

# A Study on The Impact of Yoga OnThe Performance of Rifle, Pistol and Shotgun Shooting Players

Mohammad Anwar Basha

Post Scholar Department of Physical Education, Centurion University, Tekkali (V), Nellimarla (M),  
Vizanagaram, Andhra Pradesh, India, 535003.mobile:9989920333,dr.anwarpd@gmail.com

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## **Abstract:**

Shooting sport requires high level of accuracy and in order to perform well, a shooting player has to deal with various factors that will affect his or her performance. Physiological, psychological and sociological factors affect the performance of a shooting player in various events. The main objective of this paper is to identify and analyze various physiological, psychological and sociological factors in the performance of rifle, pistol and shotgun shooters.

This research work aims to discover alternate practices that are necessary for addressing physiological, psychological, and sociological elements that impact the performance of a shooting player during various competitions, in addition to their regular training Programme. This study also examines the potential advantages and effects that the practice of yoga may have on performance in the sport of shooting. A survey is conducted and the responses are analyzed using statistical methods. The results are analyzed, compared and conclusions were drawn. This paper is based on my PhD thesis. Each and every content is obtained from my thesis only.

**Keywords:** Competitions, Factors, Physiological, Sociological, Shooting.

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## **I. Introduction:**

A variety of factors influence performance shooting player. Postural stability, hand grip strength and fitness being the top three physiological factors that affect the performance of a shooter besides quiet eye, aiming point trajectory, respiratory function, resting heart rate and maximal oxygen consumption. In Psychological category, concentration, motivation and Self- confidence are the major factors apart from attention, Reaction time, mind power and anxiety. In Sociological factors, Beliefs and assumptions, work ethics and literacy are found to be the three most influencing ones alongside language, gender roles, peer pressure and family responsibilities. Regular training of shooting players largely neglects the role of psychological factors. Alternative practices are identified to address physiological, psychological and sociological factors that are affecting the performance of a shooting player in various events alongside regular training. The benefits and impact yoga in sports in particular to shooting sport were investigated. Yoga practice is found to have a substantial impact on the performance of shooting players.

## **II. Objectives**

1. To identify the impact of physiological, psychological, and sociological factors on the performance of rifle, pistol, and shotgun shooters.
2. To evaluate the effectiveness of yoga practices in improving the identified factors.
3. To develop, implement and analyze an integrated training framework combining conventional shooting techniques with yoga-based interventions

## **III. Relevant Review:**

The sport of shooting is characterized by its high level of precision, and it is notable that age does not serve as a limiting factor in terms of ability. However, it is vital to possess proficient abilities and maintain optimal physical fitness, encompassing attributes such as strength, flexibility, endurance, and balance. In order to get an optimal performance, it is imperative for shooters to possess proficient coordination and effectively manage their bodies when participating in competitive events. This particular talent is closely associated with both physical and mental fitness. While considering physiological and psychological aspects, social factors typically hold significance within the realm of sports.

In order to attain elevated levels of performance, shooters must possess various physiological

variables. Therefore, it appears that strength and flexibility are considered significant by shooters and may play a crucial role in minimizing body wobble and attaining optimal performance levels. Furthermore, previous studies have established a correlation between the muscular strength of finger flexors and the deltoid muscle and the manipulation of a weapon's barrel, which in turn has a direct impact on performance.

Physiological considerations constitute an additional collection of variables. The integration of cognitive processes, muscular actions, visual perception, and the neurological system appears to be of significant importance, as it has the potential to generate a proficient sequence of motions that can enhance the shooter's overall performance. Moreover, the cleanliness of the triggering process is closely linked to hand-eye coordination, which has been identified as a potential differentiating factor among various levels of sports performance.

Furthermore, it has been observed that proficient marksmen exhibit a reduced heart rate in comparison to individuals who are new to the skill. The heart rate of shooters is influenced by both physiological factors, such as fitness, and psychological factors, such as worry. Nevertheless, elevated heart-rate variability has an impact on the autonomic nervous system, leading to alterations in arousal levels. Consequently, this could potentially induce a state of increased relaxation among participants, thereby enhancing their overall performance.

