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23. Importance of Cognitive Behavioral Intervention

Dr. Sanjay R. Choudhari

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Abstract

CBIs are designed to teach the use of self-talk or inner speech (verbal self-regulation) to regulate overt behavior. Simply, verbal self-regulation is talking to oneself to guide problem solving or some other behavior. CBIs are often described as stop-and-think strategies. Cognitive behavioral intervention (CBI) is a process by which patients learn to become experts of their own behavior. Through CBI, patients learn to examine their thoughts, recognize when negative thoughts are increasing, and then apply a number of strategies to alter those negative thoughts and emotions. The theory behind CBI is that if people can learn to better understand their thoughts and emotions, then they can also alter them through a host of strategies or exercises. The ultimate goal of CBI is to teach patients how to change undesirable emotions, such as anxiety and anger, that result in maladaptive or destructive behaviors. CBI strategies, all of which are focused on increasing positive behaviors, reducing undesirable or inappropriate behaviors, and promoting self-control, include actionable goals that promote problem-solving, communication, relaxation, and self-awareness. Behavioral and problem-solving techniques are essential in CBT. The types of techniques the therapist will select will be influenced by the conceptualization of the patient, the problem you are discussing, and your objectives for the session.

Keywords: Cbi, Cbt, Anxiety, Depression.

What is CBT

Cognitive Behavioral Therapy (CBT) is a form of psychological treatment that explores the links between thoughts, emotions, and behaviors.

Basics of CBT

CBT is focused on learning to alter your thoughts (cognitions) and your actions (behaviors), which is why it is called cognitive-behavioral therapy. Aaron Beck, known as the Father of CBT, defined three levels of cognition:

1. Core Beliefs

2. Dysfunctional Assumptions
3. Automatic Negative Thoughts

History of CBT

The adoption of cognitive-behavioral therapy progressed slowly over time and was considered controversial during its development. **Dr. Albert Ellis** pioneered behavior therapy in the 1950s with his work on helping patients identify and challenge irrational thoughts. In the 1960s **Dr. Aaron T. Beck** developed the practice for cognitive behavioral therapy. His theories on cognitive distortions helped evolve CBT to what we know today.

CBT Treatment

- Structured and Education
- Collaborative
- Goal-Oriented
- Time-Based

The Strategies

- **Cognitive restructuring:** Involves helping patients better understand and track their negative thinking patterns that lead to negative responses and then devise alternative responses.
- **Activity scheduling:** Involves encouraging patients to gradually engage in behaviors they would normally avoid due to anxiety, fear, etc. The behavior analyst would help the patient schedule these behaviors throughout the week, slowly at first and then increasing in frequency.
- **Mindful meditation:** Involves helping patients eliminate negative thoughts by connecting in the moment through meditation.
- **Problem solving:** Involves helping patients become active participants in finding solutions to their problems; focuses on implementing problem-solving strategies to regain control of their lives.
- **Graded Exposure:** Involves repeatedly introducing something that is feared to gradually reduce anxiety and fear.
- **Successive Approximation:** Involves helping patients break down overwhelming or daunting goals into easily manageable steps.

CBI Used

- Identify the problem
- Define the specifics of the problem (how it occurs, when it occurs, etc.)
- Develop a plan for solving the problem
- Evaluate different strategies for implementing the plan
- Discuss the consequences of implementing the plan and discussing alternative plans
- Agree on a course of action .

When is CBI Used

CBI has been used for decades on children, adolescents, and adults. Just some of the conditions CBI is used to treat include depression, anxiety, post-traumatic stress disorder, obsessive-compulsive disorders, eating disorders, and substance abuse disorders.

What can CBT help with

CBT can help with a variety of everyday problems, such as learning to cope with stressful situations or dealing with anxiety over a certain issue. You don't need a medical diagnosis to benefit from CBT.

- Learning to manage powerful emotions like anger, fear, or sadness
- Managing symptoms or preventing mental illness relapses
- Coping with physical health problems
- Conflict resolution
- Improving communication skills
- Assertiveness training

CBT can be effective for a variety of conditions, either alone or in combination with other therapies or medications. This includes:

In CBT, Problems are Broken down into 5 main areas

- Situations.
- Thoughts.
- Emotions.
- Physical feelings.
- Actions.

These Pillars are Identification, Recognition, and Management

- Identification. The first pillar of CBT is identification.
- Recognition. The second pillar of CBT is recognition.
- Management. The third pillar of CBT is management.

