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A STUDY OF EFFECT OF YOGIC PRACTICES ON PSYCHOLOGICAL PROFILE OF POWERLIFTING PLAYERS

Mr. Mohammad Kaleem Ali Rizvi[1] (Research Scholar)
Dr. Nisar Husain[2], (Professor)
[1,2]Department of Physical education, Swami Vivekanand University, MP

ABSTRACT

This paper discusses the effect of yogic practices on psychological profile of Powerlifiting players. The analysis of data gathered from research samples. The variations in psychological profile and yogic parameters of powerlifting players in connection to pre-test, post-test, & adjusted post-test scores were examined in three groups: physical exercise, Yogic Practices, and control groups. To meet the current study's goal, 60 powerlifting players were chosen at random as participants, ranging in age from 14 to 16 years. As a consequence, the collected data were properly interpreted with previous research and reported in this paper along with graphical representations. The result findings on physical variables show that the psychological profile group had a greater impact than the Yogic Practices group. It was determined from this that owing to similarities in psychological training, there are opportunities to build physical variables.

KEYWORDS: Physical education, Yoga, psychological *fitness and Powerlifiting players, anxiety, self concept*

INTRODUCTION

Yoga offers inner strength, sharpens the brain, and physical sustenance to our bodies; people all over the world do yoga. The understanding of yoga is gradually deepening. Along with formal education, numerous yogic practices such as Suryanamaskars, asanas, pranayama, and meditation were incorporated in ancient Indian educational systems. They were, however, disregarded in the new educational system. In the new school system, only bookish knowledge, tests, and career orientation have taken precedence. The majority of kids in our nation have no notion what they want to do with their lives and are confused. We still believe in traditional classroom instruction. The majority of them lack play areas. Physical, cultural, and sporting activities are given little weight. We have largely ignored the science of yoga, which is the sole tool capable of bringing about entire personality development. Yoga was developed by ancient Indian sages and has been updated over decades. Yoga's importance for general health and its preventative and curative benefits is becoming more widely acknowledged in current times.

It is a period of intense mental growth from the beginning of the eighth to the conclusion of the sixteenth year. During this stage, when the cortical regions of the brain are rapidly growing, organized activities should be encouraged. Nature has endowed children with the ability to heal swiftly from traumas. Furthermore, they have an innate sense that allows them to respond quickly in order to avoid accidents and muscle damage. They enjoy diversity and pace. They are more interested in doing asanas in various combinations and permutations. Their adaptable bodies allow them to learn any asana in a short amount of time.

As a result, teaching yoga movements to primary school students is preferable. At this age, children require guidance in both their physical and mental lives. Yoga practices provide the required guidance in this regard. Yoga, an ancient Indian science, is a deliberate method for achieving mastery over the mind and, as a result, growing quicker from the animal level to normal human beings and reaching the pinnacle of excellence. Taking these perspectives into account, it is thought that there is a need to teach yoga education to students beginning at the elementary level, alongside other disciplines of the curriculum. Yoga offers inner strength, sharpens the brain, and physical sustenance to our bodies; people all over the world do yoga. The understanding of yoga is gradually deepening.

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In today's society, maximum conveniences and facilities are offered to promote comfort and happiness in life. But man is not psychologically serene, and he continues to need more and more, never satisfied, regardless of the level of intelligence acquired. This is due to the man's belief that happiness derives from the outside world. The investigator believes that yoga and physical workouts are the only remedies to this problem, and that yoga and physical exercises should be stressed in order to make life meaningful and goal-achieving, and therefore the researcher did this study.

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In an increasingly stressful culture, almost everyone believes that means of health and well-being. Yogic exercise is essential for improving the performance of powerlifting players. As a result, an attempt was made to determine the extent to which yogic practices on psychological profile are required to improve the performance of powerlifting players.

OBJECTIVES OF THE STUDY

- To find out the effect of Yogic practices on selected Psychological variables.

