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# Sports Research

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## Editorial

*True to our commitment, of giving a new and improved look to the quarterly 'Sports Research', in the year 2013, we have placed in your hands this colorful issue of the Journal.*

*Also, as a first step towards the on-line publication of this journal, we have placed the abstracts of the published articles, on the Institute website. The interested readers would be able to secure a copy of the required article, on reasonable payment.*

*This issue carries seven research articles on Sports Psychology, Sports Anthropometry, Sports Physiology and Yoga.*

*In the lead article, the researchers have tried to determine the correlation between the selected anthropometric and specific fitness tests and have presented a regression equation for the prediction of 100 m performance of male athletes.*

*The second article studies the sport competition anxiety with reference to gender and performance, and concludes that individual differences, gender role, type of the task, situation, and degree of difficulty of the task, play an important role in the occurrence and outcome of anxiety.*

*The third article examines the possible differences in the psychological skills of senior male and female elite athletes. The analysis reveals that while male and female athletes differed significantly with regard to the negative energy, the male athletes have slightly higher motivation and positive energy ; and that the female athletes can control negative emotions as fear, anger, frustration, envy, resentment, rage and temper better than the male athletes.*

*The fourth article analyses the aggression differentials among judokas. The researchers conclude that although no significant differences were found between the champions and non-champions, the champions were found to have a little higher level of aggression.*

*The next article explores the rather rarely studied phenomena of relationship of waist-hip ratio and body mass index with the blood pressure, among healthy college-going female. Although, no significant relationship was found between waist-hip ratio with the systolic and diastolic blood pressure, its relationship with the body mass index was quite significant.*

*The researchers of the sixth study conclude that although the sportspersons of Hyderabad physical education colleges showed superior performance in many motor ability and psychological components, they need to improve in many of these parameters, in order to attain the perfect level.*

*The last article reveals that a six-week yoga training could significantly improve the blood pressure and pulse-rate ; and could significantly reduce the anxiety and aggression level of the young college girls.*

*We hope you would find these presentations quite interesting and useful. Any suggestions from your side, for the improvement of the quality of the journal would be welcome.*

January, 2013



Dr. L.S.Ranawat  
Executive Editor