

INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED SCIENCES

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

APPROVED JOURNAL DOI-05.2016-44975451

APPROVED JOURNAL DOI-10.17605/OSF/2021

IMPACT FACTOR- 5.684 (SJIF) 5.013(IJIF)

Volume 12

Number 2

April, 2022

EXECUTIVE EDITORIAL BOARD

EDITOR-IN- CHIEF

Dr. Rajkumar Sharma
Sharmagym59@yahoo.co.in

EXECUTIVE EDITOR

Dr. Ashish Kumar Nigam
dr.aknigam@gmail.com

EXECUTIVE SUB-EDITOR

Devarshi Kumar Chaubey
dchaubey47@gmail.com

COORDINATING ADVISORY EDITORS

- Prof. Dr. Ravindra Kumar Yadav**, Department of Physical Education , Rani Durgawati Vishwavidyalaya Jabalpur (M.P.) India dr.rkyadav@yahoo.com
- Prof. Dr. Rajendra Singh**, Director & Head Department of Physical Education Jiwwaji University, Gwalior (M.P.) India jiwajiverifi@gmail.com
- Prof. Dr. S. K. Yadav**, Department of Physical Education D.A.V Vishwavidhalya, Indore (M.P.) India yadavshorya@rediffmail.com
- Prof. Dr. Guru Dutt Ghai** Laxmibai National Institute of Physical Education (Deemed University), Gwalior (M.P.) India ghaiprc@gmail.com
- Prof. S. N. Sharma (Retd.)** Department of Physical Education, Punjab University, Chandigarh (U.T.) India editorinchief@ijsspe.com
- Dr. Sanjit Sardar**, Associate Professor, Department of Physical Education, Guru Ghasidas Central Univrsity, Bilaspur (Chhattisgarh) sanjitsardar@rediffmail.com
- Dr. R. K. Pathania**, Chief Coach, Sports Authority India, Netaji Subash National Institute of Sports, Motibagh, Patiala (PunJab) India pathaniar@yahoo.com
- Dr. Vishal O Banne**, Assistant Professor, Department of Physical Education, Rani Durga Wati University, Jabalpur (M.P.) India vishalbanne.rdu@gmail.com
- Dr. Gulbahar Khan**, Assistant Professor, Department of Physical Education, Noida College of Physical Education, Noida (U.P.) India. khangulbahar007@gmail.com
- Dr. S.SOPHIA** Professor and Head/ ECE, Sri Krishna College of Engineering and Technology, Coimbatore Tamilnadu, India - 641008 sophiasudhir76@gmail.com
- Dr. Sandeep Sankar Ghosh**, Associate Professor, Department of Physical Education, University of Kalyani (W.B.) sandipsankarghosh@klyuniv.ac.in, sandipsankarmal@gmail.com
- Dr. G. Kumaresan**, Associate Professor, Department of Physical education Bharathiar University, Coimbatore (Tamilnadu), India kumtalbarua@gmail.com

NATIONAL ADVISORY BOARD OF REVIEWER'S

- Dr. Ravi Bhushan** Dr. Babasaheb Ambedkar University, Marathwada University, Aurangabad (Mharashtra) India ravi.bhushan32@gmail.com,
- Dr. Santosh Kumar Behera** Assistant Professor, Department of Education, Sidho- Kanho-Birsha University, Ranchi Road, Purulia, (West Bengal), India santoshbehera.jkc@gmail.com
- Dr. Baljit Singh Sekhon**, Dy. Director Sports & Head, Nagaland University -A Central University, (Lumami), India directorsportsnu@yahoo.com
- Dr. Ramesh Chand Yadav**, Lakshmibai National Institute of Physical Education, NERC, Tepesia, Sonapur, Guwahati (Assam) India rcyadav105@gmail.com
- Dr. Vinay Pawar**, Director of Sports, Shirpur Education Society Shirpur Dist Dhule (Maharashtra) India vinay_1034@rediffmail.com