LITERATURE REVIEW

Chris C. Streeter et al. (2010) investigates whether changes in mood, anxiety, and GABA levels are particular to yoga or related to physical exercise. The yoga respondents (n = 19) reported higher mood improvement & lower anxiety than walking group (n = 15). Positive relationships were found b/w better mood, decreased anxiety, and thalamic GABA levels.

C. S. Chong et al. (2011) conducted a comprehensive study and critical evaluation of the efficacy of yoga on stress management in healthy individuals. The systematic review was based on eight RCTs and CCTs that found yoga to have a favorable effect on stress levels or stress symptoms. This study discovered that yoga had a favorable effect on stress reduction in healthy adult populations. However, because of small number of studies & the related methodological issues, the results should be regarded with care. More research should be done to determine yoga's long-term benefits and the underlying biological mechanisms that lead to its stress-reduction impact.

Kaitlyn P. Roland et al. (2011) study if yoga practice improves physical fitness and function in older persons. A thorough search found 507 papers, of which 10 trials with 544 participants (69.6 6.3 yr, 71% female) were considered. The wide range of yoga methods and measuring outcomes makes interpreting results across research difficult.

S. Telles, N. Singh, and A. Balkrishna (2012) review eleven research indexed in PubMed that used yoga and meditation to treat mental health conditions caused by trauma. The goal was to assess the effectiveness of yoga in treating trauma-related depression, anxiety, PTSD, & physiological stress caused by natural disasters, war, interpersonal violence, & incarceration at a correctional facility. An attempt has also been made to investigate putative processes behind the observed advantages. Because the majority of these studies were not conducted on traumatized people who practiced yoga, this is a clear field for further study.

Li, Amber W., and Carroll-Ann W. Goldsmith (2012) conducted a review of the findings of human studies evaluating effect of yoga in alleviating signs & symptoms of stress & anxiety. There was a significant decrease in stress &/or anxiety symptoms when a yoga regimen was implemented in 25 of 35 trials addressing effects of yoga on anxiety and stress; however, many of studies were also hampered by limitations such as small study populations, lack of randomization, & lack of a control group.

The purpose of Davy Vancampfort et al(2012) study was to conduct a comprehensive evaluation of randomised controlled trials (RCTs) examining physical therapy on binge eating & physical and mental health in BED patients. Three randomized controlled trials (RCTs) including 211 female community patients (aged 25–63 years) passed all selection criteria. Data from a review show that aerobic & yoga workouts lower number of binges & BMI of BED

patients. Aerobic exercise also helps to alleviate depression symptoms. BMI is reduced only when cognitive behavioral treatment (CBT) is combined with aerobic exercise, not when CBT is used alone.

As a consequence of adopting Yoga Ed. Tools for Teachers program, David Dapeng Chen et al. (2014) investigate perceived advantages of introducing yoga-based activities into classroom instruction. Over the course of two days, licensed Yoga Ed instructors educated 183 physical education and classroom teachers. These teachers, in turn, carried out yoga-based exercises for 5 - 15 minutes every day for a year.

Davy Vancampfort et al. (2014) investigated effect of physical therapy on eating pathology and physiological and psychological indicators in individuals with anorexia & bulimia nervosa compared to normal treatment or a wait-list condition. The major findings show that aerobic and resistance training dramatically enhance muscular strength, BMI, and body fat percentage in anorexic patients. Furthermore, aerobic exercise, yoga, massage, and basic body awareness treatment dramatically reduced eating pathology & depressed symptoms in individuals with anorexia & bulimia nervosa. There were no documented side effects.

Marcos de Souza Moura et al. (2015) investigated antidepressant effects of exercise on depressive symptoms, & & other 30.7 percent of studies improved only in general physiological aspects, such as increased oxygen uptake, increased blood glucose use, & decreased body fat percentage, with no improvement in depressive symptoms. 71.4 percent of the participants in the study were women, and 85 percent had mild to moderate depression, while only 15 percent had moderate to severe depression.

