

SPORTS SCIENTIST VIEWS

IN

INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED SCIENCES

(A Quarterly Scientific Research Referred Journal)

IMPACT FACTOR- 4.218 (SJIF)

DOI No.: 05.2016-44975451

Editor-in Chief

Dr. Rajkumar Sharma

Editor

Dr. Ashish Kumar Nigam

Sub-Editor

Gulbahar Khan

ISSN 2229-550X (P) & 2455-0175 (O)

**Volume 6
2016**

Number 3

July,

CORRESPONDANCE ADDRESS:

Dr. Rajkumar Sharma, Editor-in-Chief, 284/1, In front of Main I. T.

I. Gate, Near Evergreen Nursery, Centre Koni, Bilaspur (CG)

Pin-495009

E-mail: sharmagym59@yahoo.co.in

Wsbsite-www.sportsscientistsviews.in

INDEXING AND IMPACT FACTOR BY RENOWNED INSTITUTIONS

 SJIF-4.218	 Impact Factor- 4.127
 Impact Factor-1.4235	 Impact Factor-3.992
 Impact Factor-1.913	 Impact. Factor-2.795
	 <i>The Largest E-Journal Database & Gateway</i> JOURNALS IMPACT FACTOR
	
	
 Impact Factor-1.03	
 	Digital Online Identifier- Database System  DOIJIF-3.71 (2015-2016)
	Impact Factor-2.114 
	
	

NEXT ISSUE IS GOING TO RELEASE IN THE MONTH OF OCTOBER, 2016

Aims & Scope : The Indian Journal of Physical Education, Sports and Applied Sciences (IJPESAS) is a scientific printed and electronic journal established by Physical Educationist and Sports Scientist of India , publishing both research and review articles in the fields of sports and exercise sciences as well as Applied Sciences. IJPESAS also publishes: progress articles, case studies, technical articles, editorials, letters to the editor, abstracts from international and national congresses. IJPESAS is published quarterly in March, June, September and December. Supplemental issues are published according when needed.

IJPESAS is printed and electronic journal dedicated to promoting scientific knowledge in the multidisciplinary field of sports and applied sciences. According to policy of publishing and format of IJPESAS , the delay in the publishing process is minimal and IJPESAS is unique discussion panel for researchers in the field. IJPESAS covers all aspects of sports and applied sciences including kin- anthropometry, sports medicine, biomechanics and biophysical investigation of sports performance, coaching & performance, motor control & learning, exercise physiology, sports nutrition & biochemistry, sports psychology, historical, philosophical and sociological perspectives of sport, management , sport law, physics, chemistry, zoology as the applied sciences etc.

Instructions for authors : Indian Journal of Physical Education, Sports and Applied Sciences is a broad quarterly journal that aims to bridge the gap between all professionals in the fields of sports sciences. The journal serves an international audience and is of interest to professionals worldwide. The journal covers major aspects of sports sciences - biomechanics, motor learning & control, sports medicine, Sports and exercise physiology, sport testing and performance, sports psychology, Sports Sociology, Sports Anthropometry, sports management, Physical Education, Yoga, other such subjects having inter-disciplinary perspective with specific application to sports and applied sciences etc.

The journal publishes original research utilizing a wide range of techniques and approaches, reviews, commentaries and short communications. Submission of Manuscripts. Authors are strongly encouraged to submit manuscripts in electronic files, emailed to the Editor-in-Chief, Dr. Rajkumar Sharma at e-mail address: sharmagym59@yahoo.co.in or www.sportsscientistsviews.in Each manuscript must be accompanied by a statement that it has not been published elsewhere and that it has not been submitted! simultaneously for publication elsewhere. Authors are responsible for obtaining permission to reproduce copyrighted material from other sources and are required to sign an agreement transferring the copyright to the publisher.

All accepted manuscripts, artwork, and photographs become the property of the publisher. Authors are asked to submit with the manuscript the names, mailing addresses, and e-mail addresses of the individuals that would be suitable independent reviewers.

INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED SCIENCES

(Quarterly Publication)

