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Effects of yogasanas training on strength in sportsmen's

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Abstract
The Purpose of the study was to find out the Effects of Yogasanas Training on Strength in Sportsmen's to achieve the purpose of this study fifteen students from Secondary School, Vijayapura. Erode were randomly selected as subjects. Their age ranged between 14 and 16 years. The selected subjects were made to undergo Yogasanas Training for the period of 6 weeks. The subjects were free to withdraw their consent in case of feeling any discomfort during the period of their participation, but there was no dropout during the study. The following Physical Variables such as Strength were selected as dependent variables. The Selected physical were tested with standardized tests. The pre-test data were collected before the training programme and the post-test data were collected after the training programme. In both the cases the data were collected in a single day at the same time. Through this study the authors have found out that the selected Yogasanas Training improve the selected physical variables such as Strength 13.47* Hence the authors can recommend the Yogasanas training to all the Strength in Sportsmen's for improving the selected physical variables among them.

Keywords: yogasanas, benefits, methodology, results, discussion, and conclusion

Introduction
The term "yoga" and the English word "yoke" are derived from Sanskrit root "yuj" which means union. Yoga is a psycho-somatic-spiritual discipline for achieving union & harmony between our mind, body and soul and the ultimate union of our individual consciousness with the Universal consciousness. yoga is an ancient practice that was developed to promote physical health as well as an awareness of one's true nature. It consists of a series of postures, called asanas, and various breathing exercises, called pranayama, which encourage balance between the physical, mental/emotional, and spiritual aspects of a human being. In short, yoga promotes health. Asana and pranayama have been incorporated alongside Ayurveda medicine as the basis of a system of medical therapy. Yoga has been practiced for thousands of years. It is based on ancient theories, observations and principles of the mind-body connections. Substantial research has been conducted to look at the health benefits of yoga - yoga postures (asanas), yoga breathing (pranayama) and meditation.

These yoga practices might be interacting with various somatic and neuro-endocrine mechanisms bringing about therapeutic effects. The overall performance is known to be improved by practicing yoga techniques and their effects on physical functions were reported. Yoga practices can also be used as psycho-physiological stimuli to increase the secretion of melatonin which, in turn, might be responsible for perceived well-being. Yoga may be as effective as or better than exercise at improving a variety of health-related outcome measures and as a result this study was undertaken to find out the effects of 6-weeks yogasanas training on agility and muscular strength in sportsmen.

The Importance of Yogasanas
Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. The main goals of "Yoga in Daily Life" are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, Respect for life, protection of nature and the environment, A peaceful state of mind, Full vegetarian diet, Pure thoughts and positive lifestyle, Physical, mental and spiritual practices, Tolerance for all nations, cultures and religions. Yogic techniques are known to improve one's overall performance. Pranayama is an important, yet little known part of Yoga.

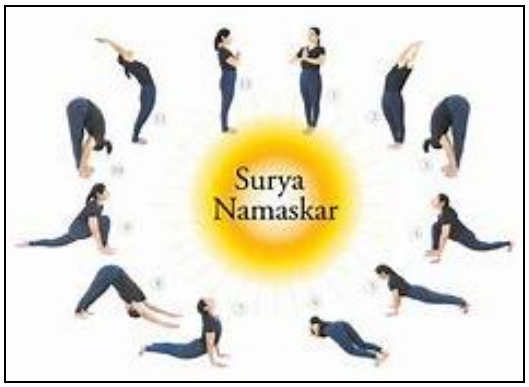
The Benefits of Yogasanas
- Improves health
- Gives mental strength
- Improves physical strength
- Protection from injury
- Detoxifies the body

Material and Methods
Subjects
Thirty randomly selected female players of secondary school children's aged 14 – 16 years, volunteered to participate in the study. They were randomly assigned into two groups: experimental N=15 and control N=15. The subjects from Group were subjected to a 6-weeks yogasanas training programme. This lasted for 6- weeks with consistent daily 50 min session, was conducted for continuous six days in a week

with Sunday as a relaxing day.