A study was conducted to investigate the potential impact of specialized training programmes on the enhancement of physical and physiological factors associated with gunshot accuracy among law enforcement agents. The results of the study indicated that there exist notable correlations between specific physical and physiological factors and the effectiveness of pistol shooting. Nevertheless, conventional training methods sometimes overlook the significance of psychological elements. Additionally, the study suggests that future research should focus on examining the impact of self-regulation and anxiety training programmes on the performance of shooting players, specifically in terms of reducing heart rate and anxiety levels. To effectively overcome these challenges, it is imperative to conduct an extensive investigation into other methodologies that can be incorporated into the training regimen of marksmen.

Yoga, a history spanning over three millennia, has gained recognition in the Western world as a comprehensive approach to health. It has been officially designated by the National Institutes of Health as a kind of Complementary and Alternative Medicine. The term "yoga" originates from the Sanskrit term "yuj," denoting the concepts of union, yoke, joining, as well as directing and concentrating one's attention. Consistent engagement in yoga exercises fosters physical strength, endurance, and flexibility, while also facilitating the development of positive traits such as kindness, compassion, and enhanced self-control.

Additionally, it cultivates a state of tranquility and overall well-being. Consistent engagement in practice also has significant results, including shifts in one's worldview, heightened self-consciousness, and an enhanced capacity to embrace life with vitality and authentic pleasure. The vigorous practice of yoga induces a physiological condition that is contrary to the flight-or-fight response to stress. The break in the stress response enables the achievement of a condition of balance and coherence between both the body and the mind.

The initial exposition of yoga philosophy and practice can be attributed to Patanjali, who documented these teachings in the renowned treatise known as the Yoga Sutras.

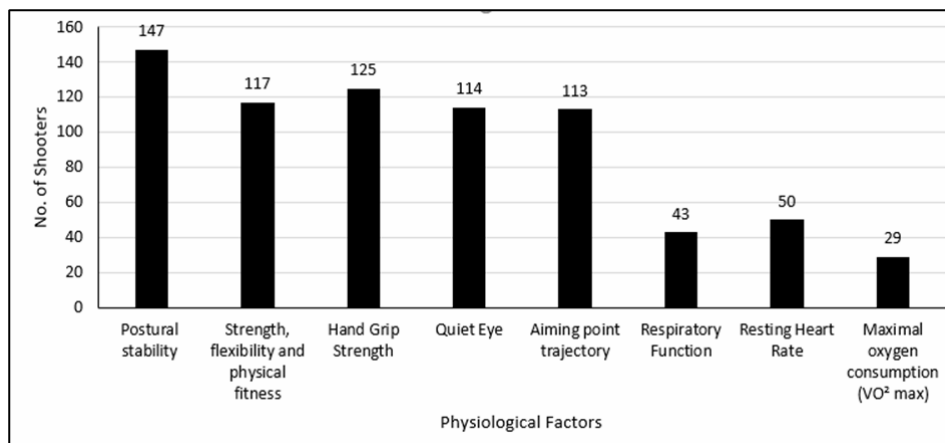
#### **IV. Methodology:**

Based on the aforementioned opinions, a survey was conducted on 255 Shotgun, Rifle and Pistol shooting players across India. The survey was aimed at identifying physiological, Psychological and sociological factors that are affecting the performance of a shooting player in various events. The survey is primarily focused to identify various factors categorically and then prioritize which factors are the most influential. Once the factors are prioritized categorically, appropriate measure can be taken to minimize their effects on the performance of the shooting player.

#### **Identifying various factors**

##### **A) Physiological factors**

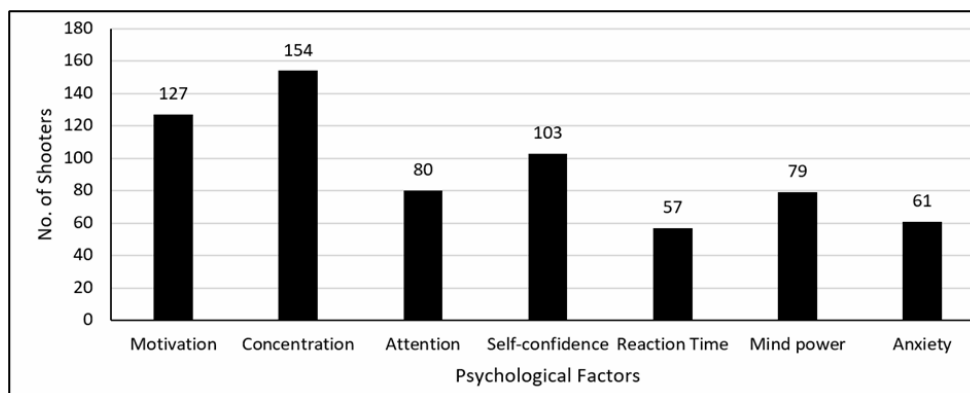
Responses for Physiological factors obtained from the survey are sorted according to each factor. Figure 1 depicts all responses on physiological factors.



