a deep state of relaxation. The person imagines a peaceful place and then focuses on different physical sensations, moving from the feet to the head. The Autogenic Relaxation technique uses six "standard exercises" including self-suggestions of heaviness and warmth on the limbs, a regular and rhythmic heartbeat, coolness of the forehead, warmth in the solar plexus, and autonomic breathing.

Previous study examined gender-related differences in the psychological response to

weightreduction in 43 judoists. The Total Mood Disturbance (TMD) score in POMS significantly increased after weight reduction only in weight reduction group males. In the female weight reduction group, the anger and depression scores decreased after weight reduction, and the pre-value of the TMD score in this group was relatively high [6].

Therefore, although we believe that a gender difference in response to Autogenic Relaxation also exists in athletes, no studies have, however, examined this. To consider each gender appropriately after the Autogenic Relaxation sessions, it is important to study whether any gender-related difference exists in the response to Autogenic Relaxation on regulating TMD. This study attempt to gain an insight in this area that will be a benefit approaching to the sports fielders.

Given the potential contribution of Autogenic Relaxation on regulating TMD, and understanding the nature of mood may help athletes to reach optimal performance. Thus, the objectives of the current study were to examine the effects of Autogenic Relaxation on regulating TMD and to investigate gender differences on TMD Responses to Autogenic Relaxation prior to competition.

### **Participants**

Participants were youth state volleyball players ( $N = 48$ ; *male* = 24, *female* = 24; *M* age = 16.35 yr., *SD* = .89 yr.) competing in the Under 18 National School Sport Council of Malaysia Volleyball Tournament. They were players selected to represent two states in Malaysia (i.e., Negeri Sembilan, Malacca) in that tournament. The participants were fully acquainted with the nature of the study prior to giving written informed consent to participate. Their selection was based on their availability and they are competing at the national level. Participants were assured confidentiality regarding the data collected and their personal identity. Ethical approval for the study was obtained from the University of Malaya ethics committee.

### **Instrument**

The abbreviated version of the POMS [7] consists of 30 items. The participants rated the 30-items using the "Right Now" response set on a five-point scale ranging from 0 (Not at all) to four (Extremely) and generated six subscales of Tension, Depression, Anger, Fatigue, Vigor, and Confusion. The scores from the six subscales were aggregated by summing the five negative mood scales, subtracting vigor, and adding a constant of 20 to avoid negative scores; this yielded an overall TMD. Higher TMD Scores indicated more negative mood states. The POMS is one of the most commonly used measures of mood in exercise research [8] and has demonstrated acceptable reliability and validity with a variety of populations [7].

### **Procedures**

Permission to conduct the study was obtained from the relevant authorities. Specifically, permissions to involve players in the study were obtained from the Sport Unit, State Education Department, team managers and coaches from the participating teams. Furthermore, the study protocol was approved by the Research Ethics Committee (Human) of the author's institution.

Pre-Intervention measures of mood states were obtained on-site during training session 8 weeks prior to official competition. The intervention used in this study was the Standard Autogenic Training. It usually takes 8 weeks to learn the technique, and home practice of the exercises is encouraged [9]. All the 8 weeks training sessions were carried out at the meeting room of training venue, and it were assisted by the Sport Psychologist from National Sport Institute of Malaysia.

The intervention was carried out twice a week, 30 minutes/session for 8 weeks before their sport skill/technical training. After completion of the 8 weeks Standard Autogenic Training, the participants were assessed again on the mood states one day prior to competition at the competition venue. Sessions were conducted in a meeting room with the air conditioner temperature was set at 25°C. Participants were seated approximately one meter from each other.

### Statistical Analysis

Paired-samples *t-test* was employed to compare the significant difference on the mean of TMD between pre and post-intervention for the whole group. An independent samples *t-test* was used to determine the gender differences on TMD responses to Autogenic Relaxation prior to competition. Raw data were converted to corresponding *t* scores. The significant value was set at  $P < 0.05$ . For all statistical analyses, SPSS 19 was used.

### Results

Comparison of the TMD mean Scores between Pre and Post Interventions for the whole group was presented in Table 1. A paired-samples *t-test* indicated that mean scores of the TMD were significantly lower during post-intervention ( $M = 30.75$ ,  $SD = 2.97$ ) than pre-intervention ( $M = 36.31$ ,  $SD = 2.87$ ),  $t(47) = 9.25$ ,  $p < .001$ .

Table 1: Comparison of TMD Mean Scores between Pre and Post Interventions for the Whole Group

Session	TMD Mean (SD)	<i>t</i>	<i>df</i>	Sig. (2-tailed)
Pre-Intervention	36.31 (2.87)	9.25	47	.001
Post-Intervention	30.75 (2.97)			

Levene's test for homogeneity showed that the assumption of equality of variance between genders on the pre-intervention mean scores of TMD was not violated,  $t(46) = 0.96$ ,  $p > 0.05$ .

The mean and standard deviation of TMD Scores between gender on Pre and Post Interventions are presented in Table 2.

Table 2: Mean and Standard Deviation of TMD Scores between Gender on Pre and Post Interventions

Session	TMD Scores		<i>t</i> -value	<i>df</i>	Sig.(2-tailed)
	Male Mean ( <i>SD</i> )	Female Mean ( <i>SD</i> )			
Pre- Intervention	36.71 (3.18)	35.92 (2.54)	0.96	46	0.35
Post- Intervention	29.83 (2.50)	31.67 (3.17)	-2.23	46	0.03

An independent-samples *t*-test indicated that the TMD mean Scores of the male players were significantly lower than the female players during post-intervention,  $t(46) = -2.23, p < 0.05$ .

### Discussion

The first objective of the current study was to examine the effect of Autogenic Relaxation on regulating TMD Scores prior to competition. The findings of the study indicated that TMD meanscores decreased from pre-intervention ( $M=36.31 \pm 2.87$ ) to post-intervention ( $M=30.75 \pm 2.97$ ) for the whole group regardless of gender. It revealed that significant difference of TMD mean scores,  $t(47) = 9.25, p < .001$  between pre-intervention and post-intervention. This result resemble those of previous studies by Masamoto[10]&Tachiya[11], and thus, it can be stated that the present study illustrates the reduction on post-intervention TMD scores prior to competition typically brought about by Autogenic Relaxation. Current results showing that Autogenic Relaxation is an effective self-regulation strategy lend support for previous research on self-regulation strategies used by the general population [4].

In the current results, the TMD Scores significantly lower in male players,  $t(46) = -2.23, p < 0.05$  than the female players during post-intervention. The result replicates the earlier findings of Roberta [12] where despite the similarity in disease severity, females are reported to have greater TMD than males. Females have more TMD due to reason quoted by Dawn [13] that cognitive and personality styles may affect mood. Family and culture bound traditions regarding female roles emphasize responsibility toward family over self and self-direction, physical expression in work and play. This result replicates the earlier findings that lower TMD in males when compared to female competitors [14] in the world- ranked tennis players. However, the findings of this study contradict previous study which examined gender-related differences in the psychological response to weight reduction in 43 judoists, the TMD scores in POMS significantly increased after weight reduction only in weight reduction group males.

The male athletes in the present study displayed lower TMD Scores than female athletes one day prior to competition; gender did influence TMD responses to Autogenic Relaxation. This finding preclude practical usage but indicate that future researchers will need to consider gender when examining pre-competition TMD and implementing psychological intervention, females need more time to practice the Autogenic Relaxation to help them handle TMD responses more positively.

Practitioners and researchers have traditionally neglected examining individual differences for improving the coping skills of athletes. With respect to the present study, acknowledging the unique needs and coping tendencies of athletes as functions of their gender in regulating TMD prior to competition. Thus, using the POMS to ask youth volleyball players to report how they feel “right now” could reveal higher TMD scores. More research with youth athletes will further clarify these findings.

In conclusion, the psychological preparation of volleyball players must be taken into consideration during the coaching process. Professional help and programming of the psychological preparation of the athletes and observation of their emotional conditions before and during a game is necessary to regulate TMD and contribute to the high effectiveness of volleyball players in Malaysia. We recommend the inclusion of Autogenic Relaxation training programs in the training regimen for youth volleyball players in order to help them better deal with their experience of regulating TMD prior to competition.

#### **Practical Application for Coaches**

Current results showing that Autogenic Relaxation is an effective self-regulation strategy on reduction of TMD scores prior to competition. The psychological preparation of athletes must be taken into consideration during the coaching process. Coaches are encouraged to use the POMS on their athletes to report how they feel “right now”, it could reveal their athletes’ TMD score and implementing Autogenic Relaxation if necessary prior to competition.

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## Effect of Rugby Game Practice on Selected Motor Fitness Variables of School Boys

**Ms. Yogita Khade:** Gym Instructor, Department of AE-CEBS, University of Mumbai, Mumbai.

**Prof. Vasanthi Kadhiravan:** Head, Department of Physical Education, University of Mumbai, Mumbai

### Abstract

The aim of the study was to find out the effect of rugby game practice on selected motor fitness variables of school boys. From among 80 male school going students 20 boys were randomly selected from Samarth Vidyalaya, Kalina, Santacruz, with age ranging from 14 to 16 years. The game of rugby is one of the most fast played games within the field of sports. It is a game that engages the motor fitness variables of speed, agility, reaction time and speed endurance. It has been said that practice of such a game improves the formerly mentioned fitness variables. The rugby players must have the speed, speed endurance, agility and good reaction time, without any one of these variables the performance during the game would be inadequate. Hence, this study enhances the speed, agility, reaction time and co-ordination through rugby game practice. The purpose of this study was to determine the effects of rugby game practice on the selected variables of speed, speed endurance, agility and reaction time. The single group experimental design was framed for this study. The selected 20 subjects were assigned to rugby game practice programme for the duration on 12 weeks. The training was given daily in the afternoon session for a period of one and half hours (90 minutes). The data were collected by conducting the pre-test before the training programme and post- test after the training programme on the selected fitness variables administering the specific fitness tests designed for each motor fitness variable on the selected subjects. From the statistical analysis and findings it is concluded that the rugby game practice showed significant differences on the selected variables of speed, speed endurance, agility and reaction time.

**Keywords:** Rugby, motor fitness.

### Introduction

There have been a number of sports that have been developing globally in the recent days. Each of them having certain similarities with regards to the original sport. Some sports are a fusion of two or more sports. For the benefit of the population certain modifications have been made to the original sport, thus giving it a new look and a brand new set of rules and playing variations. All these games and sports have been gaining popularity around the globe. As fitness is the prime focus of the entire fitness industry. There is a major focus on the development of independent motor fitness and various skill and performance related components that enable in the creation of players for competitive sports. Playing of speed related sports has been a major fad among the teenagers and the youth in the current times. It is believed in this age that playing games such as football, handball, basketball, rugby, squash, hockey etc. is not only fun loving but also brings out the hidden qualities of an individual with regards to sportsmanship, leadership and fitness. It also provides a ground for talent

identification and sports selection.

