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**Effect of Hatha Yoga on Stress and Recovery of Female Collegiate Athletes**

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*Int J Exerc Sci* 2(1): S32, 2009. **PURPOSE:** To determine the acute effect of Hatha yoga participation on stress and recovery of collegiate female athletes (cross country, soccer and volleyball). **METHOD:** Twenty five healthy female athletes were randomly divided into two groups, experimental (Yoga, Y; n=14, age=19.3±1.3 years) and control (No Yoga, C; n=11, age=19.7±3.6 years). Hatha yoga was performed on four consecutive days, at 30-40 minutes per session, and consisted of breathing exercise, meditation, asanas/postures, sun salute, and relaxation. Participants continued usual training with their respective teams. The Recovery-Stress Questionnaire for Athletes (RESTQ-Sport) was completed 2 days before and one day after four consecutive days of yoga (Y) or no yoga (C). **RESULTS:** There was a significant decrease ( $p = .008$ ) in global stress scores ( $2.58 \pm .94$  to  $2.01 \pm .68$ ) for Y, but not C ( $2.60 \pm .55$  to  $2.41 \pm .85$ ,  $p = .132$ ). Global recovery scores for Y ( $2.86 \pm .59$  to  $2.82 \pm .00$ ,  $p = .405$ ) and C ( $2.95 \pm .70$  to  $2.95 \pm .61$ ,  $p = .527$ ) were unchanged pre to post. **CONCLUSION:** Hatha yoga practice appears to decrease stress in collegiate female athletes. Thus, appropriate incorporation in the training program may reduce negative effects of overtraining.