- Dr. Harbans Lal Godara**, Department of Physical Education, Kendriya Vidyalaya Sangthan (Govt. Of India)Lalgarh Jattan - Sriganganagar (Rajasthan) India . harbansbansi@yahoo.co.in
- Dr. Sachin Sinha, Director**, Department of Oral Pathology and Microbiology, Narain Oral and Dental Care ,Malleswaram, Bangalore (Karnataka), India. drsachinsinha@rediffmail.com
- Dr. Jaishanker Yadav**, Associate Professor, Department of Physical Education, Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India, E-mail- jaishankar.cvru@gmail.com
- Dr. Sudhir Rajpal**, Associate Professor, Department of Physical Education, Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India Sudhir.cvru@gmail.com
- Dr. Yuwraj Shrivastav**, Assistant Professor, Department of Physical Education, Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India yuwrajs56@gmail.com ,
- Dr. Anil Kumar**, Assistant Professor, Department of Physical Education Shaheed Bhagat Singh Evening College, Shekh Sarai, Phase-II, New Delhi India dranilbsc@gmail.com
- Dr. Vishwashambhar Jadhav**, Assistant Professor, Department of Physical Education, University of Mumbai (M.S.), India. vishu.physicaledu@mu.ac.in
- Dr. P. Satheesh kumar**: Department of Physical Education, Bharathidasan University, Tiruchirappalli (Tamil Nadu), India satheeshockey@gmail.com
- Dr. H.S. Atwal**, Department of Physical Education, Awdesh pratap university. University, Rewa (M.P.) India drhsatwal@gmail.com
- Dr. Satinder Paul**, Assistant Professor in Akal College of Physical Education, Mastuana Sahib, Sangrur (Punjab), India satinderpaul41@yahoo.in
- Dr. Dharmendra Narwaria**, Sports officer, Jawaharlal Nehru Krishi University, Jabalpur (M.P.) narwarialnupe@gmail.com
- Dr. Kuntal Barua**, Assistant Professor, Sangam University, Bhilwara (Rajasthan) kuntabarua@gmail.com
- Dr. Maniazhagu Dharuman**, Associate Professor, Department of Physical Education, Alagappa University, Karaikudi (TamilNadu)-630003, E-Mail- maniajhagud@alagappauniversity.ac.in
- Dr. Ramneek Jain**, Associate Professor, Department . of Physical Education in APEX University, Jaipur (Raj.) E-Mail- drramneekjain1977@gmail.com , drjainphyedu@gmail.com
- Dr. Sambhu Prasad**, Assistant Professor Rajiv Gandhi University, Dept.of Physical education (Arunachal Pradesh), sambhu.lnipe@gmail.com
- Dr. BinthuMathavan** Assistant Professor, Department of Physical Education Central University of Punjab, Bhatinda sbmathavan@live.com

INTERNATIONAL ADVISORY BOARD OF REVIEWER'S

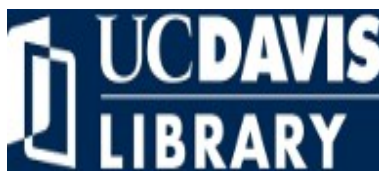
- Prof. Dr. Dilip K. Dureha** , Vice Chancellor, Laxmibai National Institute of Physical Education (Deemed University), Gwalior (M.P.) India vclnipe@gmail.com
- Dr. Pariwatr Paso, Professorm** Sport Science , Faculty of Liberal Arts and Science, Roi Et Rajabhat University, Thailand (Bangkok), Email: manratree@hotmail.com
- Dr. Oyebode TundeSamson**- Head, Department of Human Kinetics and Health Education, University of Ibadan, Ibadan. Nigeria. oyebodetunde@gmail.com
- Dr. Jayampathy K. Dissanayake**, Department of Anatomy, Faculty of Medicine, University of Peradeniya, Sri Lanka, jayamkd@yahoo.com
- Dr. Mehdi namazizadeh** . Associate Professor, Department of Physical Education and Sport Sciences, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran, drmnamazi@yahoo.com
- Dr. Salah.S.Sarteep** College of physical education and sport sciences Salahaddin University –Erbil, Iraq, salah.sarteep@su.edu.krd
- Dr. Jofan Moningka**, Department of Physical Education, Manado State University, Indonesia email : jovanmoningka@gmail.com,
- Dr. Asim Khan**, Assistant Professor, Department of Sport Science, College of Natural Science, Jimma University, Jimma, Ethiopia, khanasim100@gmail.com
- Dr. Ranjit Kumar Dutta**, M.B.B.S., M.S (Orthopedic), Diploma. In Sports Medicine. (JU), Associate professor, Department of Orthopedic Surgery, Jagannath Gupta Institute of Medical science & Hospital, Kolkata - 700137, duttaranjitkumar1952@gmail.com

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) -495009 INDIA
E-mail: sharmagym59@yahoo.co.in
Wsbsite-www.sportscientistsviews.com