### **Rugby Game Practice and Skills**

The game of rugby involves a number of skills such as catching, sprinting and throwing. The game is played in an open ground 55\*60 mts. The practice of rugby game improves the cardio vascular endurance, speed, agility, co-ordination, reaction and most important speed endurance. The practice of rugby game helps in developing the eye hand co-ordination, ability to change the direction without change in speed and above all to continue to work with the same speed for the set period of time. The game is a high intensity workout itself and thus full performance cannot be attained without sustained and regular practice. Along with co-ordination, agility and speed endurance it also requires speed control where the athlete should be trained to accelerate and decelerate the speed as per the need of the game. Hence, the practice of rugby game can be said to have multiple positive effects. This training was considered as the independent variable as it was administered to check the selected motor fitness variables. The practice of rugby game involves the skills such as sprinting, throwing, catching and dogging. These skills together make up the game of rugby. The practice of the game ensures the skill as well as the motor fitness development.

### **Objectives of the Study**

- To find out the effect of rugby game practice on selected motor fitness variables of the school boys
- To prepare training module for rugby game practice for the school boys.
- To determine the effect of rugby game practice on speed of school boys.
- To determine the effect of rugby game practice on agility of school boys.
- To determine the effect of rugby game practice on reaction time of school boys.
- To suggest the remedial measures for the improvement of selected motor fitness variables with rugby game practice of the school boys.

### **Hypotheses**

**H<sub>1</sub>:** There will be a significant improvement with regards to speed due to rugby game practice of the school boys.

**H<sub>2</sub>:** There will be a significant improvement with regards to agility due to rugby game practice of school boys

**H<sub>3</sub>:** There will be a significant improvement with regards to reaction time due to rugby game practice of school boys.

### **Methodology**

The single group experimental design was framed for this study. Twenty subjects were randomly selected from SamarthaVidyalaya, Kalina. The selected 20 subjects were assigned to rugby game practice for the duration of 12 weeks. The training was given daily in the afternoon session for a period of one and half hours (90 minutes). The pre-test before the training and post- test after the training were conducted on the selected fitness variables administering the standardised tests designed on the selected motor fitness variables ie Speed, Agility and Reaction time on the selected subjects.

### **Statistical Analysis and Findings:**

The data obtained during the pre and post-test was then analyzed by using statistical procedure of 't' test as suggested by Mr. McGuggan for further understanding and interpretation of scores obtain.

Comparative Tabulation of calculated values

Variables	Mean	SEM	(Mean <sub>a</sub> ) – (Mean <sub>b</sub> )	't'	df	Sig (2 tailed)
Speed	3.824	0.011	0.029	2.4125	19	0.0261
Agility	12.1403	0.050	0.0585	1.1798	19	0.2526
Reaction Time	0.1685	0.003964	0.14175	7.72157	19	<0.0001

From the above tabulation it can be clearly stated that there has been a significant improvement in the speed of school boys after the administration of rugby game practice. The mean of the pre and post – test were 3.8365 and 3.8090 respectively, also the calculated 't' value is 2.4125, the p value of the above analysis is 0.0261. The study has proved significant at the 0.5 level. Hence, the hypothesis: **H<sub>1</sub>: "There will be a significant improvement in speed of school boys due to rugby game practice"** is accepted

From the above tabulation it can be clearly stated that there has been a significant improvement in the agility of school going boys after the administration of rugby game practice. The mean of the pre and post – test were 12.1695 and 12.1110 respectively, also the calculated 't' value is 1.1798, the p value of the above analysis is 0.2526. The study has proved significant at the 0.5 level. Hence, the hypothesis: **H<sub>2</sub>: "There will be a significant improvement in agility of school boys due to rugby game practice"** is accepted.

From the above tabulation and the graphical representation it can be clearly stated that there has been a significant improvement in the reaction time of school going boys after the administration of rugby game practice. The mean of the pre and post – test were 0.1757 and 0.161425 respectively, also the calculated 't' value is 7.72157, the p value of the above analysis is <0.0001. The study has proved significant at the 0.5 level. Hence, the hypothesis: **H<sub>3</sub>: "There will be a significant improvement in reaction time of school boys due to rugby game practice"** is accepted.

#### Conclusion:

The result of the study indicated that there was significant improvement in speed, Agility, Reaction time of school boys due to rugby game practice. From the results we recommend that rugby game practice must be carried out to enhance the motor fitness of school boys.

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## **Impact of Physical Exercise and Relaxation on Blood Pressure of Wrestlers**

**Dr. Pravin Gopalrao Patil:** College Director of Physical Education, Renuka College, Besa, Nagpur.37.

### **Abstract**

Due to lack of in depth understanding of the relaxation techniques and physical activity wrestlers today are totally stressed out. Since relaxation activities can be implemented to provide wrestlers with methods of coping with these situations in a healthy manner, the present investigation was carried out to assess the effect of regular physical activities and relaxation on the blood pressure and related physiological parameter levels of wrestlers undergoing different training programs. In conclusion, the present study showed a significant ( $P<0.05$ ) difference in the pulse rate of the wrestlers belonging to the experimental and control group. However, the data for blood pressure (systolic and diastolic readings) of the wrestlers participated in the specific training program did not show any marked difference by they being representatives of the physical activity and relaxation group or the control group.

**Keywords:** relaxation, physical activity, blood pressure,

### **Introduction**

Today, "Stressed out" has become a way of life for many wrestlers. Because many wrestlers are not exposed to stress management techniques, stressful situations often result in unhealthy coping mechanisms such as overeating, "acting out," and substance abuse behaviors. However, relaxation activities can be implemented to provide wrestlers with methods of coping with these situations in a healthy manner. In fact, wrestlers who participate in relaxation activities during training experience reduced blood pressure and improvements in feelings of calmness and physical well-being (Courtney, 2005). Relaxation activities require a minimal amount of time in sports training. When taught periodically throughout the training, these activities can provide wrestlers with techniques for coping with stress. It has been reported that using meditation people can reduce stress, anxiety, heart rate, and blood pressure.

### **Wrestlers and high levels of stress**

Wrestlers, more than anyone, know how difficult it can be to lose weight fast. The regular diets and exercise used for long-term weight loss simply won't cut it when you need to drop five pounds in 5 days in order to compete in your usual weight class. Extreme diet and exercise changes guided by a trainer are often needed. When the coach or trainer does not provide assistance, it is often the case that a personal consultant or trainer must be found. Personal trainers offer a variety of services from exercise routines to diet consultations for which the individual must pay a varying range of prices. All these things greatly increase the stress levels in wrestlers.

Any athlete that is attempting to lose weight is usually doing it because they want to

enhance their career in athletic competition or in wrestling change their weight class for whatever reason. In wrestling an individual must maintain a certain weight in order to wrestle in their individual classes as competitors. If a wrestler does not strictly watch his weight he can easily find himself exceeding the weight limit for the weight class in which he is most competitive and find himself being forced to compete in a new class where he is at a disadvantage.

### **What is Blood Pressure?**

Blood pressure (BP) is the pressure (force per unit area) exerted by circulating blood on the walls of blood vessels, and constitutes one of the principal vital signs. The pressure of the circulating blood decreases as it moves away from the heart through arteries and capillaries, and toward the heart through veins. When unqualified, the term *blood pressure* usually refers to brachial arterial pressure: that is, in the major blood vessel of the upper left or right arm that takes blood away from the heart. Blood is carried from the heart to all parts of the human body in vessels called arteries. Blood pressure is the force of the blood pushing against the walls of the arteries. Each time the heart beats (about 60-70 times a minute at rest), it pumps out blood into the arteries. The blood pressure is at its highest when the heart beats, pumping the blood. This is called systolic pressure. When the heart is at rest, between beats, your blood pressure falls. This is the diastolic pressure.

Blood pressure is always given as these two numbers, the systolic and diastolic pressures. Both are important. Usually they are written one above or before the other, such as 120/80 mmHg. The top number is the systolic and the bottom the diastolic. When the two measurements are written down, the systolic pressure is the first or top number, and the diastolic pressure is the second or bottom number (for example, 120/80). If your blood pressure is 120/80, you say that it is "120 over 80."

### **What is high blood pressure?**

A blood pressure of 140/90 or higher is considered high blood pressure. Both numbers are important. If one or both numbers are usually high, you have high blood pressure. If you are being treated for high blood pressure, you still have high blood pressure even if you have repeated readings in the normal range. There are two levels of high blood pressure: Stage 1 and Stage 2

### **Relaxation:**

The simple act of becoming relaxed can have surprising health benefits, new research is showing. In addition to the obvious psychological effects of relieving stress and mental tension, the new findings indicate, deep relaxation, if practiced regularly, can strengthen the immune system and produce a host of other medically valuable physiological changes. Moreover, the research shows, relaxation may help ward off disease by making people less susceptible to viruses, and by lowering blood pressure and cholesterol levels.

Although such benefits have long been associated with meditation, a particular form of relaxation, the experimental evidence available now is much stronger than it was for meditation a few years ago. In addition, any form of deep relaxation seems to bring these benefits.

The medical advantages are not from ordinary relaxing activities, such as catnaps or gardening, but from intensive techniques that allow people to evoke a specific physiological state. "Just sitting quietly or, say, watching television, is not enough to produce the physiological changes," said Herbert Benson, director of the Division of Behavioral Medicine at BethIsraelHospital, a part of HarvardMedicalSchool in Boston. "You need to use a relaxation technique that will break the train of everyday thought, and decrease the activity of the sympathetic nervous system."

### **Ancient and Modern Methods**

Like meditation and yoga, some of the relaxation techniques being used are quite ancient. Others, like biofeedback or progressive muscle relaxation, are relatively new. And some, like repetitive prayer, may seem worlds away from medicine. All of the techniques, though, seem to evoke a single physiological state that Dr. Benson some years ago called the "relaxation response."

The findings have led many hospitals to teach their patients ways to relax as part of their medical treatment. In some hospitals physicians can now prescribe a relaxation program that is broadcast on televisions in hospital rooms, so that patients can learn the techniques from their hospital beds.

"More and more doctors are seeing the value of these techniques as a way to tap the inner capacity of patients to help with their own healing," said Jon Kabat-Zinn, director of the Stress Reduction and Relaxation Program at the University of Massachusetts Medical School in Worcester. A 57-minute relaxation videotape made by Dr. Kabat-Zinn is in use at about a hundred hospitals. On that videotape, for example, patients are taught to meditate on their breathing, and are led in scanning the sensations throughout their bodies.

The sympathetic nervous system reacts to stress by secreting hormones that mobilize the body's muscles and organs to face a threat. Sometimes called the "fight-or-flight response," this mobilization includes a variety of biological responses, including shifting blood flow from the limbs to the organs and increased blood pressure. The stress response does not require an emergency; it can be triggered merely by everyday worries and pressures.

In contrast, the relaxation response releases muscle tension, lowers blood pressure and slows the heart and breath rates.

In view of the above and the constant high expectations from the wrestlers, the present investigation was carried out to assess the effect of regular physical activities and relaxation on the blood pressure level of wrestlers participating in different training programs.

### **Hypothesis**

It was hypothesized that there would be differences in the blood pressure levels of the wrestler's engaged in rigorous physical activity, relaxation and control (no physical activity) groups.