The purpose of Joshua C. Felver et al (2015) study was to examine acute effects of engaging in a single yoga session against a single normal physical education (PE) class on student mood. Forty-seven high school students completed self-report questionnaires evaluating mood and affect before & after a single yoga lesson & a single PE class one week later. Data were analyzed using paired-samples testing, Wilcoxon-signed ranks tests, & effect sizes were compared b/w two conditions. The findings imply that school-based yoga may give pupils with advantages that go beyond physical activity. Future studies should focus on the different psychological and physiological impacts of yoga practice vs PE exercises.

Edith Meszaros Crow et al. (2015) found that yoga has a favorable effect on lowering pain & functional impairment in spine. The purpose of this research is to undertake a comprehensive evaluation of available research on the Iyengar yoga method and its usefulness in alleviating back and neck pain (defined as spinal pain). In the patient-centered outcomes, this systematic review showed significant evidence for short-term effectiveness but low evidence for long-term effectiveness of yoga for persistent spine pain.

Nicole Butterfield et al. (2017) investigate the function of yoga in anxiety & depression treatment, the development of mindfulness & self-compassion, and the implications for mental health care delivery & mental health professionals, with a special focus on nursing practice. There is empirical data to support the use of yoga as an adjuvant or combination treatment for stress, anxiety, & depression management.

Herpreet Thind (2017) investigates the impact of yoga on glycemic management in type 2 diabetic individuals (T2DM). Comprehensive electronic database searches yielded 2559 distinct papers including pertinent key phrases. Result: After removing duplicates, our search

method yielded 2559 unique entries. Following an initial screening of abstracts, 132 publications were chosen for full-text evaluation.

Rita B.Domingues (2018) investigates the impact of contemporary postural yoga (with a significant emphasis on physical postures) on PMH markers in clinical and nonclinical groups. Mindfulness, affect, resilience, and well-being were the most prevalent PMH markers, followed by life satisfaction, self-compassion, empathy, and others. Across the 14 research examined, results ranged from considerable beneficial benefits of yoga practice on outcome variables to no significant effects, both in regard to baseline levels & in reference to control groups.

S Sivasankar and V Vallimurugan (2019) investigate the impact of yoga practices and physical workouts on several physical and physiological characteristics in Information Technology professionals. The ANCOVA was used to determine if there was a significant difference in each criteria variable between groups. Since three groups were compared, anytime the 'F' ratio for the adjusted post-test means was found to be significant, Scheffe's post hoc test was employed to discover any paired mean differences. The study's findings indicated that yogic practices and physical exercise groups significantly improved on selected physical & physiological indicators as compared to control group.

Kristen Silveira et al. (2019) looked at cognitive, physical, and psychosocial results after controlled trials of yoga for ABI. The search yielded six relevant papers, four of which were particularly about stroke rehabilitation. Within-group gains in psychological & physical adjustment, quality of life, & respiratory functioning were identified following yoga for people with ABI in general. results in terms of life quality In order to prove the efficacy of these therapies, future research should include (1) between-group analyses despite presence of control groups, & (2) a standard yoga rehabilitation program encompassing frequency, length, & duration of yoga.

The purpose of Reepa A. Ughreja and Reena A. Ughreja's (2019) study was to analyze available information on effects of physical exercise and yoga on DM, including their influence on TL. The research was carried out in Bangalore. A number of databases, including Google Scholar, PubMed, and Cochrane Review, were searched for relevant papers using keywords such as "diabetes," "type 2 diabetes," "physical activity," "yoga," "TL," and "telomerase activity." The study includes publications of all categories, including randomized controlled trials, systematic reviews, literature reviews, and pilot studies. The research did not include any non-English publications.

Mr Sangappa Heggonda and K Sundar (2020) investigate the influence of yoga, meditation, and brain training activities on chess players' self-confidence. To meet the current study's goal, eighty chess players from Alagappa university affiliated colleges in Tamilnadu, India, were chosen at random as participants. Their ages varied from 18 to 25 years. The analysis revealed that there were significant differences b/w the experimental groups, indicating that brain training exercises group performed significantly better than the yoga training group, meditation training group, and control group in improving the self-confidence of the Alagappa university affiliated colleges inter-collegiate chess players.