Conclusions

CBT is a goal-oriented, time-based, structured treatment that is effective for a range of mental illnesses such as anxiety disorder and depression. It is the most widely researched psychotherapy and has a strong evidence-based framework that supports the effectiveness of the treatment. Cognitive-Behavioral Therapy (CBT) techniques have been proven to help alleviate anxiety in athletes. CBT for athletes can help them deal with stress inside and outside the world of sports. Championships, games, playing in big arenas, health issues, personal problems – there is no lack of reasons to be stressed. What are the basic goals of CBT. The goal of CBT is to help the individual enact change in thinking patterns and behaviors, thereby improving quality of life not by changing the circumstances in which the person lives, but by helping the person take control of his or her own perception of those circumstances.

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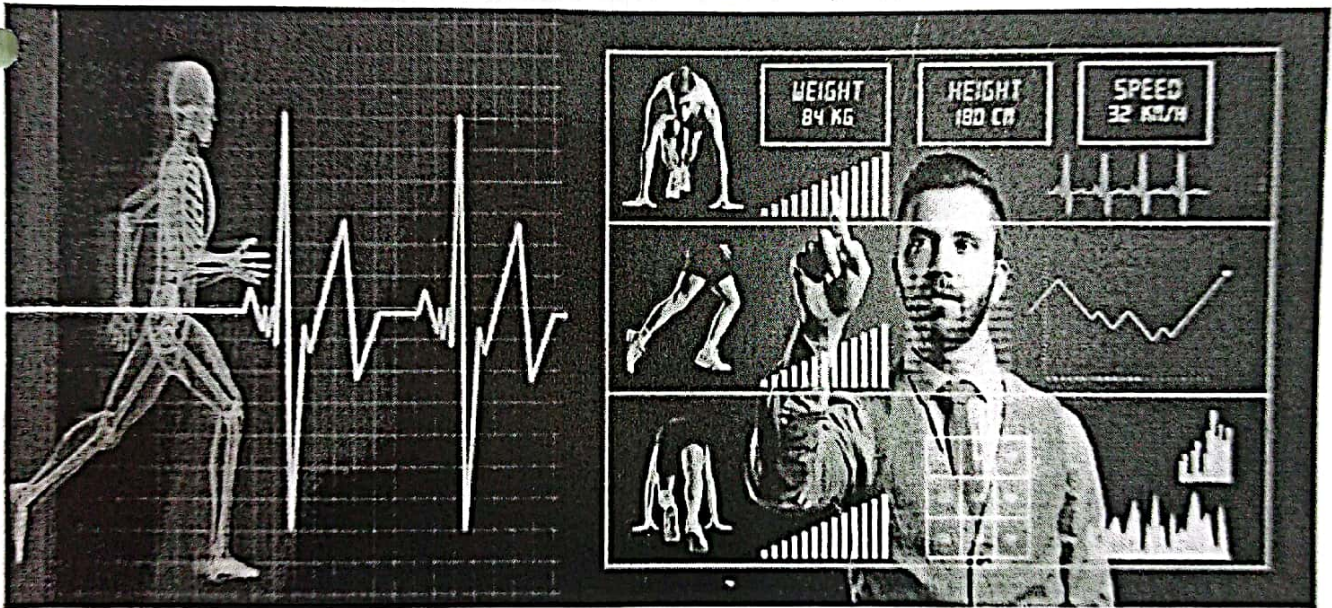
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**Recent Developments And Growth In Physical Education And Sports
Science****Dr. Sanjay Rajaram Choudhuri**

Associate Professor Director of Sports & Physical Education Shri Binzani City College, Nagpur

Abstract

The intention of this paper is to discover the modern tendencies and demanding situations in bodily schooling and sports activities and primarily based totally on those modern demanding situations, destiny tendencies and demanding situations could be mentioned. Technology use in bodily schooling new generation in Physical schooling is gambling a massive position in classes. One of the maximum low-priced and powerful is a easy video recorder. With the usage of a video recorder college students can see the errors they are making in matters, inclusive of a throwing movement or swinging form. Studies display that scholars locate this extra powerful than having a person try and provide an explanation for what they may be doing wrong, after which seeking to accurate it. Educators additionally determined the usage of different technology inclusive of pedometers and coronary heart fee video display units very successful, the usage of them to make step and coronary heart fee dreams for college students. The destiny demanding situations to make this discipline exciting includes an good enough curriculum, enough finances allotment for containing diverse competitions and position of generation to create recognition approximately the significance of bodily sports and sports activities in our each day life. All those problems were mentioned withinside the gift study.