### **Methodology**

The sample of this study was selected from wrestlers practicing in various Akhzadas of Nagpur City. A total of two groups were identified. The first group was control group, which did not perform any rigorous physical exercise or relaxation technique. The second

group consisted wrestlers participating in rigorous physical activity and performing relaxation activities, such as yoga, meditation, recreation, etc. Each group had a total of 20 samples.

Following physical exercises were selected in the present study

- Treadmill
- Skipping
- Forward Step
- Sit-ups
- Push-ups

In the present study, Radial pulse: was recorded and reported as number per minute. Blood pressure values are reported in millimeters of mercury (mmHg). In the present study, blood pressure was measured by using electronic blood pressure apparatus.

### **Statistical techniques used**

The data characteristics such as Mean, Standard deviation, etc. were determined. The significance level was chosen to be 0.05 (or equivalently, 5%) by keeping in view the consequences of such an error. ANOVA test procedure was used to check the difference in mean values.

### **Blood pressure**

#### **Systolic blood pressure**

In the present study, the systolic blood pressure varied between 107 and 130 mm of Hg. Maximum systolic blood pressure was recorded for the participants of the experimental group after the physical activity (**Table 1**). However, lowest systolic blood pressure was recorded for the participants who recorded it after the relaxation activity. The data pertaining to the systolic blood pressure recorded from the participants is presented in **Table 1**. The result of the test however, indicated that there is no statistically significant difference in the mean values obtained from different groups. All the participants showed normal systolic blood pressure.

#### **Diastolic blood pressure**

In the present study, the diastolic blood pressure varied between 61 and 94 mm of Hg. All the groups showed fairly similar diastolic values (**Table 1**). However, lowest diastolic blood pressure was recorded for a participant of the experimental group before exercise. The comparative assessment indicated that there was no statistically significant difference in the mean values obtained from different groups. All the participants showed normal systolic blood pressure.

#### **Pulse rate**

In the present study, the pulse rate varied between 49 and 119. Maximum pulse rate was recorded for the participants of the experimental group after the physical activity (**Table 1**). However, lowest pulse rate was recorded for the participants who recorded it before participating in the physical activity. The comparative assessment indicated a significant ( $P < 0.05$ ) difference in the pulse rate of the participants of different groups, such as experimental and control groups.



**Table 1:** The comparative assessment of the physiological parameters of the participants belonging to different groups

Parameter	Group	Mean	$\pm$ SD	SE	Min	Max	F	P
Systolic	Control	128	$\pm$ 12	4	114	150	<b>2.564</b>	<b>&lt;0.05</b>
	Exp-Before	131	$\pm$ 13	3	102	152		
	Exp-After	137	$\pm$ 16	6	111	157		
	After Relaxation	122	$\pm$ 10	4	107	130		
	Total	130	$\pm$ 13	2	102	157		
Diastolic	Control	83	$\pm$ 5	1	74	90	<b>2.108</b>	<b>&lt;0.05</b>
	Exp-Before	82	$\pm$ 9	2	61	93		
	Exp-After	84	$\pm$ 8	3	73	94		
	After Relaxation	84	$\pm$ 7	3	75	93		
	Total	83	$\pm$ 7	1	61	94		
Pulse Rate	Control	81	$\pm$ 15	5	49	96	<b>3.011</b>	<b>0.04</b>
	Exp-Before	71	$\pm$ 12	3	56	95		
	<b>Exp-After</b>	<b>90</b>	<b><math>\pm</math>20</b>	<b>8</b>	<b>55</b>	<b>119</b>		
	After Relaxation	81	$\pm$ 10	4	69	92		
	Total	79	$\pm$ 16	2	49	119		

**Sit ups**

In the present study, the data for this parameter varied between 12 and 50 repetitions. Maximum sit ups (50 nos.) were recorded from the participant belonging to the experimental group. However, less numbers were recorded from the control group. The data pertaining to the sit ups recorded from the participants is presented in **Table 2**. The comparative assessment did not show any significant difference between the sit ups recorded from both the groups.

**Push ups**

In the present study, the data for this parameter varied between 10 and 40 repetitions. Maximum pushups (40 nos.) were recorded from the participant belonging to the experimental group. However, less numbers were recorded from the control group. The comparative assessment did not show any significant difference between the sit ups recorded from both the groups.

**Table 2:** The comparative assessment of the strength parameters of the participants belonging to different groups

Parameter	Groups	Mean	SD	SE	Min	Max	F	P
Sit ups	Control	23	12	6	12	40	0.511	0.482
	Experimental	28	11	4	17	50		
	Total	27	11	3	12	50		
Push ups	Control	14	5	2	10	20	4.082	0.77
	Experimental	24	9	3	15	40		
	Total	20	9	3	10	40		

**Hypothesis testing**

From the data, the hypothesis, which states that there would be differences in the blood pressure levels of the wrestler's engaged in rigorous physical activity, relaxation and control (no physical activity) group is accepted.

**Conclusion**

The present study showed a significant difference in the pulse rate of the wrestlers belonging to the experimental and control group. However, the data for blood pressure (systolic and diastolic readings) of the wrestlers participated in the Refresher Course did not show any marked difference by they being representatives of the physical activity and relaxation group or the control group.

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## Indian National Congress Economic Critiques

**Dr. Diwakar Dinesh Mishra:** Swami Vivekanand University, Sagar (M.P.)

### Abstract--

Perhaps the most important part of the early nationalists' political work was their economic critique of imperialism. They took note of all three forms of contemporary colonial economic exploitation namely, through trade, industry and finance. They clearly grasped that the essence of British economic imperialism lay in the subordination of the Indian economy to the British economy. They vehemently opposed the British attempt to develop in India the basic characteristics of a colonial economy, namely, the transformation of India into a supplier of raw materials, a market for British manufactures, and a field of investment for foreign capital. The early nationalists complained of India's growing poverty and economic backwardness and the failure of modern industry and agriculture to grow; and they put the blame on British economic exploitation of India. Thus Dadabhai Naoroji declared as early as 1881 that the British rule was "an everlasting, increasing, and every day increasing foreign invasion" that was "utterly, though gradually, destroying the country".

**Key words:-** imperialism, exploitation, contribution, reactionary, reasonableness etc.

### Introduction

The picture we get of India is one of a buoyant economic climate with a reasonable potential for growth. How do we then explain the backwardness and poverty that we encounter, at the end of the subsequent 200 years of British colonialism? Some writers have argued that the British did try to partially 'modernize' India, but it failed because of the strong hold of traditional structures. But we have noted above that these half-hearted attempts at 'modernisation' were motivated primarily to benefit the 'mother country'. Backwardness in the 'peripheral' colonies needs to be seen as the necessary flip side of the Industrial Revolution in the 'core', centred on the West. The same processes that led to industrialization in Britain, generated and sustained backwardness in her Indian colony because the British economy was linked parasitically to the Indian economy, in an integrated world economic system of 'free trade'. Early Indian nationalists like Dadabhai Naoroji, M.G. Ranade and R.C.Dutt had expected Britain to undertake capitalist industrialization in India, but were deeply disillusioned with the results of colonial industrial policies. Consequently, they formulated a strong economic critique of colonialism in the late nineteenth century. Dadabhai Naoroji put forward the drain of wealth theory. Poverty in India, according to them, was the result of a steady drain of Indian wealth into Britain—a result of British colonial policy. This drain occurred through the interest that India paid for foreign debts of the East India Company, military expenditure, guaranteed returns on foreign investment in railways and other infrastructure, importing all stationery from England, 'home charges' paid for the Secretary of State in Britain and salaries, pensions and training costs of military and civilian staff employed by the British state to rule India. Even if this drain was a small fraction of the value of India's total exports, if invested within the country it could have helped generate a surplus to build a capitalist economy.

**DRAIN THEORY-**

The Indian National Movement was the most deeply and firmly ruled in an understanding of the nature and character of imperialistic domination and exploitation. Its early leaders, known as moderates, were the first in the 19th century to develop an economic critique of imperialism. This critique was also perhaps their important contribution to the development of the national movement in India. The early nationalist complained of India's growing poverty and economic backwardness. The failure of modern industry and agriculture were due to the imperialist policy of the British. The nationalist leaders like Dadabai Naoroji and Romesh Chandra Dutt initiated and carried out the economic analysis of British rule during the period 1870-1905. They raised the basic questions regarding the nature and purpose of British rule. Eventually, they were able to trace the process of colonization of the Indian economy and conclude that colonization was the main obstacle to Indian economic development. They clearly understood the fact that the essence of British imperialism lay in the subordination of the Indian economy to the British economy. The essence of the 19th century colonialism lay in the transformation of India into a supplier of raw materials and a market for British manufactured commodities and field for investment of British capital. The early Indian national leaders organized powerful intellectual agitation against colonial economic policies. The nationalist economic agitation started with the assertion that Indians were becoming poorer every day. Dada Bai Naoroji declared from public platform and press that Indian is starving, he is dying off at the slightest touch, living on insufficient food". R.C. Dutt in his book 'Economic history of India' wrote 'If India is poor today it is through the operation of economic causes'. In the course of their search for the cause of India's poverty, the nationalist underlined factors and forces which had been brought into play by the colonial rulers and the colonial's structure. The early nationalist asserted that genuine economic development was possible only if Indian capital itself initiated and developed the causes of industrialization. Foreign capital represented the exploitation of Indian resources. Another major problem highlighted by the early nationalists was that of the decline and ruin of India's traditional handicrafts. It was the result of deliberate policy of destroying Indian industries in the interest of British manufactures. The nationalist view that the foreign trade and railways represented not economic development but colonisation and under development of the economy and the railways had not been co-ordinated with the industrial needs. They ushered in a commercial revolution not an industrial revolution, which enabled the imported goods to undersell domestic industrial products. More over they said that the benefits of railway construction in terms of encouragement is steel and machine industry and to the foreign capital investment. The nationalist criticized the policy of free trade, which was ruining Indian handicrafts industries. The important point of the nationalist critiques of colonialism was the Drain theory. The nationalist leaders pointed out that a larger part of India's was being transferred or drained to Britain in the form of salaries and pensions of British civil and military officers working in India, interest on loan, profit of British capitalist in India and home charges or expenses of the Indian Government of Britain.

**Dadhabai Naoroji (1825-1917)**

He was the first Asian to be a British MP and the first Indian to become a Professor at Elphinstone Institution in 1850. The 'Grand Old Man of India' and the 'Father of Indian Nationalism' are the epithets to explain the personality of this great man who was an educator cotton trader and social leader. He is none other than Dadabhai Naoroji, who was born on 4th September 1825 at Khadak in Mumbai. He was a Member of Parliament (MP) in the United

Kingdom House of Commons between 1892 and 1895. Dadabhai Naoroji played a crucial role in founding the Indian National Congress along with two other famous politicians of that time i.e. A.O. Hume and Dinshaw Edulji Wacha. Dadabhai Naoroji's concept of wealth drain from India during British rule got huge attention. He mentioned the same concept in his book *Poverty and Un-British Rule in India*. After completing his schooling, Dadabhai Naoroji finished his Masters degree in Mathematics and worked as a professor in the same subject. He achieved many honors

during his academic career and after completing his education from the Elphinstone Institution, he became a partner of the first Indian commercial company founded in Britain. So, he went to England for managing Cama and Co. While staying in England, he was very keen in exposing the wretchedness in India and what Indians were going through during British rule. In 1866, he established the East India Association in England. This was a platform to put forward the grievances of Indians in Britain. To promote these further branches of the association were also established in different parts of India.