Daniel A. Hackett et al. (2020) studied the influence of training phases on physical & physiological characteristics in male natural powerlifters. During the competition phase, there was a substantial increase in leg lean mass (2.3 percent, $p = 0.04$), but no changes in other

body composition measurements were detected. There was no change in any health parameter except for a tendency toward enhanced urinary creatinine clearance during the competition phase (12.5 percent, p = 0.08). During the competition phase, there was a substantial drop in lower body training volume (75.0 percent, p = 0.04) & a tendency for a decrease in total calorie intake (17.0 percent, p = 0.06). Despite changes in training & nutritional patterns, it appears that muscle performance, body composition, & health status in male natural powerlifters stay generally consistent across training periods.

The goal of Jorge Giménez-Meseguer et al(2020) study was to conduct a systematic review and meta-analysis to determine effect of physical exercise on mental problems, quality of life, abstinence, & desire, as well as to compare the effect of exercise based on the kind of program. The databases PubMed, Web of Science, and Scopus were used to search for publications. Studies that assessed the immediate effects or long-term effects (≥2 weeks) of exercise in people with alcohol use disorders or drug use disorders were chosen. The findings also suggested a beneficial effect on desire (SMD = 0.89 (CI: 0.05, 1.82); z = 1.85, p = 0.06). Body–mind exercises and programs aimed at improving physical conditions yielded comparable effects in terms of mental diseases and quality of life.

Padmavathi Kora et al(2021) research aims to investigate the influence of yoga & meditation on brain waves related to physical & mental wellness. The brain wave classification procedure is divided into three phases (steps): I preprocessing, (ii) feature extraction, and (iii) classification. This paper reviews ways for interpreting brain signals (Electroencephalogram (EEG)) during yoga and meditation.

RESEARCH METHODOLOGY

The study's dependent variables include psychological factors of powerlifting players, whereas the independent variables are yoga and physical workouts among powerlifting players. The selected psychological variables are- Anxiety and Self Concept

COMPETITIVE SPORT ANXIETY INVENTORY –Rainer Martens et.al,

The CSAI was updated to provide a sport-specific questionnaire that assessed the cognitive and somatic components of A-state. The CSAI –2 was designed with subscales to assess not just cognitive state anxiety and somatic anxiety, but also fear of bodily injury and generalized anxiety. A rigorous Psychometric procedure was used to produce the CSAI-2 as a sport-specific measure of multidimensional A-state. The CSAI-2 is an A-state inventory developed to assess current levels of cognitive anxiety, physical anxiety, and self-confidence in competitive contexts. The CSAI-2 was built primarily as a research instrument. It was given three hours prior to the competition. It was suggested that the title on the form supplied to the subjects be Illinois self-evaluation questionnaire when giving the CSAI-2. This strategy aids in the reduction of inventory bias. Furthermore, the antisocial instructions offered by the creator of CSAI-2 were committed to memory and orally delivered to the respondents with conviction. Before enabling subjects to begin completing the CSAI-2, it was checked to see if they understood the instructions completely, and that their replies were based on how they felt at the time.

SCORING

Not at all-1

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Somewhat -2
Moderately -3
Very much -4

SELF CONCEPT

Rastogi, Mukta Rani To measure, a test questionnaire was employed. A total of 50 products were chosen for the investigation. For each positive and negative statement, a different scoring mechanism was used. The total score for both positive and negative statements was summed together and considered as a divided score.

TABLE 1 THE HIGHEST SCORE POSSESS HIGHEST SELF CONCEPT

SI.NO	RESPONSE	SCORE OF POSITIVE REPONSE	SCORE OF NEGATIVE RESPONSE
1	strongly agree	5	1
2	Agree	4	2
3	undecided	3	3
4	Disagree	2	4
5	Strongly disagree	1	5

COMPUTATION OF ANALYSIS OF COVARIANCE

The individuals were chosen at random, but the groups were not equal in regard to the characteristics to be evaluated, therefore the difference in means between the two groups in the pre-test had to be included during the analysis of post-test variations in means. This was accomplished through the use of covariance analysis, in which the post-means were adjusted for changes in the pre-means and the corrected means were assessed for significance. As a consequence, the collected data were properly interpreted with previous research and reported in this chapter along with graphical representations.