Keywords: Sports, technology, physical schooling, educators, students, activities

Introduction

Students from college to high school are required to practice 2 hours per week, excluding exam periods. Students can play video games like football, badminton, captain ball and basketball for maximum hours. Unusual sports such as contact ball, fencing and skateboarding are always repeated. Sports activities including golf, tennis, shooting and racquetball are played in prestigious middle schools and high schools. Each college conducts a mandatory health check, NAPFA, every 12 months to assess the physical health of students. Students go through a series of fitness tests (Girls will pull up, giant jump, sit down, sit and stretch and 1.6 km (10-12 years) and 2. km middle and 12 years. high school (13-18 years)). Students are graded as Gold, Silver, Bronze or Fail. NAPFA pre-applicants mark an additional 2 months within the mandatory national provider of the country if they achieve bronze or fail. Elementary-high school students must do 2 breaks or 1 hour of exercise during the 12 months and every week before the exam. Video games such as badminton, sepak takraw, soccer, basketball and tennis are available in high schools. Students can transfer their personal exercise system to the educational institution with the permission of the teacher. Colleges don't often do body tests, but colleges list a student's height, weight and bench press, which they can do. Their curriculum includes physical education for students from kindergarten through high school. In kindergarten, the primary grades to the third grade of gymnastics, from the fourth grade of elementary school, you can add the traditional martial art of Pencak Silat and some group video games, including badminton, tennis, soccer, futsal, roundel, basketball, and so on. Starting from middle school, both sexes are separated in physical education class. The exercise form is placed in the non-teaching forms of its area, where university students can specialize in one exercise form of their choice. A sports festival may be held during the break, usually after an exam. Currently, students can compete in another way by bringing their personal class ticket. Some universities, including ITB, include a sports curriculum for freshmen. Many video games are played including basketball, volleyball, cricket, tennis, badminton, kho kho, kabaddi etc. Various exercises and physical education are taught.

Recent developments in sports science

Physical training tendencies have advanced lately to comprise a wider variety of sports except regular sports activities. Introducing college students to sports like bowling, taking walks or hiking, or Frisbee at an early age can assist college students expand right interest behavior so that it will convey over into adulthood. Some instructors have even all started to comprise strain-discount strategies which include yoga, deep-respiratory and tai chi. Tai chi, an historical martial arts shape centered on sluggish



meditative actions is a rest interest with many blessings for college students. Studies have proven that tai chi complements muscular power and endurance, cardiovascular endurance, and presents many different bodily blessings. It additionally presents mental blessings which include enhancing popular intellectual fitness, concentration, attention and fantastic mood. It may be taught to any age scholar with very little system making it best for blended capacity and age training. Tai chi can without problems be included right into a holistic studying frame and thoughts unit. Teaching non-conventional sports activities to college students might also offer the essential motivation for college students to boom their interest, and may assist college students find out about exceptional cultures. For instance, whilst coaching a unit approximately lacrosse in, for instance, the South western United States, college students also can find out about the Native American cultures of the North Japanese United States and Eastern Canada, in which lacrosse originated. Teaching non-conventional (or non-native) sports activities presents a high-quality possibility to combine instructional ideas from different topics as nicely (social research from the instance above), which may also now be required of many P.E. instructors. The components of P.E. are bodily, intellectual, social, and emotional. Another fashion is the incorporation of fitness and nutrients to the bodily training curriculum. The Child Nutrition and WIC Reauthorization Act of 200 required that every one faculty districts with a federally funded faculty meal application expand well being regulations that deal with nutrients and bodily interest. While coaching college students sports activities and motion talents, P.E. instructors are actually incorporating brief fitness and nutrients training into the curriculum. This is greater everyday on the primary faculty level, in which college students do now no longer have a selected Health class. Recently maximum primary faculties have precise fitness training for college students in addition to bodily training class. With the current outbreaks of sicknesses which include swine flu, faculty districts are making it obligatory for college students to find out about practising right hygiene in conjunction with different fitness topics. Today many states require Physical Education instructors to be licensed to educate Health courses. Many schools and Universities provide each Physical Education and Health as one certification. This push closer to fitness training is starting withinside the intermediate level, inclusive of training on bullying, shallowness and strain and anger management. Incorporating neighborhood indigenous know-how into bodily training can cause many significant studies and a manner of studying approximately different cultures. For instance through incorporating conventional know-how from various indigenous agencies from throughout Canada college students may be uncovered to a many ideas which include holistic studying and the medication wheel. A unit can be centered on connecting to an area or feeling whilst outdoors, collaborating in conventional video games, or out of doors environmental training. These varieties of lesson can without problems be included into different components of the curriculum and deliver Aboriginal college students a hazard to comprise their tradition withinside the neighborhood faculty network. Studies were achieved in how bodily training can assist enhance instructional achievement. In a 2007 article, researchers determined a profound advantage in scholar's English Arts standardized checking out college students who had fifty six hours of bodily training in a 12 months as compared to love college students who had 28 hours of bodily training a 12 months.