### **Dadabhai Naoroji's theory of the Drain of Wealth**

Dadabhai Naoroji was the first man to say that internal factors were not the reasons of poverty in India but poverty was caused by the colonial rule that was draining the wealth and prosperity of India. In 1867, Dadabhai Naoroji put forward the 'drain of wealth' theory in which he stated that the Britain was completely draining India. He mentioned this theory in his book *poverty and un-British Rule in India*. Further in his book, he stated the loss of 200-300 million pounds of revenue to Britain. Dadabhai Naoroji considered it as a major evil of British in India. On the footsteps of Dadabhai Naoroji, R. C. Dutt also promoted the same theory by keeping it as a major theme of his book *Economic History in India*. The drain of wealth was the portion of India's wealth and economy that was not available to Indians for consumption. Dadabhai Naoroji gave six factors that caused external drain. These are:-

- 1- External rule and administration in India. Funds and labour needed for economic development was brought in
- 2- By immigrants but India did not draw immigrants.
- 3- All the civil administration and army expenses of Britain were paid by India.
- 4- India was bearing the burden of territory building both inside and outside India.
- 5- India was further exploited by opening the country to free trade.
- 6- Major earners in India during British rule were foreigners.

The money they earned was never invested in India to buy anything. Moreover they left India with that money. Not only this, but through different services such as railways, was India giving a huge amount to Britain. On the other hand, trade as well as Indian labour was deeply undervalued. Along with this, the East India Company was buying products from India with Indian money and exporting it to Britain. Dadabhai Naoroji was respected both in Britain as well as India for his loyalty towards British and services for Indians. For this reason, he was elected as the President of the Indian National Congress, not once or twice but for three times i.e. in 1886, 1893 and 1906. Dadabhai Naoroji was a greater supporter of free education especially to women and children in India as his mother had to struggle a lot to provide the same to him. He was very keen in providing education and making it free. He also wanted to uplift the condition of women in India. For this, he laid the foundation of Jyan Prasarak Mandal, the only girls' high school in Bombay. His contribution to politics was also immense. He was the founder of Bombay Association and established it in 1852. Further, the London Indian Society was established by him along with N.C. Banarjee for the betterment of

relationships between Indian and Englishmen. His entire life was dedicated to the cause and betterment of India. Dadabhai Naoroji died in 1917 at the age of 92. Moderate Phase- Prayer – Petition – Protest

#### **Political Ideas of the moderates:-**

##### **Faith in British Rule -**

The starting point of the early leaders of the Congress, often called moderates was their abiding faith that British rule was a great boon to India and a dispensation of providence. There were many factors responsible for their faith. First, the British had brought peace and order to the country after more than a century of disorder and anarchy that had been let loose on the land after the breakup of the Mughal Empire. Besides, the moderates were grateful to the British for the introduction of Western type of administrative machinery and justice, rapid means of transport and communication, local self governing institutions, the free press and above all for English education which, according to them, had brought new light to the country, Loyalty to the British, therefore, was the kernel of the political creed of the moderates. The Congress- declared Dadabhai Naoroji was not a nursery for sedition and rebellion against the British government but another stone in the foundation of the stability of that Government.

##### **Secular Nationalism -**

The progressive part of the ideology of the liberals was their secular nationalism. They firmly believed that in spite of all the diversities, India was a nation. They tried to ignore and bypass all the caste and communal differences and focused the attention of educated classes on the questions of common interest. Despite the advocacy of many an English politician and some of their Indian disciples that India's degradation was due to her social and religious decay and, therefore, social and religious reforms should precede political reforms, the moderates tenaciously maintained the secular character of the Congress and kept the social and religious problems away from politics.

##### **No Doctrinaire Liberty -**

Although No Doctrinaire Liberty Although the democratic ideals of liberty, equality and representative government had great fascination for them they were not doctrinaire philosophers. Their ideal of liberty was not a reproduction of the western concept. They did not believe in the principle of laissez faire. They stood for state protection of industries and looked to the government for social reform, education, and protection of agriculture, trade and industries, for measures of health and sanitation, famine relief and other matters of national advancement. But at the same time they were great champions of civil liberties of the people. They fought boldly for freedom of thought and expression, freedom of the press and personal liberty.

##### **No Doctrinaire Equality -**

Similarly, they had nothing to do with the doctrinaire concept of equality. They believed that the Indians were not capable of managing their political and civil affairs and therefore, it was necessary for them to pass through a period of tutelage under the guardianship of the British. Yet they fought consistently for racial equality between Indians and Englishmen, and for social and religious equality among Indians themselves.

##### **Objectives of the Congress:-**

There was broad uniformity in the objectives and methods of the Congress during the first twenty years in its history. Every year it passed a roughly similar set of resolutions dealing with three broad types of grievances: political, administrative and economic.

**(1) Political Demands -**

The principal political demand was the establishment of genuine consultative councils both at the centre and in the provinces, increase in the number of members of existing councils, introduction of the principle of election, placing of all legislative and financial measures including the budget before the councils and the right of interpretation to the members of Legislature. Thus, the immediate perspective fell far short of self-government or democracy. It was for the first time in 1906 that Dadabhai Naoroji in his President address, declared, "self-government or Swaraj" like that of the United Kingdom or the colonies to be the distant goal of the Congress. An equally important political demand was the abolition of the hated India Council.

**(2) Administrative Demands -**

**(i) Employment** – The question of employment of Indians in the public services engaged the attention of the Congress from the very beginning. It was demanded that competitive examinations should be held, simultaneously in India and England open to all classes of her Majesty's subjects, that a classified list of appointments be made in order of merit, and that the age for competition should be not less than 19 and not more than 23. Similarly, it was insisted that the higher branches of Medical, P.W.D., Railway; opium, customs and Telegraph services be thrown open to Indians.

**(ii) Reduction of Military Expenditure** - The military, problem was another important matter to which the Congress devoted serious thought from the outset. The main demands in this connection were the ever mounting military expenditure should be reduced, an equitable portion of that expenditure be borne by the British, treasury and a system of volunteering for Indians be introduced. The most noteworthy feature of the Congress stand on the military affairs was its unqualified condemnation of the forward aggressive policy of the government. The annexation of Burma, the Tibetan expedition of Lord Curzon and the forward frontier policy were severely criticized.

**(iii) Legal Rights** - The Congress from the beginning was solicitous about safeguarding the legal rights of the people. The first demand in this connection was separation of executive from judicial function: Another important demand was the establishment of the system of trial by jury.

**(iv) Education** - In the field of education the Congress demanded that the government should extend primary education, broaden secondary education, and maintain at its highest possible level higher education. Particular emphasis was laid on technical education for Indians.

**(3) Economic Demands -**

The economic issues raised were all bound with the general poverty of the masses to the first few years the official view of the Congress was that the drain of wealth caused by the employment of foreign agency in the administration of the country and the growing military expenditure were the main causes of the economic rain of the masses. Resolutions were passed calling for an enquiry into India's growing poverty and famines demanding cuts in Home charges and military expenditure and funds for technical education to promote Indian industries and an end to unfair tariffs and excise duties. The new land revenue system was also held responsible for the economic decline of the country and the main demands were introduction of Permanent Settlement and fixity of land revenue over the rest of the country. The early Congress was concerned not only with the interests of the English educated professional groups, zamindars or industrialists. It passed numerous resolutions on salt tax, treatment of Indian coolies abroad, and sufferings caused by forest administration.

**The Constitutional Method -**

The method which the early Congress adopted for the redress of their grievances is commonly known as the constitutional method. It excluded not only rebellion, aiding or abetting foreign invasion and resort to violence, but all well-organized agitation. Even if their demands remain underdressed, they could not think of setting afoot an agitation that had the remotest possibility of arousing genuine indignation and dissatisfaction of the masses against the British Government. Even a peaceful agitation was inconsistent with their views and aims.

The method of the moderates was an appeal to the sense of justice and generosity of British statesmen and people. Its essence was prayers and petitions. The early Congress concentrated, on building up through petitions. Speeches and articles a fool-proof logical case aimed at convincing the liberal-minded public opinion of the land of Cobden, Bright, Mill and Gladstone. Finally, the Congress politicians argued that the attainment of self-Government by other colonies of the British Empire was proof positives of the fact that the real intention of the English rulers was to train Indian gradually in democratic institutions. As the time would come India would also get at their hands the same type of government which they had conferred on other colonies.

**Criticism of the Moderates' Ideology**

During the first twenty years, 1885-1905, the Congress was controlled by moderates. Their ideology and methodology both have been criticized on various grounds. Neither their political ideology was correct nor were their means effective. Their liberal nationalism was a queer mixture of patriotism and loyalty to the British. Their thinking that the British rule was beneficial for the country was wrong. Their belief in the British sense of justice was also not correct. The later events proved that the British imperialists only understood the language of strength and pressure instead of truth and justice. Besides, the moderate leaders were not the leaders of the masses. Except Gokhale, no moderate leader was prepared for individual sacrifice for the attainment of the goal of freedom. Moreover, the constitutional methodology adopted by moderates was not effective. Till 1918, despite petitions, memorandums, prayers and deputations, the British government did not show any real interest towards the legitimate demands of Indians. That is why the extremists later on described the moderate's methodology as political mendicancy.

**Evaluation**

In spite of the basic weaknesses of the political thought and practice of the moderates they rendered significant service to the country. The annual sessions of the Congress gave a concrete form to the idea of national unity. The congress inculcated among the people of diverse races, religions, castes and languages, the sentiment of nationalism and patriotism. Even more important was the establishment of traditions of organized political activity. Finally the moderates made a bold attempt to give a secular direction to Indian politics. However, from the practical point of view the moderates did not meet with any amount of success. None of their demands was conceded by the government.