TABLE- 2 DESCRIPTIVE ANALYSIS OF PRE, POST-MEAN AND INCREASE OF MEAN VALUES FOR PHYSICAL

	PHYSICAL EXERCISES GROUP			YOGIC PRACTICES GROUP			CONTROL GROUP		
	PRE-MEAN	POST-MEAN	INCREASE OF MEAN VALUE	PRE-MEAN	POST-MEAN	INCREASE OF MEAN VALUE	PRE-MEAN	POST-MEAN	INCREASE OF MEAN VALUE
Anxiety	23.7	19.8	-3.9	25.1	20.5	-4.6	24.2	23.5	-0.7
Self Concept	119.3	132.1	12.8	116.3	139.2	22.9	117.9	119.3	1.4

GROUP ON CRITERION MEASURES

The above table examined that the mean scores of Anxiety among powerlifting players pre-test in control group is 24.2 then in the post-test is 23.5 Further, it is noted that the mean of Anxiety among powerlifting players pre-test in physical exercise group is 23.7 then in the post-test is 19.8 Next, it is noted that the mean Anxiety among powerlifting players pre-test in yogic group is 25.1 then in the post-test is 20.5 This showed that there is a difference between control

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group, physical exercise group & yogic group in Anxiety among powerlifting players. The above table implied that the mean scores of Self Concept among powerlifting players pre-test in control group is 117.9 then in the post-test is 119.3 Further, it is noted that the mean of Self Concept among powerlifting players pre-test in physical exercise group is 119.3 then in the post-test is 132.1 Next, it is noted that the mean Self Concept among powerlifting players pre-test in yogic group is 116.3 then in the post-test is 139.2 This showed that there is a difference between control group, physical exercise group & yogic group in Self Concept among powerlifting players.

From the above table, it is inferred that the decrease of mean value between pre & post test on anxiety among control group is 0.7, physical exercise group is 3.9 and yogic group is 4.6. The increase of mean value for Anxiety in physical exercise group is greater than the yogic and control group. The increase of mean value in Self concept among control group is 1.4, physical exercise group is 12.8 and yogic group is 22.9. The increase of mean value for Self concept in yogic group is greater than physical exercise & control groups. It is implied that the yogic exercises among powerlifting players improve the psychological variables.