Future of Physical Education

Physical training need to be individualized. One length does now no longer match all. This is extraordinarily challenging, however with innovative equipment like Physical Best, Fitness for Life, and Fitness gram, bodily educators have become greater like private running shoes than coaches. We need to awareness on interest and nutrients main to right fitness and well being. If we can't do everything, we want to as a minimum do this. Therefore, whilst gambling age suitable video games is critical, our emphasis wishes to be on constructing lifelong talents and attitudes. Being energetic and consuming nicely is important at any age, however it will become a depend of existence or dying as we get older. We can't positioned health withinside the financial institution and use it later; we should maintain energetic and consuming nicely to hold the blessings. We additionally want to emphasise participation and prevent the fashion towards turning into a state of spectators, with some rather professional athletes gambling and absolutely each person else watching. All college students need to be supplied possibilities to each cooperate and compete in bodily sports. Both are critical existence talents, and each may be fun. Our college students need to graduate with an know-how of the important thing concepts of health and nutrients. They need to be knowledgeable clients of interest, nutrients, and well being and be geared up to anticipate self-obligation for his or her personal fitness thru prevention. And.



please, let's ensure our K-12 faculties offer a logical scope and sequence—let's educate articulated curriculums and now no longer simply bump the volleyball for thirteen directly years. Finally, we should embody era to efficaciously talk our message and get humans moving. New improvements can assist youngsters emerge as bodily energetic whilst gambling video video games and offer motivation for folks who in any other case wouldn't be energetic.

Role of Technology

Technology use in bodily schooling new generation in Physical schooling is gambling a massive position in classes. One of the maximum less expensive and powerful is a easy video recorder. With using a video recorder college students can see the errors they are making in matters which include a throwing movement or swinging shape. Studies display that scholars discover this greater powerful than having a person attempt to give an explanation for what they may be doing wrong, after which looking to accurate it. Educators additionally discovered using different technology which include pedometers and coronary heart fee video display units very successful, the use of them to make step and coronary heart fee dreams for college students. Using coronary heart fee video display units in bodily schooling is essential as it allows college students recognize how workout impacts their body. Other technology that may be utilized in a Physical Education placing might consist of video projectors, GPS or even gaming structures which include Kinect, Wii Fit and Dance Dance Revolution. Projectors may be used to reveal college students matters which include right shape or the way to play positive games. GPS structures may be used to get college students lively in an outside placing and lively exergames may be utilized by instructors to reveal college students an excellent manner to live in shape inside and outside of the school room placing. Another form of generation this is usually utilized in Physical Education is using pedometers. Pedometers do now no longer always song how a ways someone is going, however it permits them to understand the range of steps they may be making. It will allow them to understand what number of steps on common they may be making.

Conclusion

A clean end drawn from all of the proof up to now is that, possibly along side tune and MFL, a topic professional have to be brought into number one faculties nationally. It is consequently recommended that professional number one PE instructors are trained, and that this be brought as a country wide strategy (Blair and Capel, 2008; Carney and Howells, 2008). These have to nonetheless be number one instructors with the information and know-how of the holistic nature of this profession, now no longer 're-badged' secondary instructors. As such, the HE quarter wishes to embody this imaginative and prescient and possibly, a) create a shape wherein there are appropriate, and specific, undergraduate programmes in number one PE which feed into an present PGCE route, GTP or SCITT, and b) create higher go difficulty hyperlinks among the topics of number one schooling and PE provision to allow this creation. This may additionally assist to relieve the troubles created via way of means of the governments contemporary power farfar from the conventional university primarily based totally undergraduate coaching tiers toward the greater publish graduate, school room primarily based totally schooling being mooted via way of means of Gove (2010). Finally, higher CPD for the present number one quarter may be wanted withinside the intervening time length particularly for folks who might need to take in this position till the primary experts are trained. Although a whole lot proof collected for this look at indicated that this could 'de-skill' number one instructors in their capacity to supply curriculum PE, the large majority of these concerned on this studies believed it'd bring about the great mastering enjoy for the child, and this have to truly be the maximum essential component withinside the improvement of children.