**Gopala Krishna Gokhale (1860-1915)**

Gopala Krishna Gokhale was a greatest leader of the Indian national movement. He was a follower of Mahadev Ranade, popularly known as the socrates of Maharashtra. Gokhale was a strong believer in the policy of modernization and reasonableness. He was considered as the Guru of Mahatma Gandhi. Gokhale was born in a Marath Brahmin family at Kolhapur. After graduation in 1884, Gokhale joined the Deccan Educational Society founded by Ranade. He served the society for twenty years in various capacities as a school master,



professor and principal of Fergusson College Poona; He edited the journal of Poona Sarvajanik Sabha. Gokhale made his first appearance in the congress platform at the Allahabad session in 1899. In 1902 he was elected to the imperial legislative council. In the council Gokhale made his mark as an eloquent and persuasive speaker. In the legislative council Gokhale greatly criticized the Indian official finance and spoke with considerable insight on the budget. He also exposed the hollowness of the British pretension in the matter of appointment of Indian to higher service. He worked as a joint secretary of the Indian National Congress and later in 1905 presided over the Banaras session. In 1906 he went to England to educate the British about the situation created by the partition of Bengal and played a great part, officially and unofficially in the formulation of the Minto- Morley reforms of 1909. In 1910 Gokhale was again elected to the imperial council. He also served as a member of Indian Public Service Commission (1912-15) and urged to increase the share of Indians in higher service. Gokhale made heroic efforts in the imperial legislation council for introduction of free and compulsory education throughout India. In his 'political philosophy' Gokhale was a true liberal. He was a believer in moderation and reasonableness. He stood for the speed of western education and principles of liberalism and democracy. He was convinced about the evils and weakness of Indian society. He clearly saw reactionary rule of the Anglo- Indian bureaucracy. He played the difficult role of an intermediary between rulers and the ruled. He interpreted the popular aspirations and the government difficulties to the congress. This, on occasions, made him unpopular with both. The Extremist in the congress found fault with his moderation and dubbed him as faint hearted moderate, while the government on occasions charged him with holding Extremist views and being a seditious in disguise. Gokhale put forward his views in a very candid language. 1905 Gokhale laid the foundation of the 'servants of India society', with a view to the training of national missionaries for the service of India, and to promote by all constitutional means, the true interest of the Indian people. Gokhale played a remarkable role in spreading ideology of nationalism and democracy. He played the role of moderates and extremist. In his political view he was a moderate, but in his social outlook he was an extremist and revolutionary. He wanted to reform Indian society by the introduction of modern education and administrative reforms

#### **Conclusions:**

The nationalists complained that India's wealth was being drained to England, and demanded that this drain be stopped. They carried on a persistent agitation for the reduction of land revenue in order to lighten the burden of taxation on the peasant. Some of them also criticised the semi-feudal agrarian relations that the British sought to maintain. The nationalists also agitated for improvement in the conditions of work of the plantation labourers. They declared high taxation to be one of the causes of India's poverty and demanded the abolition of the salt tax and the reduction of land revenue. Therefore venture to submit that India does not enjoy security of her property and life. To millions in India life is simply 'half- feeding', or starvation, or famine and disease. Nationalist agitation on economic issues led to the growth of an all-India opinion that British rule was based on the exploitation of India; leading to India's impoverishment and producing economic backwardness and under-development. These disadvantages far outweighed any indirect advantages that might have followed British rule.

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## Gender Differences in Personality Characteristics of Collegiate Volleyball Players.

**Dr. Kulbhushan P. Bauskar:** Aurangabad (Maharashtra)

### Abstract:

The aim of the study was to find out the gender difference in personality traits of Inter collegiate male and female Volleyball players with regard to Psychotics, neuroticism, extraversion, and Lie score. For this present study, 50 male and 50 female Volleyball players were selected as a subject.

The Eysenck Personality Inventory ( E.P.I. ) was used to measure Psychotics, extraversion and neuroticism of Volleyball players, t-rations has used to compare the significantly gender difference between male and female Volleyball players who were participated in Inter Collegiate Volleyball Tournament held at R. P. College, Osmanabad. Gender differences on Psychotics was found between male and female Volleyball players ( $t=2.87$ :  $P<0.05$ ) where female players more psychotic them male. While analyzing the differences of personality characteristic of male and female Volleyball players, gender differences on neuroticism was found between male and female Inter Collegiate Volleyball players ( $t=3.52$ :  $P<0.01$ ), where the male Volleyball players was found to have less score on neuroticism. So, far extraversion was concerned, significant gender was found to the male and female Inter Collegiate Volleyball players ( $t=2.56$ :  $P<0.05$ ), male Volleyball players has lower extraversion, Hence, a female Volleyball player was more extraverts.

### Introduction:

Volleyball is the most popular Indian game in Marathwada region of Maharashtra. The Indian games are simple in nature, easy to organize and less expensive. Hence Volleyball reach to common people and both sex. Sports performance has been found to be related to some personality variables. Psychotics, Extraversion and neuroticism are among the variables which influence by sports performance with addition to many other personality variables. Psychotics is the tendency in a person to be not caring for people, troublesome insensitive and not fitting in any where lacking in feeling and empathy. Neuroticism is a minor mental disorder, characterized by inner struggles and discordant social relationship. According to Eysenck "Neuroticism refer to emotionality, initiated by the inherited differences in liability and excitability of autonomic nervous system". The extroversion is a personality trait. The extrovert person's orientation is towards the external world. He deals people intelligently in social situation. He is conventional, outgoing, and social. Friendly and free from worries. In Eysenck's term, extraversion stands for central excitatory / inhibitory level and sociability. Lie scale is referring to social desirability measures a tendency on the part of some individuals take good. Majority number of personality traits and several investigator have tried to find personality differences between male and female Volleyball players, but not many studies have been made about personality characteristics of inter collegiate male and female with regards to Psychotics, neuroticism and extroversion, So the attempt has been made to conduct the study regarding neuroticism Psychotics and extroversion of inter collegiate male and female Volleyball players.

### Hypotheses of the Study:

There would be no significant gender difference with regard to

- 1) Psychotics

- 2) Neuroticism
- 3) Extroversion
- 4) Lie Score of the Male and Female Inter Collegiate Volleyball players

#### **Significance of the Study:**

To find out the gender differences in personality characteristics of inter collegiate male and female Volleyball players with respect to Psychotics, Neuroticism, Extraversion and Lie Scale.

#### **Delimitations of the Study:**

The present study was delimited to only four psychological.

- 1) Psychotics
- 2) Neuroticism
- 3) Extraversion
- 4) Lie Scale

Secondly, the study has been delimited to male and female inter collegiate Volleyball players only.

#### **Methodology:**

In this section, Selection of subject, administration of the test and statistical analysis procedure has been described.

#### **Selection of Subjects:**

Total 50 male and 50 female Volleyball players from different college. Who were participating in collegiate tournament held at R.P. College, Osmanabad were randomly selected as a subject for the present study.

#### **Administration of the Test:**

Eysenck's Personality Inventory (1985) were distributed to the males and females Volleyball players, before filling the EPI, instruction were given by the investigator to the players.

#### **Statistical Analysis:**

't' ratio was computed to compare, the significant differences between inter collegiate male and female Volleyball players. The data were analyzed in basic language of the Computer Centre, Aurangabad, Maharashtra. All the analysis used was based on "Standard Statistical Packages".

#### **Result and Discussion:**

The results of the present study in statistical form are presented in Table 1 and 4.

**Table 1. Mean scores, Standard Deviations and t-ratio of Psychotics for Male and Female Volleyball Players.**

Sr.No.	Volleyball Players	No	Mean	S.D.	t-ratio
1.	Male	50	11.09	3.22	2.87*
2.	Female	50	12.62	4.01	

\*Significant at .05 Level.

The findings of Table 1, reveals that there was significant gender difference between male and female inter collegiate Volleyball players. (  $t=2.87$ ,  $P<.05$  ), in Psychotics diminution of personality, The female having more psychotic as compared to males, which means that the male Volleyball player having less psychotic than female Volleyball players. Thus the hypothesis was not accepted. This may be due to nutritional habits, interest to

participate in sports activities and parental motivation to involve sports a activities of male and female Volleyball players.

**Table 2. Mean scores, Standard Deviations and t-ratio of Neuroticism for Male and Female Volleyball Players.**

Sr.No.	Volleyball Players	No.	Mean	S.D.	t-ratio
1.	Male	50	9.88	2.38	1.88*
2.	Female	50	11.01	3.52	

\*Not significant

As Table 2 shows no significant gender was found out in the extraversion of the inter collegiate Volleyball players. (t=1.88)

**Table 3. Mean scores, Standard Deviations and t-ratio of Extraversion for Male and Female Volleyball Players.**

Sr.No.	Volleyball Players	No.	Mean	S.D.	t-ratio
1.	Male	50	13.17	2.01	3.75*
2.	Female	50	14.90	2.56	

\*Significant at .01 Level.

As Table 3 shows a significant gender difference was found of in the extraversion of the inter collegiate Volleyball players. (t=3.75, P<.01), the female having more extrovert as compared to males, which means that that the male Volleyball players less extrovert than female Volleyball players. Thus the hypothesis was not accepted. There difference is probably due to emotional, biological and social difference between the male and female Volleyball players.

**Table 4. Mean scores, Standard Deviations and t-ratio of Lie Scale for Male and Female Volleyball Players.**

Sr.No.	Volleyball Players	No.	Mean	S.D.	S.E.	t-ratio
1.	Male	50	10.07	3.09	0.45*	1.85 NS
2.	Female	50	11.28	3.36		

\*Not Significant

The findings of Table 4, that there is no significant difference between male and female inter collegiate Volleyball players. (t=1.85). It may be due to similarity of the nature of game. Thus the hypothesis was accepted.

#### Conclusions:

- 1) There was significant gender difference in Psychotics of inter collegiate Volleyball players, the males having less psychotic than female Volleyball players.
- 2) There was no significant gender differences in neuroticism of inter collegiate Volleyball players, the males having less neurotic tendency than the females.
- 3) There was significant gender differences in extraversion of inter collegiate Volleyball players. The males are found to be less extrovert than the females.

- 4) There was no significant gender differences in Lie score of inter collegiate Volleyball players.

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## Etiology of Injuries in Different Level Competitive Football.

**Dr. Sinku Kumar Singh:** Swami Ramanad TeerthMarathwada University Nanded(MS).

**Dr. Abdul Waheed:** MSM College of Physical education Aurangabad

### Abstract

The aim of the research is to determine the etiology of injuries in competitive football. Total 300 male competitive Football players; (100 International players, 100 National players and 100 State football players) from different Clubs, Academy, State and University were selected as a subject for the present study, their age ranged from 14 to 30 years. For the present study, modified questionnaires prepared by Cromwell, & Gromely (2000) for Elite Gaelic Football players was utilized after the modification of these questionnaires and The statistical computation of data of the present study is used by using SPSS package in the computer. The result reveals that, insignificant difference of occurrence of injuries was found between International and national Football players due to foul play and no Statically significant difference of occurrence of injuries was found between national and state Football players. The findings of the study indicate that statistically significant difference of occurrence of injuries due to Foul Play was found between International and state Football players. International Football players got having more injuries due to Foul Play as compared to state level football players. The study suggests that there was no fair play at high level competition in football.

### Introduction

Etiology, also commonly known as causes and aetiology, is the [reason](#) or origination of something (Rothman & Greenland, 2008) The football injuries may be define as a damage of tissue or cells of football players due to participation of match playing or training practices in football (Singh 2013, Singh 2014). Football Injuries are a common occurrence in competitive or [professional football](#) ( Singh 2013c, Singh 2013d, Singh 2013e, , Singh 2014b). Sports-related injuries are most commonly caused by lack of proper training, Overtraining, anatomical structural deformities; Muscular imbalances weakening in Major muscle group , lack of minerals in muscles, unsafe exercising environments , weakening of ligament and tendon, psychological factors and violation of rules of the games and sports (Singh 2013c, Singh 2013d, Singh 2013e, Singh , 2014 Singh 2014.). In addition, the common causes of football related injuries caused by Collisions with the players to players , players to referee , goal post, ground condition , objects, and tackling of the ball , turning movement in different direction, jumping, kicking etc., and unexpected dynamic forces on limbs and joints can cause of sports injuries too. (Singh 2013, Singh 2013b, Singh 2013c, Singh 2013d, Singh 2013e, Singh , Singh 2014, Singh 2014b). Football has been demonstrated to be among the most hazardous of organized team sports and injury is a frequent event in football (, Singh, 2014 Singh 2014b Boden, Kirkendall, and Garrett, 1998). Football is a recreational and social sport too, than can be played from childhood to old age, either at a recreational level or maintain a physical fitness (Singh 2013b, Singh 2013c, Singh 2013d, Singh 2013e, Singh , 2014) .