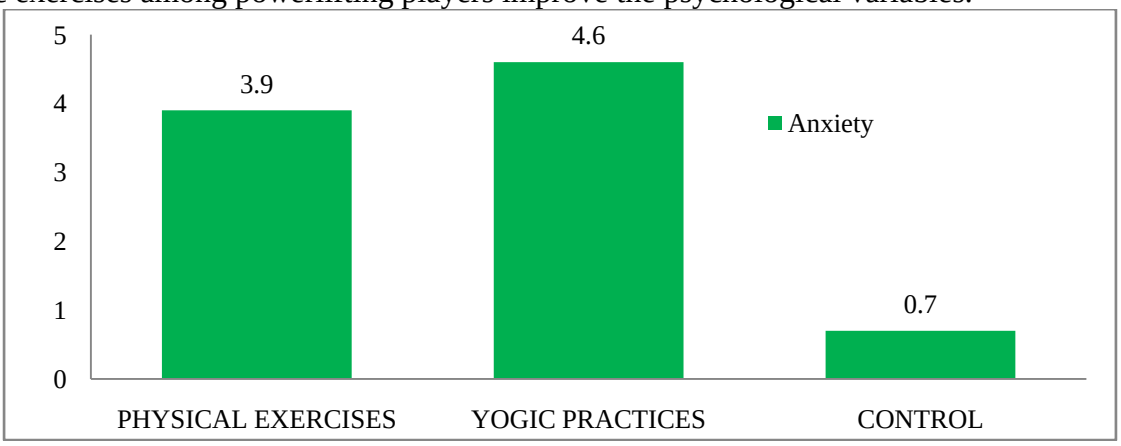

FIG- 1 DIAGRAM SHOWING THE DECREASE OF MEAN VALUES OF PHYSICAL, YOGIC PRACTICES AND CONTROL GROUP ON ANXIETY

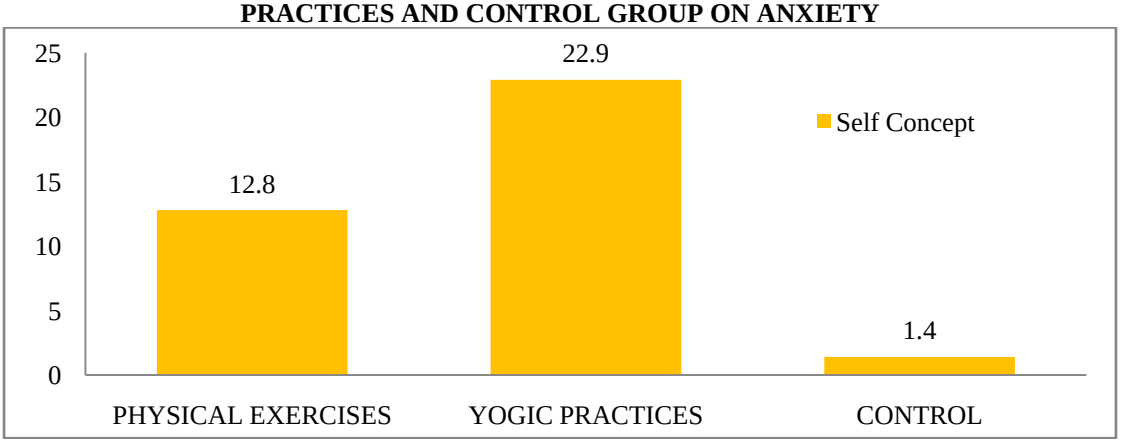

FIG-2 DIAGRAM SHOWING THE INCREASE OF MEAN VALUES OF SAMPLE GROUP ON SELF CONCEPT

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TABLE- 3 DESCRIPTIVE ANALYSIS OF INITIAL, FINAL & ADJUSTED MEANS OF SAMPLE GROUP ON CRITERION MEASURES

VARIABLE	PHYSICAL EXERCISES GROUP			YOGIC PRACTICES GROUP			CONTROL GROUP		
	PRE-MEAN	POST-MEAN	ADJUSTED MEAN	PRE-MEAN	POST-MEAN	ADJUSTED MEAN	PRE-MEAN	POST-MEAN	ADJUSTED MEAN
Anxiety	23.8	19.7	20.4	24.0	20.4	19.8	24.2	23.5	23.4
Self Concept	1119.3	132.1	1280.9	116.4	139.1	134.2	1117.9	119.4	118.5

The table indicated that the adjusted post test mean values of anxiety for control group, physical exercise group & yogic group were 23.4, 20.4 and 19.8 respectively. It is also adjusted post test mean values of self-concept for control group, physical exercise group and yogic group were 118.5, 1280.8 and 134.2 respectively.

