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EFFECT OF YOGA ON THE STRESS LEVELS OF WOMEN

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ABSTRACT

Today, sports are regarded as a prestigious national concept, and numerous scientific studies have been conducted on the subject. Humans are inherently competitive creatures who strive for perfection in their athletic endeavors. In order to prove their supremacy, women compete against each other. In today's competitive sports environment, this is a great way to get athletes to work hard, sweat, jump higher, throw farther, and show off their physical prowess and endurance. The only way to reach their full potential is to put their skills to use in a variety of sports and activities, as well as to train in a manner that is methodical, scientific, and well-thought out. Human performance has captivated a wide audience ever since the first modern Olympic games. Coaches and researchers, in addition to athletes, are becoming more scientifically literate. More and more people are keeping track of athletic records, and data is meticulously kept by sports officials and the media alike. Athletes' ability to perform at their peak is one of the factors that sustain competition. Research laboratories have grown in size, complexity, and number, which has fueled the study of athletes. The current study compares the level of anxiety among female intercollegiate Kabaddi players. Anxiety is one of the most pressing issues of today's science. Women's anxieties are exacerbated by cultural conflicts, economic hardships, and industrialization. A common deterrent to good performance is anxiety.