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**A COMPARATIVE STUDY OF PHYSIOLOGICAL VARIABLES OF HIGH AND LOW LEVEL KHO-KHO
PLAYERS OF NAGPUR CITY**

Authored By

Dr. Sanjay R. Choudhari

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Shiksha Nirman Samaj

**A COMPARATIVE STUDY OF PHYSIOLOGICAL VARIABLES OF HIGH AND LOW
LEVEL KHO-KHO PLAYERS OF NAGPUR CITY**

Dr. Sanjay R. Choudhari

Smt. Binzani City College, Nagpur, E-mail: sanj.chou@yahoo.co.in

1.0 Introduction

During the pandemic period the sportspersons like any other member of the society had to face a lot of problems. Moreover, the restricted movement made the maintaining physical fitness very difficult to the sportspersons. This affected their physical as well as physiological fitness. The physiology is very important aspect of the sports as it (sports physiology) applies the concept of exercise physiology to training the athlete and enhancing the athlete's sports performance. As physiology mainly focuses on the functions of structures of human body, one cannot discuss physiology without knowing anatomy. Moreover, the knowledge of physiological status helps the sports coaches to decide what kind of training would be helpful for improving the performance of the players. The physiological parameters play a very important role in the modern competitive sports in production of more excellent performance, because competitions are organized more frequently than ever the sum sets at a place at a particular time it may raise at other place, moreover because of physiological parameters and difference in time the athletes the same time at another place.

It is well known that the individual performance in any sports activities follows diurnal physiological parameters and Kho-Kho is not an exception. Kho-Kho is a game of speed, stamina, endurance, strength and skill. Dodging and controlled sprinting makes the game exciting. Kho-Kho is a game of the participants' physical fitness, strength, speed and stamina and dodging ability. As the level of performance increases the players attains high degree of physical fitness. Regular participation in games significantly contributes to higher level of performance and greater degree of physical fitness amongst the players. With the pandemic provoked lockdowns induced a large reduction in daily physical activity in all the layers of the population, including of course elite athletes, which could have potential negative effects on health. In addition, considering the postponement of most sporting events such, many elite athletes found themselves without short-term performance objectives, while they were psychologically and physically focused on the various tournaments for several months. This new situation could be perceived as very stressful and frustrating, and may lead to the adoption of lifestyle habits that could be detrimental to mental and physical health. In view of the above, a comparative study was carried out to assess the physiological status of high and low level Kho-Kho players of Nagpur City post pandemic period.

2.0 Research Methodology

2.1 Selection of Subjects

The subjects i.e. Kho-Kho players were selected from Nagpur city of Maharashtra. Kho-Kho players participating in District level tournaments were considered as subjects for this study. The Kho-Kho players who won the championship were considered as high level players and the players from runners up teams were considered as low level Kho-Kho players. A total of 60 Kho-Kho players (30 each from high and low level performance) provided the necessary data.

2.2 Primary Data Collection

The primary data related to research criterion and objective of the study was collected by using standardized physiological test. Physiological variables included resting pulse rate, breath holding time, resting blood pressure, lung capacity and respiration rate. The data was collected using an experimental method by the researcher.

2.3 Reliability and Validity of Data

All the standard methods as well as instruments were used for data collection in the present study. The reliability of data was confirmed by establishing the instruments reliability, tester's competency and reliability of the test. The tester's reliability was evaluated together with the reliability of tests.

2.4 Statistical Analysis of Data

Analysis of data was done with the help of suitable statistical tests. The descriptive statistics, such as mean, standard deviation, minimum, maximum, etc. were determined from the collected data. The student's 't' test was used for comparison of means. The data generated during the study was processed using Statistical Package for Social Sciences (SPSS) 18.0 software.

3.0 Results and Discussion

3.1 Resting pulse rate

Table 1: Resting pulse rate of high and low level Kho-Kho players of Nagpur city

	Mean	SD	MD	t'	p
High Level Players	69.3	5.3	-8.5	-3.568	<0.05
Low Level Players	77.8	4.2			

SD: Standard deviation; MD: Mean Difference; 't': 't' ratio; p: Probability

Table 1 presents results of the comparative assessment of the resting pulse rate of high level and low level Kho-Kho players of Nagpur City. The data shows that the mean score for resting pulse rate of high level Kho-Kho players is 69.3 ± 5.3 bpm, while that of low level players is 77.8 ± 4.2 bpm.