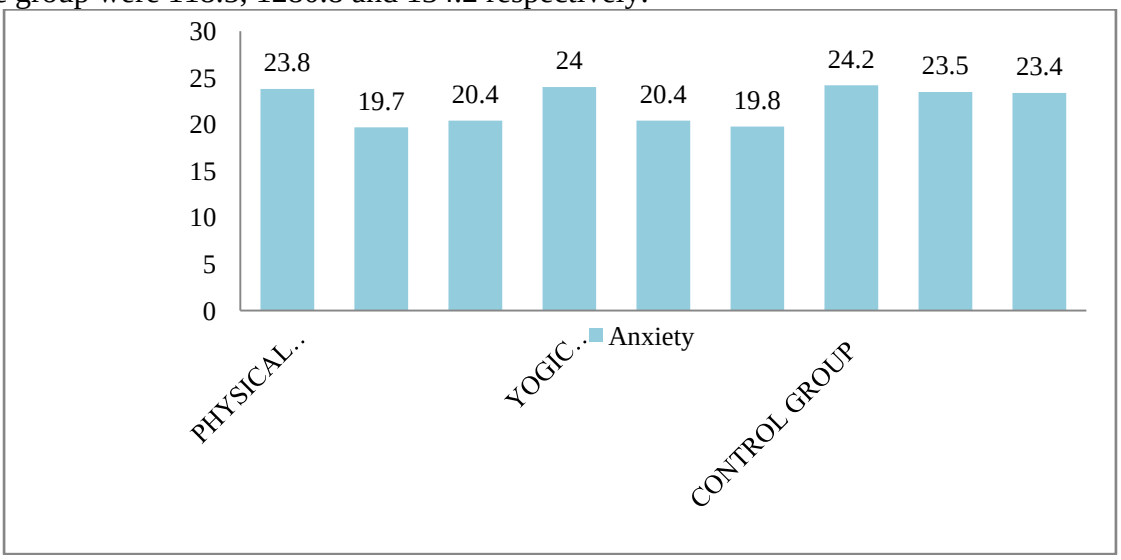

FIG-3 DIAGRAM SHOWING MEAN VALUES OF SAMPLE GROUPS ON COGNITIVE ANXIETY

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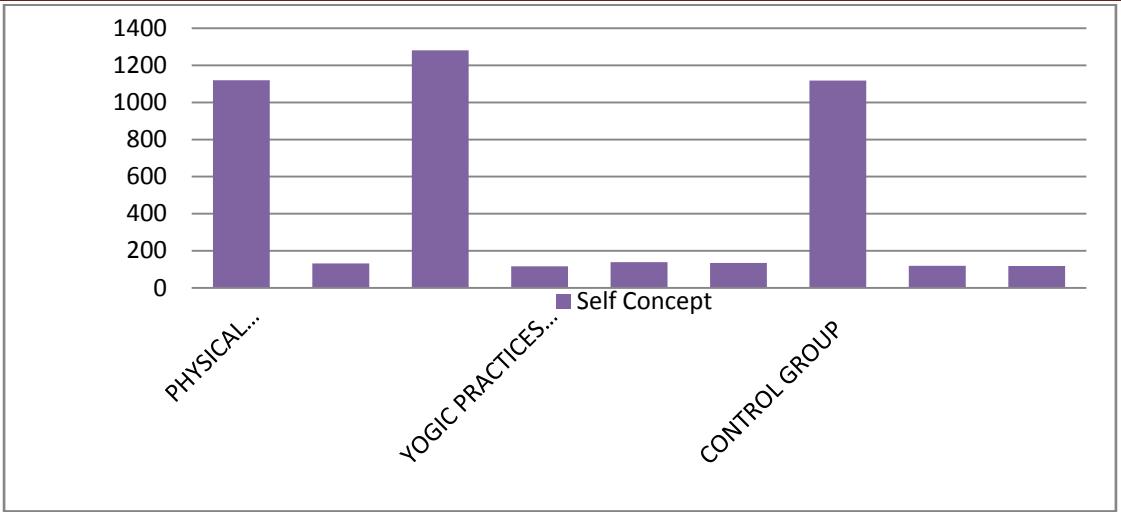

FIG- 4 DIAGRAM SHOWING MEAN VALUES OF SAMPLE GROUPS ON SELF CONCEPT

TABLE – 4 SUMMARY OF ANALYSIS OF VARIANCE FOR FINAL MEANS AMONG SAMPLE GROUP ON CRITERION VARIABLES

VARIABLES	SOURCE OF VARIATION	SUM OF SQUARES	DF	MEAN SQUARES	F - VALUE
Anxiety	Between Sets	121.9	2	60.9	6.7*
	Within Sets	382.7	42	9.1	
Self Concept	Between Sets	108.9	2	54.5	8.7*
	Within Sets	264.27	42	6.29	

Table 4 shows the F-value obtained from testing the final averages among the three groups on the criteria measures; the corresponding 'F' values required for significance at the 0.05 level of confidence were 3.2. The calculated 'F' values are anxiety (6.7) and self concept (8.7). Because obtained F-values were more than needed table value of 3.21 at 0.05 level of confidence, observed mean difference on criteria measures between the physical workouts, Yogic Practices, & control group was statistically significant.