*Figure 1 Various Physiological factors affecting the performance of a shooter*

**B).Psychological factors**

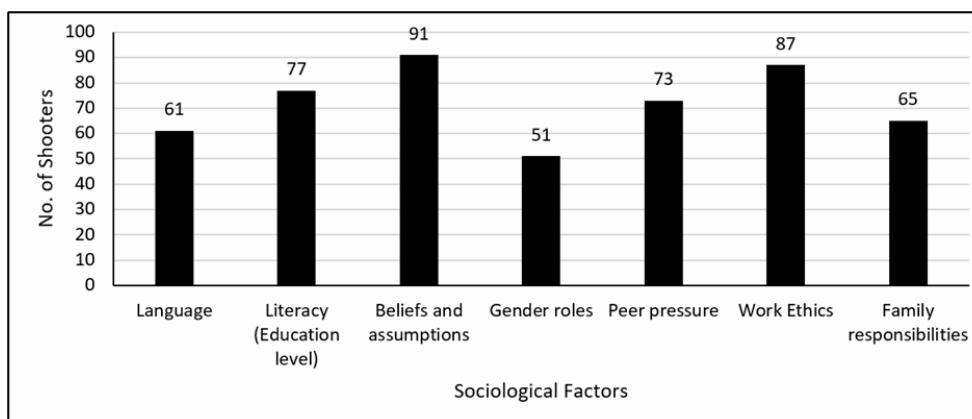
Responses for psychological factors obtained from the survey are sorted according to each factor. Figure 2 depicts all responses on psychological factors.



*Figure 2 Various Psychological factors affecting the performance of a shooter*

**C).Sociological factors**

Responses for Sociological factors obtained from the survey are sorted according to each factor. Figure 3 depicts all responses on sociological factors.



*Figure 3 Various sociological factors affecting the performance of a shooter*

**V. Analysis**

The collected data of the responses from the survey is tabulated and the qualitative responses were converted to quantitative responses using rubrics on the scale of 1-4. One-way ANOVA is used to compare the responses of the shooters who practiced yoga with the shooters who have not practiced yoga, factor wise. The following hypothesis were considered:

Null Hypothesis,  $H_0$  = There is no significant difference between the groups ( $p \geq 0.05$ )  
 Alternate Hypothesis,  $H_1$  = There is a significant difference between the groups ( $p \leq 0.05$ )  
 The corresponding values are incorporated in Table 3.

*Table 3 Results of One-way ANOVA test on the identified factors*

Physiological Factors	SS	df	MS	F statistic	P-value	F critical
Postural stability	28.80	1	28.8000	34.88199	0.000000087	3.963472
Strength, flexibility and physical fitness	9.80	1	9.8000	14.77101	0.000246053	3.963472
Hand Grip Strength	9.80	1	9.8000	20.68742	0.000019531	3.963472
Quiet Eye	4.51	1	4.5125	11.29030	0.001208215	3.963472
Aiming point trajectory	6.05	1	6.0500	10.84828	0.001488280	3.963472
Respiratory Function	7.20	1	7.2000	12.53571	0.000676974	3.963472
Resting Heart Rate	13.61	1	13.6125	17.91270	0.000062556	3.963472
Maximal oxygen consumption ( $VO_2$ max)	6.61	1	6.6125	10.19822	0.002028165	3.963472
<b>Psychological Factors</b>						
Motivation	28.80	1	28.8000	34.88199	0.000000087	3.963472
Concentration	12.01	1	12.0125	26.78985	0.000001719	3.963472
Attention	9.80	1	9.8000	19.11000	0.000037669	3.963472
Self-confidence	4.51	1	4.5125	7.26096	0.008626420	3.963472
Reaction Time	18.05	1	18.0500	32.77998	0.000000184	3.963472
Mind power	31.25	1	31.2500	48.07692	0.000000001	3.963472
Anxiety	12.80	1	12.8000	19.42412	0.000033017	3.963472

It is clearly seen from the table that the p-values for all the factors mentioned above are  $\leq 0.05$  and hence rejects the null hypothesis. Thus, it can be stated that practicing yoga has a significant effect on the performance of the physiological, psychological and sociological factors that are affecting the performance of a shooting player. However, the sociological factors are different for each shooter and hence should be dealt with proper one to one counselling. Therefore, a further research is required to evaluate sociological factors scientifically.

