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**Aims & Scope :** The Indian Journal of Physical Education, Sports and Applied Sciences (IJPEAS) 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. IJPEAS also publishes: progress articles, case studies, technical articles, editorials, letters to the editor, abstracts from international and national congresses. IJPEAS is published quarterly in March, June, September and December. Supplemental issues are published according when needed.

IJPEAS 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 IJPEAS , the delay in the publishing process is minimal and IJPEAS is unique discussion panel for researchers in the field. IJPEAS 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.

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# INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED SCIENCES

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## EDITORIAL

I feel pleasure that the **Volume 7, N0.4, October , 2017** of “Indian Journal of Physical Education, Sports and Applied Sciences” from the state of Chhatisgarh 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:

**Harikanth and Gajanana Prabhu (Karnataka)** concluded in his investigation that the female sports persons are higher in motivation for participation in sports as compared to their male counterparts in Goa. Female have higher external regulation, identified regulation and overall sports motivation; whereas male have higher intrinsic motivation. **Hassan & Shelvam (Tamil Nadu)** revealed that there is significant difference between mean scores of Leadership (Ld) and Self-Control (Sc) among men and women netball players. **Harikanth and Gajanana Prabhu (Karnataka)** revealed that male and female youth of Goa participating in Non-indigenous sporting events like football and cricket have greater motivation than their counterparts in indigenous sports events. **Chaubey and Sharma (Haryana & M.P.)** revealed the difference among male players of different team games in their speed as well as arm and shoulder strength components. of motor fitness components. **Suri, Sharma and Saini (Delhi)** expressed that various researchers have recorded the positive effect of Zumba on weight, BMI, body fat mass, hormonal profile and reproductive function. Psychosocial aspect of health also shows encouraging results in Zumba intervention. These findings reflect that Zumba intervention can be explored further as a therapeutic tool in Complementary and alternative medicine for improving health and preventing lifestyle diseases. **Malipatil & Patil (Karnataka)** revealed that aggressive behaviour of sportsperson depends upon the beliefs system and mind state of the person. **Kumar (Haryana)** find out that male handball players are having more achievement motivation in comparison to female handball players. **Mehdi (U.P.)** The potency of different personality factors in the prediction of Self Confidence, Achievement Motivation and Locus of Control of an a volleyball. player. **khan (U.P.)** conducted a study on emotional intelligence and personality characteristics of college level students He revealed that significant differences were noticed in Arts and Commerce and Science. Neuroticism is negatively related with emotional Intelligence. **Paul (Punjab)** found that Female cricket players have slow auditory reaction time (ART) & faster visual reaction time (VRT) as compared to female handball players. Female cricket players have poor eye hand co-ordination (EHC) as compared to female handball players. **Tomar, Yadav and Attrey (Haryana)** concluded that spinal loading significantly affects the postural stability. **Vivekanadhan and Kalyan (Kerala)** expressed that the ambi- dexterous players show comparatively good posture than the dexterous players. Posture of the cricket players was the most faty than the other players. In the case of the anterior postural region cricket players and the lateral postural region the volleyball players had the poor postural level as compared to the other players. **Singh (Maharashtra)** demonstrated that the middle of 70 Furthermore 85% of great What's more unsuccessful Competitors could make identifier utilizing general mental measures from claiming identity structure Also temperament state, **Anita & Sharma (U.P.)** revealed that Low Blood Pressure level improved significantly over the eight weeks training period for Chair Yoga Practice and Physical Exercise among working women of Noida. **Sandhu (Punjab)** conducted a study on physiological components required by bhangra dancers. He concluded that the dance is an excellent alternative exercise form improving health related physical fitness elements. The literature of study showed the differences in fitness levels exist between in different Bhangra forms but also in levels of Bhangra performer.



**Dr. Rajkumar Sharma**  
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