INDEXING AND ABSTRACTING





The largest E-Journal Database & Gateway



Journal indexing & Citation Analysis



Pesälaittaja - sisustuksen taitaja



NEXT ISSUE IS GOING TO RELEASE IN THE MONTH OF JULY, 2022

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.com 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 12, NO. 2, APRIL, 2022

N0.	TITLE OF PAPER & AUTHORS	COUNTRY	PAGE NO.
1	A COMPARATIVE STUDY OF PERCEIVED STRESS OF MALE AND FEMALE JUDOKA Teena Pangtey and Dr. R.K.Yadav	India	01-04
2	A COMPARATIVE STUDY OF MENTAL TOUGHNESS OF MEDALIST AND NON-MEDALIST JUDOKAS Teena Pangtey and Dr. R.K.Yadav	India	05-10
3	EFFECT OF YOGA ON SELF CONCEPT OF MALE STUDENTS OF HALIM MUSLIM P.G. COLLEGE, KANPUR U.P. INDIA Dr. Mohammad Wahid	India	11-15
4	IMPACT OF CONTEMPORARY TECHNOLOGIES ON SPORTS Dr. Dharmendra singh Narwaria, Dr. Ashish Kumar Nigam, & Dr. Vivek Badhe	India	16-23
5	ASSESSMENT OF KNOWLEDGE AND HYDRATION AWARENESS AMONG SWIMMERS. Purnima Bharam and Akshada Kocharekar	India	24-29
6	REVIEW OF LITERATURE ON RECENT TRENDS OF REHABILITATION IN URINARY STRESS INCONTINENCE IN WOMEN. Ambuja Bhardwaj and Priyanjali Gautam	India	30-40
7.	REVIEW OF LITERATURE ON SWIMMER SHOULDER IN ATHLETES AND ITS REHABILITATION Ambuja Bhardwaj,Shaurabh Singla and Jaspreet Singh	India	41-48

EDITORIAL

I feel pleasure that the **Volume 12, N0.2, April, 2022** 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:

Pangtey and.Yadav (M.P.) compared the Perceived Stress of Male and Female Judokas.480 judokas. The results indicated male and female judoka did not differ significantly on perceived stress. **Pangtey and.Yadav (M.P.)** compared the Mental Toughness of Male and Female (Medalist and Non-Medalist)Judokas. The results indicated insignificant difference between male medalist and non-medalist judoka on confidence, control sub factor of mental toughness. The female medalist and non-medalist judokas did not differ significantly on any of the sub factors of mental toughness. **Kumari & John (Chhattisgarh)** assessed the correlation between emotional intelligence and problem solving ability of badminton players. It was concluded that emotional intelligence and problem solving skills of badmintons players are embedded in each other and facilitates each other. **Wahid** expressed that mental health can affect daily living, relationships, and physical health. However, Factors in people’s lives, interpersonal connections, and physical factors can all contribute to mental health disruptions. **Narwaria, Nigam, & Badhe (M.P.)** expressed that the computer and sports sciences work as a mutual associate, as sports science associated with the form of use of data, media, models, analysis, historical data and technique patterns. Computer is a prevalent and pioneer gift in modern era. Its changes the human life style and working capacity, Computer science has involvement in every field whether it is agriculture, medical, research, business, education, administration, industry, business and sports. **Bharam and Kocharekar (New Delhi)** conducted to check the knowledge of hydration among the swimmers. It was observed that the swimmers lack the knowledge of hydration they rely on coaches, media, internet to get hydration knowledge which is not sufficient. The amount of water consumption during a day was studied in which it was found that only few swimmers consume the right amount of water as recommended by Institute of Medicine **Ambuja Bhardwaj and Gautam (Punjab)** told that a number of significant risk variables have been discovered, including increasing age and BMI. Stress urine incontinence affects a woman's living circumstances in terms of her professional, interpersonal, mental, physical, and sexual elements of her life. **Bhardwaj, Singla and Singh (Punjab)** discussed tha the acute shoulder subluxation can arise in swimmers with underlying shoulder laxity. Patellar subluxation can arise in people with underlying generalized laxity meniscus tear in an older athlete may be exacerbated. Acute onset of back ache can occur in swimmers. The repetitive hyperextension may additionally cause spondylolysis. In swimmer Shoulder patient rehabilitation is more effective than pharmacological orsurgical treatment as it can cure the problem without any harmful effect and reduce the symptom with exercise.



Dr. Rajkumar Sharma
Editor-in-Chief