

**UGC APPROVED**  
**INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED**  
**SCIENCES**

ISSN 2229-550X (P) & 2455-0175 (O)  
JOURNAL DOI-05.2016-44975451  
IMPACT FACTOR- 4.917 (SJIF) 5.013(IJIF)

---

---

Volume 8

Number 2

April, 2018

---

---

**EDITOR-IN- CHIEF**

Dr. Rajkumar Sharma

**EDITOR**

Dr. Ashish Kumar Nigam

**SUB-EDITOR**

Devarshi Kumar Chaubey

**EXECUTIVE EDITORIAL BOARD**

**Prof. Dr. Dilip K. Dureha** , Vice Chancellor, Laxmibai National Institute of Physical Education (Deemed University), Gwalior (M.P.) India

**Prof. Dr. Ravindra Kumar Yadav**, Department of Physical Education , Rani Durgawati Vishwavidhalaya Jabalpur (M.P.) India

**Prof. Dr. Rajendra Singh**, Director & Head Department of Physical Education Jiwaji University, Gwalior (M.P.) India

**Prof. Dr. S. K. Yadav**, Department of Physical Education D.A.V Vishwavidhalya, Indore (M.P.) India

**Prof. Dr. Guru Dutt Ghai** Laxmibai National Institute of Physical Education (Deemed University), Gwalior (M.P.) India

**Prof. S. N. Sharma (Retd.)** Department of Physical Education, Punjab University, Chandigarh (U.T.) India

**Dr. H.S. Atwal**, Department of Physical Education, Awdesh pratap university. University, Rewa (M.P.) India

**Dr. R. K. Pathania**, Chief Coach, Sports Authority India, Netaji Subash National Institute of Sports, Motibagh, Patiala (Punjab) India

**Dr. Vishal O Banne**, Assistant Professor, Department of Physical Education, Rani Durga Wati University, Jabalpur (M.P.) India

**Dr. Gulbahar Khan**, Assistant Professor, Department of Physical Education, Noida College of Physical Education, Noida (U.P.) India.

**REVIEWERS**

**Dr. Ravi Bhushan** Dr. Babasaheb Ambedkar University, Marathwada University, Aurangabad (Mharashtra) India

**DR. Santosh Kumar Behera** Assistant Professor, Department of Education, Sidho-Kanho-Birsha University, Ranchi Road, Purulia, (West Bengal), India

**DR. Baljit Singh Sekhon**, Dy. Director Sports & Head, Nagaland University -A Central University, ( Lumami), India

**Dr. Ramesh Chand Yadav** Lakshmibai National Institute of Physical Education, NERC, Tepesia, Sonapur, Guwahati (Assam) India

**Dr. Vinay Pawar** Director of Sports, Shirpur Education Society Shirpur Dist Dhule (Maharashtra ) India

- Dr. Harbans Lal Godara** Department of Physical Education, Kendriya Vidyalaya Sangthan (Govt. Of India )Lalgarh Jattan - Sriganganagar (Rajasthan) India .
- Dr. Sachin Sinha, Director,** Department of Oral Pathology and Microbiology, Narain Oral and Dental Care ,Malleshwaram, Banglore (Karnataka), India.
- Dr. Jaishanker Yadav,** Associate Professor, Department of Physical Education,Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India
- Dr. Sudhir Rajpal,** Associate Professor, Department of Physical Education, Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India
- Dr. Yuwraj Shrivastav,** Assistant Professor, Department of Physical Education, Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India
- Dr. Anil Kumar,** Assistant Professor, Department of Physical Education Shaheed Bhagat Singh Evening College, Shekh Sarai, Phase-II, New Delhi India

**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 IMPACT FACTOR BY RENOWED INSTITUTIONS

 <b>INNO SPACE</b> SJIF Scientific Journal Impact Factor <b>SJIF-4.917 (2016)</b>	 <b>International Innovative Journal Impact Factor (IIJIF)</b> <b>Impact Factor- 5.013 (2016-17)</b>
 <b>International Institute For Research Impact Factor Journals (IFJ)</b> <b>Impact Factor-3.992 (2015-16)</b>	 <b>IFSIJ</b> Measure Of Journal Quality <b>Impact. Factor-3.715 (2016-17)</b>
	
	 <i>The Largest E-Journal Database &amp; Gateway</i>
 <b>CiteFactor</b> Academic Scientific Journals	<b>JOURNALS IMPACT FACTOR</b> 
	
 <b>Directory of Science</b>	 <b>Google Scholar</b> <b>AcademicKeys</b> UNLOCKING ACADEMIC CAREERS
<b>Impact Factor-1.03</b>   <b>DIIF</b> <b>DRJI</b>	<b>Digital Online Identifier- Database System</b>  <b>DOIJIF-3.71 (2015-2016)</b>
  INTERNATIONAL STANDARD SERIAL NUMBER Indexing   JIF Evaluation	 
 <b>INDIANScience.in</b>	 <b>OCLC WorldCat®</b>
  <b>ROAD</b> DIRECTORY OF OPEN ACCESS SCHOLARLY RESOURCES <b>TEI</b> türk eğitim indeksi Indexed Turkish Education	 <b>Yellow Browser</b> <b>JOURNAL FACTOR</b>

NEXT ISSUE IS GOING TO RELEASE IN THE MONTH OF July, 2018

**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.

**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](mailto:sharmagym59@yahoo.co.in) or [www.sportsscientistsviews.com](http://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 8, NO. 2, April, 2018