### Materials and Methods

Total 300 male competitive Football players; (100 International players, 100 National players and 100 State football players) from different Clubs, Academy, State and University were selected as a subject for the present study. Inter-varsity Football players have been considered as national players. The investigator has made an attempt to classify or define the groups of footballers based on the class of the games of the footballers. Accordingly three groups of footballers were targeted; international, national and state footballers. Their age ranged from 14 to 30 years. The data was collected from contacting the Football players at the venue of State, University, and National tournament held at different places. Instructions were given to the Football players before filling these questionnaires by the researcher, football coach and football experts.

### Tools and Statistical technique :-

For the present study, modified questionnaires prepared by Cromwell, F.J. Walsh Gromely (2000) for Elite gaelic Football players was utilized after the modification of these questionnaires and the test -retest reliability was found out 0.94 by the researcher. The statistical computation of data of the present study is used by using SPSS package in the computer.

Table-1

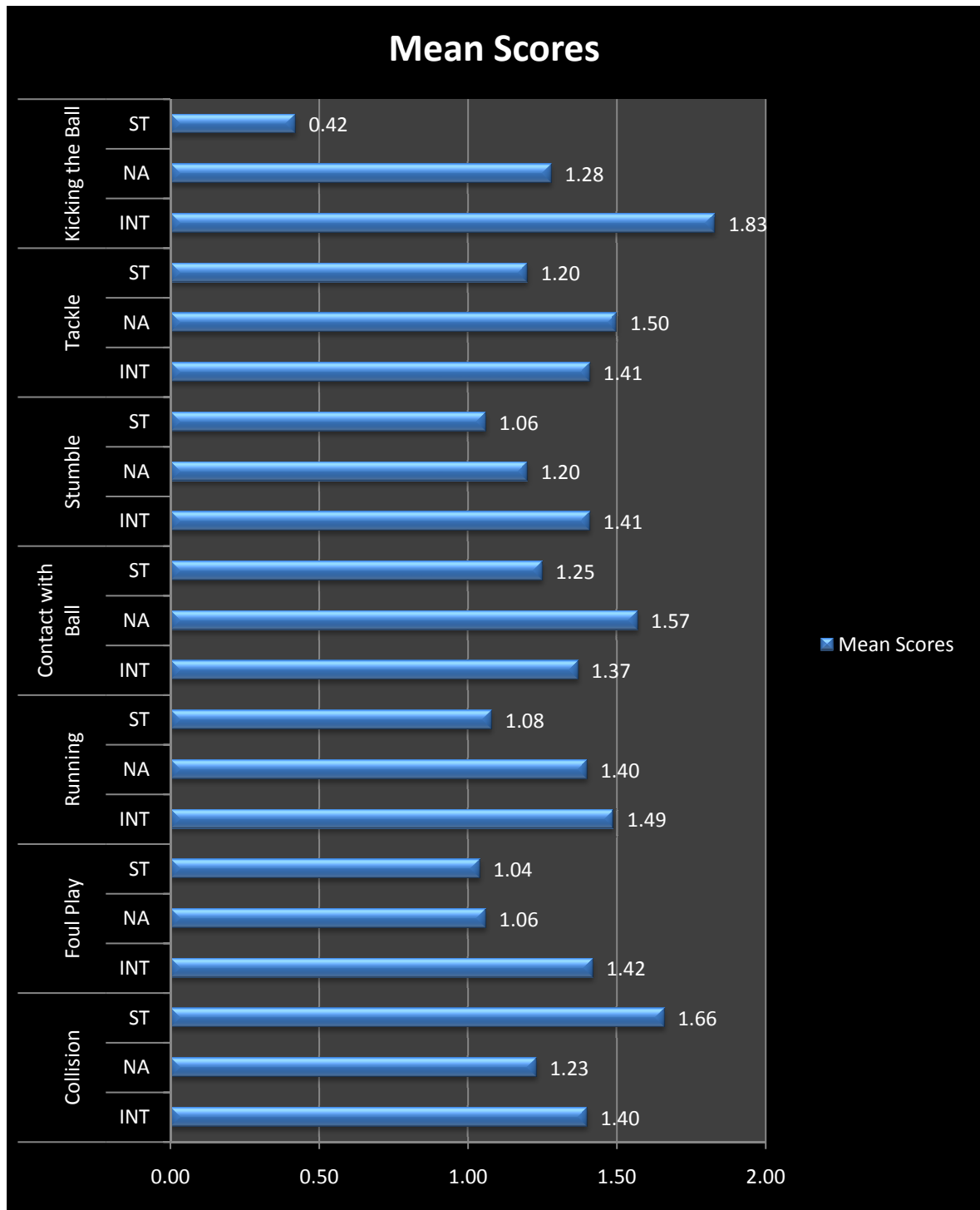
Mean scores and Standard Deviations of occurrence of injuries with respect to cause among three of Football players

Sr. No.	Etiology	Football players	Number	Mean Scores	Standard Deviations
1	Collision	INT	10	1.4	.46
		NA	13	1.23	.43
		ST	12	1.66	.59
2	Foul Play	INT	21	1.42	.53
		NA	16	1.06	.46
		ST	22	1.04	.43
3	Running	INT	10	1.4	.59
		NA	20	1.4	.62
		ST	12	1.08	.75
4	Contact with Ball	INT	08	1.37	.76
		NA	07	1.57	.80
		ST	04	1.25	.47
5	Stumble	INT	12	1.41	.63
		NA	05	1.2	.34
		ST	15	1.06	.31
6	Tackle	INT	17	1.41	.43
		NA	14	1.5	.49
		ST	05	1.2	.34
7	Kicking the Ball	INT	06	1.83	.66
		NA	07	1.28	.52
		ST	07	.42	.19

Table- 1, indicates that the mean scores and standard deviations of occurrence of injuries with respect to causes among three of competitive Football players.



Figure-1, Mean scores of occurrence of injuries due to causes among three of competitive Football players



In order to find out the significant difference of occurrence of injuries among three of competitive Football players; ANOVA was applied the results of which is presented in Table-2

Table – 2  
Analysis of Variance of occurrence of injuries with respect to causes among three of Football players.

Sr. No.	Causes	Source of Variance	df.	SS	MSS	F-ratios
1.	Collision	Between	02	.19	.09	.26 <sup>NS</sup>
		Within	27	9.18	.34	
2.	Foul Play	Between	02	1.9	.95	3.65 *
		Within	56	15.05	.26	
3.	Running	Between	02	.36	.18	.38 <sup>NS</sup>
		Within	33	15.64	.47	
4.	Contact with Ball	Between	02	.29	.14	.56 <sup>NS</sup>
		Within	33	8.35	.25	
5.	Stumble	Between	02	.47	.73	3.31 <sup>NS</sup>
		Within	29	6.41	.22	
6.	Tackle	Between	02	.3	.15	1.20 <sup>NS</sup>
		Within	24	18.22	.75	
7.	Kicking the Ball	Between	02	.92	.46	1.39 <sup>NS</sup>
		Within	17	5.63	.33	

\* Significant at .05 level

NS = Not Significant

As per Table- 2 shows the, Analysis of Variance of occurrence of injuries with respect to causes among three of Football players.

In order to locate the occurrence of injuries due to foul play among three of competitive Football players; Scheffe post hoc test was applied to comprise the occurrence of injuries; Table- 3 shows the possible comparisons for three group's means.

Table – 3

Scheffe post hoc Statistically Comparison for mean difference of occurrence of injuries due to Foul Play among three of competitive Football players.

Mean Scores			Mean difference	C.D. at 5% level
International	National	State		
1.42	1.06		.36	.42
1.42		1.04	.38	.36 *
	1.06	1.04	.02	.42

\* Significant at .05 level.

As per Table 3, shows that the Scheffe post hoc statistically comparison for mean difference of occurrence of injuries due to Foul Play among three of competitive Football players.

## Results and Discussion

The mean scores (S.Ds.) of injuries due to Collision to International Football players was found 1.4 (.46), national Football players was 1.23 (.43) and State Football players was 1.66 (.59), Furthermore, The mean scores (S.Ds.) of injuries due to Foul Play to International Football players was 1.42 (.53), national Football players was 1.06 (.46) and state Football players was 1.04 (.43). In addition, The mean scores (S.Ds.) of injuries due to Running of International Football players was 1.49 (.59), National Football players was 1.4 (.62) and state Football players was 1.18 (.75). Whereas, The mean scores (S.Ds.) of injuries due to Contact with Ball to International Football players was 1.37 (.76), national Football players was 1.57 (.80) and state Football players was 1.25 (.47). However, The mean scores (S.Ds.) of injuries due to Stumble to International Football players was 1.33 (.63), national Football players was 1.2 (.34) and state Football players was 1.06 (.31). In addition, The mean scores (S.Ds.) of injuries due to Tackle to International Football players was 1.41 (.43), national Football players was 1.5 (.49) and state Football players was 1.2 (.34) and the mean scores (S.Ds.) of injuries due to Kicking the Ball to International Football players was 1.33 (.66), national Football players was 1.28 (.52) and state Football players was .85 (.19). In order to find out the difference of occurrence of injuries with respect to causes among three of competitive Football players. F-ratio was computed for each cause separately. The data given in Table – 2 shows that there was statistically significant difference of occurrence of injuries with respect to causes found in Foul Play only ( $F=3.65, <.05$ ). However, there was no statistically significant difference of occurrence of injuries found in Collision ( $F=.26$ ), Running ( $F=.38$ ), Contact with Ball ( $F=.56$ ), Stumble ( $F=3.31$ ), Tackle ( $F=1.20$ ) and Kicking the Ball ( $F=1.39$ ). The Scheffé post hoc test (Table 3) reveals that, no statistically significant difference of occurrence of injuries was found between International and national Football players due to foul play and no statistically significant difference of occurrence of injuries was found between national and state Football players. The findings of the study indicate that statistically significant difference of occurrence of injuries due to Foul Play was found between International and state Football players. International Football players got having more injuries due to Foul Play as compared to state level football players. Injuries that occur in contact with another player are common in football. Most of these situations occur when two or more players try to tackle the ball at the same time, or a player attempts to carry the ball from their counterparts. The several studies have done on the occurrence of injuries due to foul play. (Orchard, et al 2001, Singh 2013, Heidt et al 2000, Ostenberg and Roos, 2000, Singh 2013b, Singh 2013c, Singh 2013d, Singh 2013e, Singh 2014, Singh 2014, Singh 2014b). In several studies foul play called by the referee are studied (Ekstrand et al. 1983b; Engstrom et al. 1990; Hawkins and Fuller 1996; Hawkins and Fuller 1998b; Hawkins and Fuller 1999), while in other studies players reported whether it was foul or not (Nielsen and Yde 1989; Luthje et al. 1996; Chomiak et al. 2000; Peterson et al. 2000; Junge et al. 2000a). Results have shown that foul play was the cause of 16-28% of all injuries (Nielsen and Yde 1989; Hawkins and Fuller 1996; Hawkins and Fuller 1999; Peterson et al. 2000; Junge et al. 2000a), or 28-30% of traumatic injuries (Ekstrand and Gillquist 1983b; Engstrom et al. 1990). Other studies have found that 76-86% of the foul play injuries were caused by opponent and the rest by own foul (Ekstrand and Gillquist 1983b; Hawkins and Fuller 1999), and also that own foul play resulted in more serious injuries than opponent foul (Ekstrand and Gillquist 1983b). In contrast, Chomiak et al., 2000 reported no serious injuries in players after own foul. The study suggests that there was no fair play at high level competition in football.

