

Effect of yogic training program on agility of B.P.ED students

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Abstract

Objective: The purpose of the present study is to compare the flexibility of B.p.ed students. A total 25 players were selected as sample. All the students were belongs to department of physical education, MDU, Rohtak. The age of sample were ranged from 18 to 25. To accomplish the study 21 days yogic training program was used in the study. In yogic training program we used following 12 asana named: Srishasana, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Salbhasana, Dhanurasana, Aradhamatsyandrasana, Pachimotana, Mayrasana/shavasana, Kapal Bhati, Anlom vilom. To assess the flexibility sit and reach test was used. To compare the obtained results paired sample 't' test was used as a statistical tool and the level of significance was set at 0.05. We find out positive effect of yogic training on flexibility of the B.P.ED students. After analysis the obtained results it was observed that mean score of post test is higher than the pre test mean score. It means there was a statistically significant difference in flexibility of the B.P.ED students.

Keywords: flexibility, B.P.ED, yogic training

Introduction

It is generally realized that the words yoga and stretching go as an inseparable unit. Everybody should extend frequently as a feature of a general wellness administration. Yoga extends the muscles, as well as the joints. Stretching is something that isn't improved the situation 5 minutes before another type of activity. Yogic stretching is the activity, avoid the token sort of extending that exist there and do some genuine stuff! Yoga likewise counteracts muscle soreness and advances speedier recuperation between whatever instructional courses you give it. Yogic stretching resembles a consistent battery charger. It extricates tight muscles, which tend to trap lactic corrosive, the waste item that aggregates in the muscle cells amid other hard instructional courses separated from yoga that you may get a kick out of the chance to share in. Expanding adaptability is critical, yoga has positions that follow up in general body including those joints that are never truly on the 'radar screen' not to mention worked out. A body which may have been very inflexible toward the start of learning yoga will begin to encounter an amazing adaptability in all parts, even those parts which have not been intentionally worked upon. Redress Yogic stretching builds up the whole body. At the point when the whole body is prepared together, it builds up a feeling of agreement and adjusts. While restricting muscle bunches are prepared together, stretching will come speedier as the contradicting muscle gathering's work together not against or without each other.

Objective of the study

- To know the effects of yogic training on B.P.ED students

Hypothesis of the study

- There would be a significant difference of yogic training on B.P.ED students.

Methodology and Procedure

Selection of the Sample

- For accomplish the study a total 25 players were selected as subject from department of physical education, MDU, Rohtak (B.P.ED Students).
- Selection of the sample from population random sample technique was used.
- The age of the sample were ranged from 18 to 25 years.

Variable of the study

- To assess flexibility sit and reach test was used in the study.

Administration of the Test

Sit and Reach Test

Measurement Objective: The sit and reach test is designed to evaluate the flexibility of the low back and posterior thigh.

Equipment: A testing box or a flexomeasure and a yardstick.

Procedure: The subject is asked to remove shoes and place his feet against the testing box while sitting on the floor with straight knees. Now the subject is asked to place one hand on top of the other so that the middle fingers of both the hands are together at the same length. The tester keeps his hand on the hands of the subject to keep them straight not allowing any bending of the knees. The subject is instructed to lean forwards and place his hands over the measuring scale lying on the box with its 10 inch mark coinciding with the front leg of the testing box. Then, the subject is asked to slide his hands along the measuring scale as far as possible without bouncing and to hold the farthest position for at least one second.

Scoring: Each subject is given three trials and the highest score nearest to an inch is recorded and 10 inches are

subtracted from the recorded reading to obtain possible without bouncing and to hold the fastest position for at least one second.

Experiment Design

To accomplish the study we used 21 days yogic training

program. In yogic training program we used following 12 asana named: Srishasana, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Salbhasana, Dhanurasana, Aradhamatsyandrasana, Pachimotana, Mayrasana/shavasana, Kapal Bhati, Anlom vilom.

Results

Table 1: Group Statistics

Group	Variable		N	DF	Mean	Std. Deviation	Std. Error Mean	T
B.P.ED	Flexibility	Pre test	25		4.84	2.16	.43	19.43*
		Post test	25	24	6.74	2.08	.41	

*Significant at 0.05 with the df 24

The table no 1 shows the flexibility mean score of (B.P.ED students) pre test is 4.84 and mean score of post test is 6.74. Standard deviation of pre test is 2.16 and Standard deviation of post test is 2.08. The score obtained t value was respectively which were two tailed significant. It means there was a statistically significant difference in flexibility of the B.P.ED students. It means the score of post test of flexibility is much high than compression of pre test. We find out positive effect of yogic training on flexibility of the B.P.ED students.

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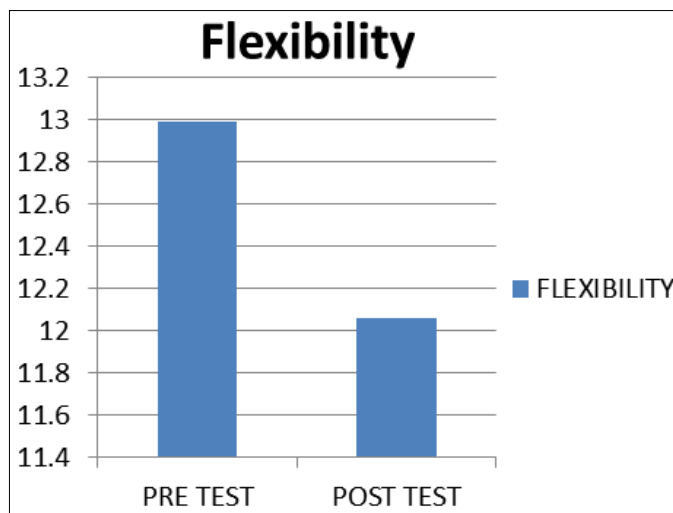


Fig 1: Flexibility Mean Score of Pre and Post Test of Students

Conclusion

After analysis the obtained results it was observed that mean score of post test is higher than the pre test mean score. It means there was a statistically significant difference in agility of the B.P.ED students. Thus the hypothesis which was formulated earlier that “There would be a significant difference of yogic training on B.P.ED students was accepted. We find out positive effect of yogic training on flexibility of the B.P.ED students.

References

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