3.2 Breath holding time

Table 2: Breath holding time of high and low level Kho-Kho players of Nagpur city

	Mean	SD	MD	t'	p
High Level Players	52.7	6.2	2.4	0.856	Not Significant
Low Level Players	50.3	7.1			

SD: Standard deviation; MD: Mean Difference; 't': 't' ratio; p: Probability

Table 2 presents results of the comparative assessment of the breath holding time of high level and low level Kho-Kho players of Nagpur City. The data shows that the mean score for breath holding time of high level Kho-Kho players is 52.7 ± 6.2 seconds, while that of low level players is 50.3 ± 7.1 seconds.

3.3 Resting Blood Pressure

Systolic blood pressure

Table 3: Systolic blood pressure of high and low level Kho-Kho players of Nagpur city

	Mean	SD	MD	t'	p
High Level Players	133.2	16.7	3.6	0.429	Not Significant
Low Level Players	129.6	17.4			

SD: Standard deviation; MD: Mean Difference; 't': 't' ratio; p: Probability

Table 3 presents results of the comparative assessment of the systolic blood pressure of high level and low level Kho-Kho players of Nagpur City. The data shows that the mean score for systolic blood pressure of high level Kho-Kho players is 133.2 ± 16.7 mm of Hg, while that of low level players is 129.6 ± 17.4 mm of Hg.

3.4 Diastolic blood pressure

Table 4: Diastolic blood pressure of high and low level Kho-Kho players of Nagpur city

	Mean	SD	MD	t'	p
High Level Players	74.9	3.9	-8.7	2.337	<0.05
Low Level Players	83.6	4.1			

SD: Standard deviation; MD: Mean Difference; 't': 't' ratio; p: Probability

Table 4 presents results of the comparative assessment of the diastolic blood pressure of high level and low level Kho-Kho players of Nagpur City. The data shows that the mean score for

diastolic blood pressure of high level Kho-Kho players is 74.9 ± 3.9 mm of Hg, while that of low level players is 83.6 ± 4.1 mm of Hg.

3.5 Lung Capacity

Table 5: Lung capacity of high and low level Kho-Kho players of Nagpur city

	Mean	SD	MD	t'	p
High Level Players	4880	250	540	3.715	<0.05
Low Level Players	4340	360			

SD: Standard deviation; MD: Mean Difference; 't': 't' ratio; p: Probability

Table 5 presents results of the comparative assessment of the lung capacity of high level and low level Kho-Kho players of Nagpur City. The data shows that the mean score for lung capacity of high level Kho-Kho players is 4880 ± 250 cc, while that of low level players is 4340 ± 360 cc.

3.6 Respiration Rate

Table 6: Respiration rate of high and low level Kho-Kho players of Nagpur city

	Mean	SD	MD	t'	p
High Level Players	14.2	2.1	-2.3	2.527	<0.05
Low Level Players	16.5	1.8			

SD: Standard deviation; MD: Mean Difference; 't': 't' ratio; p: Probability

Table 6 presents results of the comparative assessment of the respiration rate of high level and low level Kho-Kho players of Nagpur City. The data shows that the mean score for respiration rate of high level Kho-Kho players is 14.2 ± 2.1 /min, while that of low level players is 16.5 ± 1.8 /min.

4.0 Conclusions

4.1 Resting pulse rate

- From the study results it is evident that there is significant ($P < 0.05$) difference in the resting pulse rate of high and low level Kho-Kho players of Nagpur city.

4.2 Breath holding time

- From the study results it is evident that there is no significant difference in the breath holding time of high and low level Kho-Kho players of Nagpur city.

4.3 Systolic blood pressure

- On the basis of the study results it is evident that there is no significant difference in the systolic blood pressure of high and low level Kho-Kho players of Nagpur city.

4.4 Diastolic blood pressure

- On the basis of the study results it is evident that there is significant ($P < 0.05$) difference in the diastolic blood pressure of high and low level Kho-Kho players of Nagpur city.

4.5 Lung Capacity

- In view of the study results it is evident that there is significant ($P < 0.05$) difference in the lung capacity of high and low level Kho-Kho players of Nagpur city.

4.6 Respiration Rate

- From the study results it is evident that there is significant ($P < 0.05$) difference in the respiration rate of high and low level Kho-Kho players of Nagpur city.

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