**Limitations**

Results of this study are limited by a relatively survey of self-reported injuries rather than a study of actual behavior, which would be very difficult to achieve. As such, participants may have answered questions in a socially desirable manner to avoid the stigma associated with admitting personal inadequacies. A limitation of this study is that it reflects the findings of some football players .

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## शास्त्रों में नारी की स्थिति

डॉ. नम्रता सिंह, डॉ. आशा रानी राय: कानपुर विद्या मन्दिर महिला (पी.जी.) महाविद्यालय, कानपुर

किसी भी समाज अथवा राष्ट्र के सर्वोन्तमुखी अभ्युदय में स्त्री और पुरुष का समान महत्त्व होता है। प्राचीन<sup>१</sup> भारत में स्त्रियों की समाज में अत्याधिक प्रतिष्ठा थी। गृहस्थी रूपी गाड़ी के दो पहिये पुरुष एवं स्त्री माने जाते थे। एक के अभाव में दूसरा अपूर्ण माना जाता था। स्त्री को पुरुष के समान ही समाज में उचित स्थान प्राप्त था। वह गृहस्वामिनी कहलाती थी। पुरुष यदि घर से बाहर के कार्यों का सुचारु रूप से वहन करता था, तो स्त्री सेवा-शुश्रूषा, स्नेह आदि के द्वारा घर के विभिन्न कष्टसाध्य दायित्वों का निर्वाह करती हुयी अपनी परम उपयोगिता को सार्थक रूप में सिद्ध करती थी। यज्ञ आदि सभी धार्मिक अनुष्ठान गृहस्वामिनी के बिना सम्पादित नहीं हो सकते थे। स्त्री के विविध रूप हैं— पुत्री, भगिनी, माता आदि। वैदिक<sup>२</sup> साहित्य में स्त्री और पुरुष की उपमा पृथ्वी और द्युलोक से दी गई है। द्यावापृथ्वी एक ही संस्थान के परस्पर पूरक है। जब आकाशचारी मेघ वृष्टि के द्वारा पृथ्वी को गर्भ धारण कराते हैं तब वृक्ष-वनस्पतियों का जन्म होता है, यही स्थिति पति-पत्नी की है।

भारतीय<sup>१, २</sup> संस्कृति की निरन्तर प्रवाहित दीर्घ परम्परा में नारी की स्थिति, प्रतिष्ठा, शक्ति, योग्यता आदि कालखण्ड में निरन्तर परिवर्तित होती रही है।

### कतिपय कालखण्डों में नारी की स्थिति

#### वैदिक काल:—

इस युग में नारी की स्थिति समीचीन एवं प्रतिष्ठापूर्ण थी। वैदिक युग में नारी का स्थान सम्मानीय था। वैदिक युग में स्त्री की स्थिति जितनी ऊँची थी उतनी बाद में कभी नहीं रही। वैदिक युग में पुत्रियाँ भी पुत्रों की भांति शिक्षा ग्रहण करती थी, कन्याओं का विवाह पूर्ण यौवनावस्था प्राप्त हो जाने पर किया जाता था। ऋग्वेद<sup>३</sup> में कहा गया है कि कितनी स्त्रियाँ हैं जो वधू की कामना करने वाले मनुष्य के प्रशंसा युक्त वचन और धन से संतुष्ट हो जाती हैं, वास्तविक रूप में उत्तम वधू वही होती है जो उत्तम रूप वाली है और वह लोगों के बीच अपनी इच्छा से अपने सहयोगी (पति) का चयन स्वयं करती है। ऋग्वेद के दशम मण्डल का विवाह सूक्त में वर कहता है कि मैं<sup>४</sup> तुम्हारा हाथ अपने सौभाग्य के लिए ग्रहण कर रहा हूँ मुझ पति के साथ वृद्धावस्था तक सुखपूर्वक रहो। ऐश्वर्य युक्त पुरुष न्यायकारी उत्तम कर्मों का प्रेरक, विद्वान्, पोषक पुरुष विद्वज्जन मेरे लिए तुझे गृहस्थाश्रम के धर्म-कर्म के लिये देते हैं।

- ३ *कियती योषा मर्यतोवधुयोः परिप्रीता पन्यसा वार्येण।  
भद्रा वधूर्भवति यत्सुयेशाः स्वयं सा मित्रं वनुते जनेचित।।*
- ४ *गृभ्यामि ते सौभगत्वाय हस्तं मया पत्या जरदीष्ट्यथासः।  
भगो अर्यमा सविता पुरन्धिर्महयं त्वादुर्गार्हपत्याय देवाः।।*

ऋग्वेद के दसवें<sup>५</sup> मण्डल के के तिरपनवे सूक्त में कहा गया है कि हे वधू! तुम श्वसुर के अधीन साम्राज्ञी हो, तुम सासु के अधीन साम्राज्ञी हो, ननदों के अधीन साम्राज्ञी हो और तुम देवों के बीच साम्राज्ञी हो, इतनी उत्तम और अच्छी बात ऋग्वेद में नारी के विषय में बताया गया है। कुलवधू उत्तम आचरण करने के पश्चात् पति की अर्धांगिनी बनती थी। पति एवं परिवार के अन्य सदस्य उसे ही घर का पर्याय मान लेते थे। ऋग्वेद<sup>६</sup> के तीसरे मण्डल के तिरपनवे सूक्त में कहा गया है कि जैसे दो श्रेष्ठ घोड़े वाले वाहन से स्वामी एक स्थान से दूसरे स्थान को सुख पूर्वक ले जाते हैं वैसे ही परस्पर प्रसन्न और योग्य दो विद्वान् (पति-पत्नी) गृहाश्रम को सुशोभित करने में समर्थ हों। वैदिक युग में स्त्रियों में पर्दाप्रथा का कोई उल्लेख नहीं मिलता। स्त्रियों के

घर से बाहर निकलने अथवा आने-जाने की स्वतन्त्रता पर कोई अंकुश नहीं था। ऋग्वेद<sup>५</sup> में है कि हे भद्र स्त्री पुरुषों! यह वधू शुभ सौभाग्य कारिणी और सौभाग्य शालिनी है आपलोग आइए, देखिये और इसे सौभाग्यवती होने का आशीर्वाद देकर अपने अपने घर जाईये।

५ साम्राज्ञी श्वशुरे भव साम्राज्ञी श्रवश्रवां भव।  
ननन्दरि साम्राज्ञी भव साम्राज्ञी अधि देवृषु।।

६ जायदस्तं मधवन्त्सेदु योनिस्तदित्वा युक्ता हरयोवहन्तु यदा।  
कदा च सुनवाम सोममग्निष्ट्वा दूतो धन्यवात्यच्छ।।

७ सुमङ्गलीरियं वंधूरिमां समेत पश्यत।  
सोभाग्यस्यै दत्वायाथास्तं दे परेतन।।

यजुर्वेद<sup>६</sup> के बारहवें अध्याय में स्त्रियों के प्रति कहा गया है कि वे पवित्र जलों के तुल्य सम्पूर्ण शुभ गुण और विद्याओं में बुद्धि, सुन्दर रूप स्वभाववाली कन्या, ऐश्वर्य के प्रकाश से युक्त अपने पतियों को प्रसन्न करें और उनको स्वीकार करें तथा पुनः शिक्षा दी गई है कि विद्या और अच्छी शिक्षा से प्रसिद्ध हुई स्त्री नमती है तो पुरुष भी उनके प्रति नम्र होकर रहें तथा दोनों मिलकर गृहश्रम के ऐश्वर्य की उन्नति करें।

यजुर्वेद<sup>६</sup> में ही स्त्रियों के लिए वैदिक बाइमय में शिक्षित होने के स्पष्ट संकेत मिलते हैं इसमें निर्देश दिया गया है कि ब्राह्मण, क्षत्रिय, वैश्य एवं शूद्र अपने स्त्री सेवक आदि सभी को चारों वेदों को पढ़ने का अधिकार है तथा यह भी कहा गया है कि वेद सभी मनुष्यों के कल्याण के लिए बनाए गए हैं। इसमें किसी के साथ पक्षपात नहीं किया गया है।

८ आपो देवीः प्रतिगृणीत भस्मैतत्स्योनेकृणुध्वं सुरमाउडलाके।  
तस्मै नमन्तां जनयः सुपत्नीमतिव पुत्रं बिभृताप्स्वेनत्।।

९ यथमां वाचं कल्याणी मावदानि जनेभ्यः ब्रह्मराजन्त्याभ्यां।  
शूद्राय चार्याय च स्वाय चारणय।।

प्रियो देवानां दक्षिणायै दातुरिह भूयासमयं में कामः समृध्यतामुप मादो नमतु।।

उस समय की स्त्रियों को शिक्षा का ही नहीं अपितु यज्ञ आदि धार्मिक कार्यों को भी करने का अधिकार था। वैदिक वाङ्मय अथर्ववेद में बीसवें काण्ड<sup>१०</sup> में कहा गया है कि नारी अग्निहोत्र आदि यज्ञ करने और पति के साथ मिलकर जीवन व्यतीत करना जानती है तथा जो ज्ञानवती स्त्री अपने सदृश विपरीत से विवाह करके वीर सन्ताने उत्पन्न करती हैं वहीं पुरुष संसार में शासक बनते हैं परन्तु स्त्रियों के भी शासक होने का संकेत वेदों में मिल जाता है। अथर्ववेद<sup>११</sup> में कहा गया है कि हे वर। यह कन्या तुम्हारे कुल की रक्षा करने वाली है। यजुर्वेद के बाइसवें अध्याय में बाइसवें मन्त्र में भी इसी की कल्पना की गई है।

१० सं होत्रं स्म पुरा नारी समनं वाव गच्छति।  
वेधाऋतस्य वीरिणीन्द्रपत्नी महीयते विश्वस्मादिन्द्र उत्तरः।।

११ एसा ते कुलपा राजन्तामु ते परि ददनसि।  
ज्योम्पितृष्वासाता आ शीर्षाः समोप्यात्।।