TABLE – 5 SUMMARY OF ANALYSIS OF VARIANCE FOR ADJUSTED MEANS AMONG SAMPLE GROUP ON CRITERION VARIABLE

VARIABLES	SOURCE OF VARIATION	SUM OF SQUARES	DF	MEAN SQUARES	F -VALUE
Anxiety	Between Sets	110.79	2	55.39	9.22*
	Within Sets	246.23	41	6.01	
Self Concept	Between Sets	106.34	2	53.17	
	Within Sets	103.52	41	2.53	

Table 5 shows F-value obtained from testing adjusted averages on the criteria measures among 3 groups; equivalent 'F' values required for significance at the 0.05 level of confidence were 3.22. The calculated 'F' values are anxiety (9.22), and Self Concept (21.06). Because the

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obtained F-values were more than the needed table value of 3.22 at 0.05 level of confidence, observed mean difference on criteria measures between the physical workouts, Yogic Practices, and control group was statistically significant. It is clear that the treatments utilized in the study had an impact on the criteria measurements. Because the observed difference in mean across the three groups was statistically significant. The Scheffe post-hoc test was used to determine which of the two groups grew up for the significant difference. Table 6 shows the outcomes of the experiment. F ratios were found to be significant in all of variables studied. Scheffe's post hoc test was used to determine significance of difference b/w all possible pairs of adjusted final group averages. The results of Scheffe's post hoc test are shown in tables below.

TABLE – 6 SCHEFFE'S TEST OF SIGNIFICANCE B/W PAIRED FINAL ADJUSTED MEANS FOR PSYCHOLOGICAL VARIABLES

PSYCHOLOGICAL VARIABLE	ADJUSTED MEANS			MEAN DIFFERENCE	CI VALUE
	PHYSICAL EXERCISE	YOGIC PRACTICES	CONTROL		
Anxiety	20.40	19.76	-----	0.64	2.73
	20.40	-----	23.36	2.96*	
	-----	19.76	23.36	3.60*	
Self Concept	128.87	134.21	----	5.34	2.37
	128.87	----	118.50	10.37*	
	-----	134.21	118.50	15.71*	

As per results of table 6, since mean difference for anxiety, & Self Concept between physical exercise & control group were 2.97, and 10.3 respectively, Yogic Practices and control group were 3.57, and 15.7 respectively are higher than the CI value of 2.73, and 6.47 respectively. It was concluded that observed adjusted mean difference is statistically significant. Since mean difference for cognitive anxiety, somatic anxiety and Self Concept between physical exercise and Yogic Practices groups were 0.64, and 5.34 are lesser than the CI value of 2.73, and 5.47 respectively. It was concluded that observed adjusted mean difference is statistically not significant.

CONCLUSIONS

Any physiological action that improves or maintains physical fitness and general health is considered physical training. Physical fitness is ability of heart, blood vessels, lungs, & muscles to work at their best. Previously, fitness was defined as ability to complete day's tasks without becoming fatigued. It is done for a variety of reasons. In the performance of psychological variables yogic practices group would have better performance than that of physical and control groups among Powerlifting players. The result reveals that the Yogic Practices group was shown significantly better performance than physical exercises group and control group on psychological variables namely anxiety, and Self Concept. Hence the formulated hypothesis third related to these factors was accepted. psychological (cognitive anxiety, somatic anxiety, and Self Concept) findings support the impact of Yogic Practices over physical exercise and the control group. Because the aforementioned components have

considerable impacts on mind-related aspects, it was determined that integrating yogic practices with physical workouts is the primary source of such significant mean difference.

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