**Group Allocation**

The sample size for group allocation is estimated using Cohen’s d and power analysis for a two-tailed t-Test. For the current analysis, the required sample size is estimated based on the following assumptions:  
 Effect Size (Cohen’s d): 0.8 (Large)  
 Statistical Power ( $1 - \beta$ ): 0.80  
 Significance Level ( $\alpha$ ): 0.05

**Formula for Sample Size Estimation**

The formula for estimating sample size per group for comparing two independent means using a two-sample t-test is as follows:

**VI. Conclusion And Recommendations:**

This research examines the effects of physiological, psychological, and sociological factors on shooting performance. The study aims to provide a comprehensive understanding of the elements that contribute to shooting proficiency, encompassing physical conditioning, mental fortitude, and social influences. Given the intricate nature of shooting sports, this research highlights key physiological components such as endurance, strength, flexibility, and breathing control, all of which play a critical role in achieving stability and precision in shooting.

**Recommendations on Practical Applications in Shooter Training**

The integration of yoga into shooting sports training offers a wide range of practical applications that enhance physical stability, mental resilience, and overall shooting performance. Given the precision-oriented nature of rifle, pistol, and shotgun shooting, implementing yoga-based training methods can significantly improve various aspects of an athlete’s performance. This section explores how yoga can be applied in different phases of training, competition preparation, rehabilitation, and long-term athletic development.

### **Enhancing Physical Stability and Postural Control**

One of the most critical aspects of shooting sports is maintaining a stable posture and body control to ensure precision and accuracy. Shooters must hold their stance for prolonged periods, requiring endurance, balance, and flexibility. Yoga can be integrated into daily training routines to develop core strength, improve posture, and increase flexibility.

### **Breath Control for Precision Shooting**

Proper breath control is essential in shooting sports, as it directly influences stability and shot accuracy. Controlled breathing helps shooters regulate their heart rate and maintain composure under pressure. Pranayama, or yogic breathing techniques, can be used to develop breath control skills in both training and competition settings.

### **Mental Training for Competitive Readiness**

Psychological resilience is a crucial factor in shooting sports, where pressure situations can impact performance. Mental training through yoga can help athletes build confidence, reduce anxiety, and improve concentration.

### **Pre-Competition Warm-Up Routines**

Before a competition, shooters must go through a structured warm-up routine to prepare both their body and mind. Incorporating yoga into warm-ups can optimize performance by increasing flexibility, stabilizing breathing, and enhancing focus.

### **Post-Competition Recovery Strategies**

After a competition, recovery is essential to prevent fatigue and maintain long-term performance. Yoga-based recovery strategies help shooters relax, reduce muscle tension, and reset their mental state.

### **Injury Prevention and Rehabilitation**

Shooting sports involve repetitive movements that can cause strain on muscles and joints, leading to injuries over time. Yoga can play a significant role in preventing injuries and aiding rehabilitation.

### **Customized Yoga Programs for Different Shooting Disciplines**

Each shooting discipline—rifle, pistol, and shotgun—requires unique physical and mental skills. Yoga programs can be tailored to meet the specific needs of each discipline:

- Rifle Shooting: Emphasis on breath control, upper-body stability, and mental focus.
  - Pistol Shooting: Focus on grip strength, balance, and quick reflexes.
  - Shotgun Shooting: Development of core strength, mobility, and sustained focus.
- Customized yoga training ensures that shooters receive targeted benefits relevant to their discipline.

### **Team-Based Training and Coaching Integration**

Coaches can integrate yoga into their training programs to create a holistic development approach for their athletes. Team-based yoga sessions foster camaraderie and provide a structured method for improving group performance.

### **Long-Term Athletic Development**

Shooting athletes often aim for longevity in their careers. By incorporating yoga into their long-term training plans, they can sustain peak performance over extended periods. These practices ensure that shooters maintain their skills and overall well-being throughout their careers.

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