**उपनिषद तथा सूत्र काल:-**

इस काल में अनुलोक विवाह (उच्च वर्ण का पुरुष और निम्न वर्ण की स्त्री) समाज में प्रचलित हो गए थे। अतः परिवारों में विभिन्न वर्ण की स्त्रियों एक ही पुरुष की पत्नी बनकर रहती थी तथा निम्नवर्ण स्त्रियों के पारस्परिक सम्मेलन ने सम्मान को स्वभावतः निम्नतर बना दिया और समाज में स्त्री का स्थान अवनत हुआ।

याज्ञवल्क्य<sup>१२</sup> और उनकी दो पत्नियाँ मैत्रेयी एवं गार्गी वाचक्नवी का पारस्परिक संवाद यह सिद्ध कर देता है कि स्त्रियाँ बौद्धिक क्षमता की दृष्टि से श्रेष्ठ थीं। उपनिषदों और प्रारम्भिक सूत्रों के इस युग में भी स्त्री का विवाह युवावस्था में ही होता था। किन्तु समाज में छोटी कन्याओं का विवाह कर देने की प्रवृत्ति का भी सूत्रपात हो चुका था। विवाह में धन का महत्त्व भी इस युग में बढ़ने लगा था। विवाह<sup>१३</sup> के आसुर प्रकार में कन्या के माता-पिता वर पक्ष से धन लेते थे।

ब्राह्म<sup>१४</sup> तथा दैव विवाह प्रकारों में कन्या का पिता अपनी पुत्री को भलीभांति अलंकृत करके विवाह करता था। इस तथ्य से दहेज प्रथा प्रारम्भ होने के भी संकेत मिलते हैं।

सामान्यतयः इस युग में परिवार में स्त्री का स्थान सम्मानजनक था।

**महाकाव्यकाल एवं स्मृतिकाल**

इस युग में नारी की स्थिति में अवनति हुई है। वहीं आचार्य मनु का विचार है कि स्त्रियों का आदर करने से दिव्य लाभों की प्राप्ति होती है। जिस<sup>१५</sup> कुल में नारियों की पूजा अर्थात् सत्कार होता है, उस कुल में दिव्य भोग और उत्तम सन्ताने होती है और जिस कुल में स्त्रियों की पूजा नहीं होती अर्थात् सम्मान और सत्कार नहीं होता है वहाँ पर उनकी सभी क्रियायें निष्फल हो जाती हैं। अगले मन्त्र में आचार्य मनु<sup>१६</sup> कहते हैं जिस घर या कुल में स्त्रियाँ शोकातुर होकर दुःख पाती हैं वह कुल शीघ्र ही नष्ट-भ्रष्ट हो जाता है तथा जिस घर या कुल में स्त्रियाँ आनन्द, उत्साह और प्रसन्नता से युक्त होती हैं वह कुल सर्वदा बढ़ता रहता है। माता ही सन्तति को गर्भधारण करके उसके उत्पन्न होने के बाद उसका पालन पोषण करती है।

*१५ यत्र नार्यस्यु पूज्यन्ते रमन्ते तत्र देवताः।*

*यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफलाः क्रियाः।।*

*१६ शोचन्ति जामयो यत्र विनश्यत्याशु तत्कुलम्।*

*न शोचन्ति तु यत्रैता वर्धते तद्धि सर्वदा।।*

महाभारत में विराटपर्व<sup>१७</sup> के अन्तर्गत किचक वध पर्व में कहा गया कि स्त्री के लिये न तो कोई यज्ञ और न उपवास का विधान है। स्त्री पति की सेवा करने मात्र से स्वर्ग को प्राप्त कर लेती है। आगे स्त्री के लिए कहा गया है कि<sup>१८</sup> कुमारावस्था में पिता, युवावस्था में पति और वृद्धावस्था में पुत्र नारी की रक्षा करता है। स्त्री को कभी स्वतन्त्र नहीं रहना चाहिए। पतिव्रता स्त्रियाँ नाना प्रकार के क्लेश सह कर तथा शत्रुओं द्वारा अपमानित हो कर भी पति पर क्रोध नहीं करती हैं तथा पति की शुश्रूषा करने वाली स्त्रियाँ पूर्ण लोकों को प्राप्त कर लेती हैं। स्त्री को घर<sup>१९</sup> का पर्याय माना जाता था। पुत्र, पौत्र, पुत्रवधू और अन्य भरण-पोषण के योग्य कुटुम्बी जनों से भरा होने पर भी घर उसकी पत्नी के बिना जंगल के समान माना जाता था। महाभारत के आदि पर्व में<sup>२०</sup> कहा गया है कि भार्या, पुरुष का आधा अङ्ग है तथा सबसे उत्तम मित्र है। भार्या धर्म अर्थ और काम का मूल है तथा संसार सागर से तैरने की इच्छा वाले पुरुष के लिए भार्या ही प्रमुख साधन है।

*१७ नास्ति कश्चित् स्त्रिया यज्ञो न श्राद्धं नाप्युपोषणम्।*

*या च भर्तारि शुश्रूषा सा स्वर्गायिभि जायते।।*

महाभारत-पण्डित रामनारायण दत्त शास्त्री पाण्डेय 'राम' -गीता प्रेस गोरखपुर संस्करण - २०६३ तेरहवां पुनर्मुद्रण।



१८ पिता रक्षति कौमारे भर्ता रक्षति यौवने।  
पुत्रस्तु स्थविरे भावे न स्त्री स्वातन्त्र्यमर्हति।।

१९ क) पुत्रपौत्र वधू भृत्यैराकीर्णमपि सर्वतः।  
भार्याहीनं गृहस्थस्य शून्यमेव गृहं भवेत्।।  
ख) न गृहं गृहमित्याहुर्गृहिणी गृहमुच्यते।  
गृहं तु गृहणीहीनमरण्यसदृशं मतम्।।

२० अर्ध भार्या मनुष्यस्य भार्या श्रेष्ठतमः सखा।  
भार्या मूलं त्रिवर्गस्य भार्या मूलं तरिष्यतः।।

संसार<sup>२१</sup> में स्त्री के समान कोई बन्धु नहीं है स्त्री के समान कोई आश्रय नहीं और स्त्री के समान धर्म संग्रह में कोई दूसरा सहायक भी नहीं है। प्राचीन भारत की स्त्रियों का पति के प्रति अनन्य प्रेम अत्यधिक प्रशंसनीय है। जीवनभर साथ निभाने के साथ-साथ उस समय की स्त्रियाँ मृत्यु के समय भी पति का अनुगमन करती थीं। महाभारत<sup>२२</sup> में भी स्त्री को ही अपने पराक्रम का विषय बनाने वाले, उसका सम्यक रूपेण पालन न करने वाले पुरुषों को निन्दा का पात्र माना गया है। कहा गया है कि जो लोग ब्राह्मणों, स्त्रियों, रिश्तेदारों और गौओं पर ही शूरता प्रकट करते हैं, वे डंठल से पके हुये फलों की भांति नीचे गिरते हैं। महाभारत<sup>२३</sup> में नारी के प्रति दिये गए सन्देश को अगर हम स्मरण करें और उसका पालन करें तो अपने परिवार एवं राष्ट्र का कल्याण कर सकते हैं।

२१ नास्ति भार्यासमो बन्धुर्नास्ति भार्यासम गतिः।  
नास्ति भार्यासमो लोके सहायो धर्म संग्रहे।।

२२ ब्राह्मणेषु च ये शूराः स्त्रीषु ज्ञातिषु गोषु च।  
वृन्तादिव फलं पक्वं धृतराष्ट्र पतन्ति ते।।

२३ क) पूज्या लालमितव्याश्रु स्त्रियों नित्यं जनाधिप।  
स्त्रियों यत्र च पूज्यन्ते रमन्ते तत्र देवताः।।  
ख) इयं हि नः प्रिया भार्या प्राणेश्योऽपि गरीयसी।  
मतेव परिपाल्या च पूज्या ज्येष्ठेव च स्वसा।।सारांश

किसी भी समाज अथवा राष्ट्र के सार्वभौमिक अभ्युदय में बैलगाड़ी के दो पहिये की भांति स्त्री और पुरुष का समान महत्त्व होता है। प्राचीन भारत में स्त्रियों की समाज में अत्याधिक प्रतिष्ठा थी। स्त्री को पुरुष के समान ही समाज में उच्च स्थान प्राप्त था। वह गृहस्वामिनी कहलाती थी। पुरुष यदि घर से बाहर के कार्यों की समुचारता एवं उन्नति का कर्तव्य वहन करता था, तो स्त्री सेवा-शुश्रूषा, स्नेह आदि के द्वारा घर के विभिन्न कष्टसाध्य दायित्वों का निर्वाह करती हुयी अपनी चरम उपयोगिता को सार्थक रूप में सिद्ध करती थी। यज्ञ आदि सभी धार्मिक अनुष्ठान गृहस्वामिनी के बिना सम्पादित नहीं हो सकते थे।

भारतीय संस्कृति की निरन्तर प्रवाहित दीर्घ परम्परा में नारी की स्थिति, प्रतिष्ठा, शक्ति, योग्यता आदि कालखण्ड में परिवर्तित होती रही है। वैदिक युग में नारी की स्थिति सम्मानीय एवं प्रतिष्ठापूर्ण थी। इस युग में पुत्रियाँ भी पुत्रों की भांति शिक्षा ग्रहण करती थीं, कन्याओं का विवाह पूर्ण यौवनावस्था प्राप्त होने पर किया जाता था। कालान्तर उपनिषद तथा सूत्र काल में अनुलोम विवाह समाज में प्रचलित हो गये थे, परिवारों में विभिन्न वर्ण की स्त्रियाँ एक ही पुरुष की पत्नी बन कर रहती थीं तथा निम्नवर्ण स्त्रियों के पारस्परिक सम्मेलन नें सम्मान को स्वभावतः निम्नतर बना दिया। इस युग में भी स्त्री का विवाह युवावस्था में होता था किन्तु समाज में छोटी कन्याओं का विवाह कर देने की प्रवृत्ति का भी सूत्रपात हो चुका था। विवाह में धन का महत्व भी इस युग में भी बढ़ने लगा था। विवाह के आसुर प्रकार में कन्या के माता पिता वर पक्ष से धन लेते थे।

महाकाव्यकाल एवं स्मृतिकाल में नारी की स्थिति में अवनति हुई है। इस काल में स्त्रियों के लिए यज्ञ का कोई अधिकार नहीं था। स्त्री पति की सेवा करने मात्र से स्वर्ग को प्राप्त कर लेती हैं। स्त्री को घर का पर्याय माना जाता था। पुत्र, पौत्र, पुत्रवधू और अन्य भरण-पोषण के योग्य कुटुम्बी जनों से भरा होने पर भी घर उसकी पत्नी के बिना जंगल के समान माना जाता था।

निष्कर्षतः विभिन्न कालों में नारी की स्थिति के अध्ययन से स्पष्ट है कि जब-जब नारी का सम्मान हुआ है तब-तब काल, समाज और राष्ट्र का उत्थान हुआ है। इसलिए नारी का सम्मान होना ही चाहिए।

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