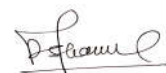
VOLUME 6, NO. 3, July, 2016

S. NO.	TITLE OF PAPER & AUTHORS	COUNTRY	PAGE NO.
1.	ACADEMIC STRESS OF ACTIVE AND INACTIVE ADOLESCENTS IN INTER-SCHOLASTIC SPORTS Dr. Gajanana Prabhu, B., Ramesh Naik & K. Ajay R. E. Doi No. 08.2016-28985326 DOI Link:: http://doi-ds.org/doi/10.2016-28985326	INDIA	01-06
2.	GENDER DIFFERENCE IN ACADEMIC PERFORMANCE OF ENGLISH MEDIUM HIGHER SECONDARY SCHOOL CHILDREN INVOLVED IN SPORTS Adarsh Mishra and Dr. Rajkumar Sharma Doi No. 08.2016-82431486 DOI Link:: http://doi-ds.org/doi/10.2016-82431486	INDIA	07-15
3.	COMPARISON OF STRENGTH AND ENDURANCE OF TRIBAL BOYS AND GIRLS IN AGE OF 13 TO 17 YEARS Nairit Roy Doi No. 08.2016-26774328 DOI Link:: http://doi-ds.org/doi/10.2016-26774328	INDIA	16-25
4.	EFFECT OF DIFFERENT YOGA PRACTICE ON PHYSICAL AND PHYSIOLOGICAL VARIABLES AMONG COLLEGE LEVEL WOMEN Dr. A. Senthil Kumar Doi No. 08.2016-32283471 DOI Link:: http://doi-ds.org/doi/10.2016-32283471	INDIA	26-33
5.	A STUDY OF MENTAL TOUGHNESS OF NORTH ZONE INTERVARSITY BATSMEN Dr. Ramesh Chand Yadav Doi No. 08.2016-17642281 DOI Link:: http://doi-ds.org/doi/10.2016-17642281	INDIA	34-37
6.	INVESTIGATION OF COMPETITIVE BEHAVIOUR OF MALE BASKETBALL PLAYERS Kaneez Fatima & Dr. Jai Shankar Yadav Doi No. 08.2016-63328136 DOI Link:: http://doi-ds.org/doi/10.2016-63328136	INDIA	38-43
7.	RELATIONSHIP AMONG ANXIETY, SELF-CONCEPT AND SELF-CONFIDENCE OF MALE AND FEMALE FOOTBALL PLAYERS Rohit Yadav & Dr. Jaishankar Yadav Doi No. 08.2016-54413732 DOI Link:: http://doi-ds.org/doi/10.2016-54413732	INDIA	44-48
8.	INVESTIGATION OF PSYCHOLOGICAL SKILLS AMONG MALE PLAYERS OF INDIVIDUAL, TEAM AND COMBAT GAMES Liyakat Ali & Dr. Jai Shankar Yadav Doi No. 08.2016-19662676 DOI Link:: http://doi-ds.org/doi/10.2016-19662676	INDIA	49-54

EDITORIAL

I feel pleasure that the volume 6, NO. 3, July , 2016 “Indian Journal of Physical Education, Sports and Applied Sciences” from the state of Chhattisgarh is out for the readers. This issue of IJPESAS contains 08 research articles on important aspect of physical education, sports and applied sciences. The lead article by the young physical educationist are given below:

Prabhu, B, Naik & Ajay R. E. (Karnataka) investigated the academic stress levels in school attending male and female adolescents who have participated at interscholastic sports with that of students who have never participated. They revealed that the academic stress in boys section between sportspersons and non sportspersons did not differ significantly. At the same time, the academic stress in girls section between sportspersons and non sportspersons differed significantly. **Mishra and Sharma (Chhattisgarh)** compared the academic performance of English medium higher secondary school male and female sportspersons in different school courses. They revealed that Male and female sportspersons exhibited mean differences on academic performance in different school courses and total academic achievement. Female sportspersons were found better than male sportspersons in overall academic performance. **Roy (Rajasthan)** compared and investigated the upper body strength and endurance of school children of northern tribal region of West Bengal. The results of the study concluded that the upper body strength and endurance improved among boys and girls with advancement of age. The boys were better than girls in their upper body strength and endurance in all age groups. **Kumar (Tamilnadu)** find out the effect of different yoga practice on physical and physiological variables among college level women. It was concluded from the results of the study that Bihar School of Yoga practice and B.K.S. Iyengar Yoga practice has bring positive changes in percent of body fat, high density lipoprotein and Low density lipoprotein as compare to the control group. **Yadav (Assam)** investigated the mental toughness of north zone intervarsity batsmen. The result showed that a low score within the concentration indicate the low performance, which may be a results of inability to regulate the main target of attention before or throughout the competition. you would like to become a far better overall contestant, he can got to place it time and energy for active concentration exercises. **Fatima and Yadav (Chhattisgarh)** revealed that the male basketball players of central zone were found to have higher competitive behaviour than their counter parts. Most of the male basketball player of six different zone exhibited very high competitive behaviour. Competitive behaviour was found to be better predictor of sport performance in the game of basketball. **Yadav and Yadav (Chhattisgarh)** established the relationship among anxiety, self-concept and self-confidence of male and female football players revealed that the positive correlations exhibited by football players among selected psychological variables i.e. self-concept, self confidence, state and trait anxiety. Male football players had greater amount of self concept, state anxiety and trait anxiety compared to female football players of higher secondary schools. But they had lower self-confidence than female counter parts.. **Ali and Yadav (Chhattisgarh)** investigate the psychological skills among male players belong to individual, team and combat games. revealed that Male players of three different type of games exhibited different psychological ability for concentration and pressure. and similarity in adversity, coach-ability, confidence, goal setting and worry factors of psychological characteristics. Male players of combat game had also greater concentration ability and pressure ability than their counter parts.



Dr. Rajkumar Sharma
Editor-in-Chief