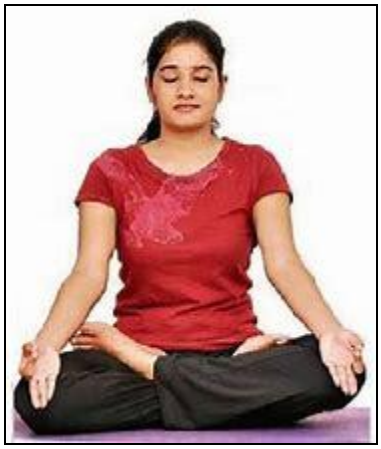
The Training consisted of a Variety of Yogic Asanas:

a) Suryanamaskar



b) Garudasana

c) Padmasana



d) Paschimottanasana

e) Navkasna

f) Bhujangasana

Selection of Variables and Tests

The Subjects were tested on the following physical fitness variables.

Variables /Test

Strength / Sit-ups Test

Methodology

The Sit-ups test was used to assess the strength. The score of the test is the number of correctly executed sit-ups performed by the subjects in 60 seconds.

Data Analysis

Values are presented as mean values and SD. The Student t' test was used to compare parameters within groups. Data was analysed using SPSS Version 16.0.

Results

The result of strength in sportsmen's from the yogasana (Y) and control (C) groups are presented in the following table.

Table 1: Mean, Standard Deviation (SD) of Strength of Experimental and Control Groups

Groups	Number	Mean	S.D.	't' Value
Experimental(Pre-test)	15	19.13	1.68	13.47**
Experimental(Post-test)	15	23.33	1.49	
Control(Pre-test)	15	20.53	1.95	0.54 **
Control(Post-test)	15	20.33	1.98	

Significant at p<0.01 level

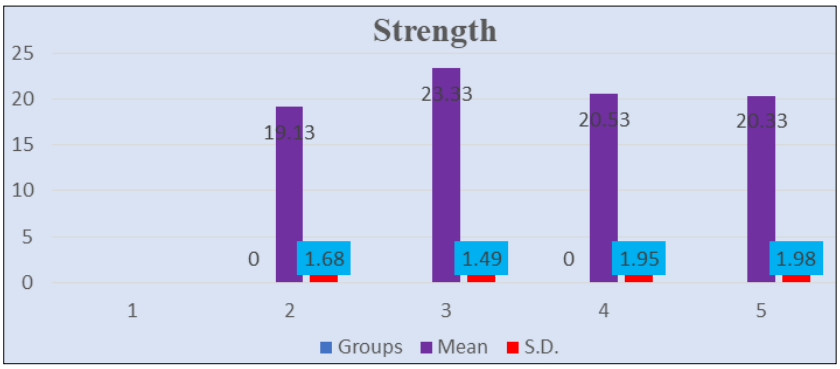


Fig 1

Table- shows that the mean of strength of pre-test of experimental group and post-test of experimental group was 19.13 and 23.33 respectively, whereas the mean of strength of pre-test of control and post-test of control group was 20.53 and 20.33. The "t" value in case of experimental group was 13.47 and for control group it was 0.54. Since, Ho (null hypothesis) is rejected at .01 level of significance.

Discussion

We found significant increases in strength. Scientific studies on yoga demonstrate that yoga improves dexterity, strength and musculoskeletal coordination of the practitioners. Postures assumed during yoga practice are mainly isometric exercises which provide optimally maintained stretch to the muscles. In this study, the 6-weeks of yogasanas training programme showed significant improvement in balance and agility. These findings are supported by other reports. Yogic techniques are known to improve one's overall performance and work capacity.

Conclusion

In conclusion, the present study suggests that a 6-weeks of yoga asanas training had significant effect on balance and agility through a variety of effects. These data provide more evidence to support the beneficial effect of yoga asana training on agility and muscular strength and thus, such training may be recommended to enhance sports performance.

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