S. NO.	TITLE OF PAPER & AUTHORS	State / Country	PAGE NO.
1	<b>SUITABILITY OF YOGIC INTERVENTIONS TO DEAL STRESS IN YOUNG WOMEN</b> Tangarani and Gajanana Prabhu B.	Karnataka	1-5
2	<b>BRA STRAP SYNDROME IN WOMEN ATHLETES : A CASE REPORT</b> Ranjit Kumar Dutta	West Bengal	6-8
3	<b>CONTRIBUTION OF YOGESHWAR DUTT IN INDIAN WRESTLING AT INTERNATIONAL LEVEL</b> Ravinder Nehra & Dr. Sudhir Rajpal	Chhattisgarh	9-13
4	<b>ATTITUDE OF UNDERGRADUATES TOWARDS PHYSICAL ACTIVITIES AND SPORTS WITH REFERENCE TO SEX AND TYPE OF INSTITUTION</b> Sajan George	Karnataka	14-21
5	<b>AN INVESTIGATION OF ANTHROPOMETRIC MEASUREMENTS AMONG ELITE ATHLETES</b> P. Buvanendiran & Dr. N.D. Virupaksha	Karnataka	22-28
6	<b>EFFECT OF STRENGTH TRAINING ON ARM STRENGTH OF WOMEN CRICKET PLAYERS</b> Sunanth T.S Raj & Dr. G. P Sudheer	Tamil Nadu	29-32
7.	<b>COMPARTISION OF OCCUPATIONAL STRESS BETWEEN MALE AND FEMALE PHYSICAL EDUCATION TEACHERS OF MADHYA PRADESH</b> Shiv Bhushan Pandey	Chhattisgarh	33-37
8.	<b>A STUDY OF OCCUPATIONAL STRESS AMONG TEACHERS WORKING IN DIFFERENT TYPE OF SCHOOLS OF MADHYA PRADESH</b> Shiv Bhushan Pandey	Chhattisgarh	38-41
9.	<b>ASSESSMENT OF BEHAVIOURAL INTENTION, ATTITUDE AND SUBJECTIVE NORMS AMONG SPORTS WOMEN OF DIFFERENT LEVELS OF SPORTS PARTICIPATION AND FITNESS GROUP</b> Dr. Aradhna Sakxena	M.P.	42-46
10	<b>COMPARATIVE ANALYSIS OF EXERCISE OUTCOME BELIEF AMONG SPORTS WOMEN OF DIFFERENT LEVELS OF PARTICIPATION AND FITNESS GROUP</b> Dr. Aradhna Sakxena	M.P.	47-53
11.	<b>ENVIRONMENTAL POLLUTION IN THE SOIL OF KORBA</b> Dr. Mrs. Sapana Pawar	D.G.	54-57

## EDITORIAL

I feel pleasure that the **Volume 8, NO.2, April, 2018** of "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:

**Tangarani and Gajanana (Karnataka)** examined the effectiveness of yogic practice on stress levels of young women pursuing their post-graduation during 2017-18 at Kuvempu University. The results pointed out that the practice of yoga did not have any significant effect on young women. **Dutta (West Bengal)** reported about the bra strap syndrome in women athletes Bra strap syndrome is depressed marks or rawness in the shoulder due to wearing of bras which have narrow or small straps or worn out straps. These causes pain, problems of mobility and even weakness in the arms. **Nehra & Rajpal (Chhattisgarh)** investigated the contributions and achievements of Indian wrestler Mr. Yogeshwar Dutt an Olympian belong to Haryana state. he concluded that in most of the national and International competition of Wrestling, he won Gold medals followed by few silver and bronze medals. **Sajan George (Karnataka)** find out the attitude of undergraduates towards physical activities and sports with reference to sex and type of institution. He concluded that the majority of the male undergraduates had higher attitude towards physical activities and sports when compared with female undergraduates. The students from government and private aided institutions had higher level of attitude towards physical activities & sports when compared with students from private unaided institutions. **Buvanendiran & Virupaksha (Karnataka)** compared the selected anthropometric measurements between basketball and handball elite athletes of Sri Lanka. The results showed that there was significant difference in the selected nine anthropometric measurements between basketball and handball athletes, and not found significant difference in one measurement. **Sunanth & Sudheer (Tamil Nadu)** find out the effect of strength training on arm strength of women cricket players. They revealed that the strength training was made significant improvement in arm strength of the selected subjects. The level of confidence was fixed at 0.05 in all cases. **Pandey (CG)** compared the level of job stress between male and female Physical Education teachers working in higher secondary schools of Madhya Pradesh. He concluded that male and female teachers in physical education were not found satisfied from their job.. **Pandey (CG)** find out the job stress among physical education teachers belong to different type of higher secondary schools of M.P. He revealed that Similarity was observed among physical education teachers in government, aided and unaided schools for occupational stress components of responsibility for persons, under participation, powerlessness and poor peer relations . **Sakxena (M.P.)** analyzed the attitude, belief and behavioural intention of sports women towards regular participation in sports. The results of study revealed that Sports women of all four levels differ significantly only on behavioural intention, But they did not differ on subjective norms . **Sakxena (M.P.)** compared the exercise outcome belief among sports women of different levels of sports participation and fitness group. The results of study concluded that the sports women of different levels of sports achievement and fitness group differ significantly on 'improve your overall health' ; 'take a lot of time'; 'helps you feel good about yourself' ; 'makes you tired and fatigued'; and 'leads to muscle soreness' subscales of Exercise outcome belief only. **Pawar (CG)** revealed the degree of pollution levels in the Korba City. From the analytical data of physico-chemical and selected metallic elements, the conclusion has come the soil of study field was contaminated by the presents of excess amount of undesirable chemicals..



**Dr. Rajkumar Sharma**  
Editor-in-Chief