International Journal of Yoga, Physiotherapy and Physical Education
ISSN: 2456-5067; Impact Factor: RJIF 5.24
Received: 07-04-2020; Accepted: 08-05-2020; Published: 17-05-2020
www.sportsjournal.in
Volume 5; Issue 3; 2020; Page No. 23-25

Effect of skill training and combination of skill and yoga asanas training on playing ability among intercollegiate female basketball players

A Mahaboobjan
Professor, Department of Physical Education, Bharathidasan University, Tiruchirappalli, Tamil Nadu, India

Abstract
The purpose of the present investigation was to examine the effect of skill training and combination of skill and yoga asanas training on playing ability among intercollegiate female basketball players. To achieve the purpose of the study 45 college level female basketball players selected from the affiliated colleges of Bharathidasan University, Tiruchirappalli were randomly selected subjects. The age of the subjects ranged between 21 to 25 years. They were randomly assigned into three groups equally so that each group has 15 subjects. The first group was named as the skill training group (STG).The second group was named as the combination of skill and yoga asanas training group (SYTG) and the third was control group (CG). After assigning the subjects into various groups the pre test was conducted on basketball playing ability. After completion of the pre test the subjects were treated with their respective training programs. The training period was scheduled for six weeks. Experimental group 1 (STG) underwent skill training program. Experimental group 2 (SYTG) underwent a combination of both skill training and yoga asanas training and the control group did not undergo any specific training. After six weeks of the training period post test was conducted on the dependent variables for all the groups. To compare the significance of mean differences among all the three groups analysis of covariance was used. Results: The skill training group (STG) and combination of skill and yoga asanas training group (SYTG) has shown significant improvement in basketball playing ability. The experimental groups have given better results than the control group. The combination of skill and yoga asanas training group (SYTG) shown better results than the skill training group (STG). The control group did not show any significant improvement on basketball playing ability.

Keywords: skill training, yoga training and playing ability

1. Introduction
Sports training and other branches of sports sciences help to appreciate changes in the sports fields. Sports training are the base of the all sports and games and it brings tremendous changes in the field. Sports performance is the result and expression of the total personality of the sportsman. The development of sportsperson to enable to achieve high-level performance is usually concentrated in four areas namely physical power and social adjustment. Many essential abilities are required to be developed in a player to achieve higher performance in basketball.
Skill training is designed to provide players with the targeted training they need to gain the knowledge and abilities necessary to fulfill the specific requirements of their playing positions. Skill training can also be used to re-educate and retrain players whenever new technology, processes or systems debut. Skill training in team sports inspires players to achieve remarkable behaviors that contribute to sports upgrade. A trained player must be able to move and attune outside the box under the guidance of the sports environment. Thus, he will be able to solve specific game problems in a novel, feasible, unexpected, and original way by starting a single act or flowing in a collective action that will lead to the team's success.
Yoga is a systematic psychic practice to improve the awareness, in order to develop will-power and to realize the self to metamorphose the character, so that it can be in tune with the self and the society and to put an end to the birth-cycle by merging with the almighty. Yoga is a complete process of perfection of men by developing his personality as he may reach his ultimate goal, thereby fulfilling the purpose of his birth. In the simplest form, Yoga means a system of life best-suited for man to be in harmonious communion with nature. Yoga is a system of physical and mental exercise designed to balance and unite the mind, body and spirit. Yoga is science, which deals with deals with the ranges of the physical and spiritual being and even discovers greater secrets of physical, psychological and other higher realities and worlds. It is the most significant scientific technique for development of integral personality.
Basketball is considered the most popular sport in the world. Basketball is a game of speed and quick movements, stating, stopping, faints and fakes, change of pace and direction. The exercise of skill of the game provides pleasure and immediate reward one takes pleasure in making a shot. For one, to respond to such situation, a player should possess good cardio-respiratory power and have ability to play with undue fatigue. The fundamental skills of the sports are holding the basketball, passing and receiving, dribbling and shooting.

2. Methodology
The purpose of the present investigation was to effect of skill training and combination of skill and yoga asanas training on playing ability among intercollegiate female basketball players. To achieve the purpose of the study 45 college level female basketball players selected from the affiliated colleges of Bharathidasan University, Tiruchirappalli were randomly selected subjects. The age of the subjects ranged between 21 to 25 years. They were

randomly assigned into three groups equally so that each group has 15 subjects. The first group was named as skill training group (STG). The second group was named as combination of skill and yoga asanas training group (SYTG) and the third was control group (CG). After assigning the subjects into various groups the pretest was conducted on the selected variables. The performance variables playing ability was measured by using Johnson basketball ability test. The chosen tests were highly standardized, appropriate and ideal to assess the selected variables. After completion of the pre-test the subjects were treated with their respective training programs. The training period was scheduled for six weeks. Experimental group 1 (STG) underwent skill training program. Experimental group 2 (SYTG) underwent a combination of both skill training and Yoga asanas training and the control group did not undergo any specific training. After six weeks of the training period post test was conducted on the dependent variables for all the groups. To compare the significance of mean differences among all the three groups analysis of covariance (ANCOVA) was used. The level of confidence was fixed at 0.05 for all the cases.

Training Programme

Skill Training Schedule: Skill training was given for six weeks as for two hour a session for five days a week. The specially designed skill training program was given to the experimental group 1 (STG). Load was managed by increasing the repetition of the exercises once and reducing the rest for the second three weeks.

Morning Session: 15 min Warm-up; 60 min Skill Training (ball juggling, stance & stops, pivoting, give and go, fast break drill, defense shuffling, stationary dribble (low, medium, high), 30 min Game situation, 15 min Warm down.

Evening Session: 20 min Warm-up/conditioning and 30 min Game situation, 10 min Warm down

Combination of Skill and Yoga Asanas Training Schedule: Combination of skill and yoga asanas training was given for six weeks as for two hour a session for five days a week. The specially designed skill and yoga training program was given to the experimental group 2 (SYTG). Load was managed by increasing the repetition of the exercises once and reducing the rest for the second three weeks.

Morning Session: 15 min Warm-up ; 30 min Yoga Asanas Training (badmasana, vajrasana, Matsyasana, bhujangasana, sarvangasana, salabhasana, dhanurasana, halasana, chakrasana and shavasana**)** 45 min Skill Training (ball juggling, stance & stops, pivoting, give and go, fast break drill, defense shuffling, stationary dribble (low, medium, high), 20 min Game situation, 10 min Warm down

Evening Session:20 min Warm-up/conditioning and 30 min Game situation, 10 min Warm down.

3. Results and Discussions

The analysis of covariance test on the data obtained from the skill training group and combination of skill and yoga asanas training group on playing ability among inters collegiate female basketball players presented in table I.

Table 1: Analysis of covariance on pre, post and adjusted post-test means on playing ability of skill training group (STG), combination of skill and yoga asanas training group (SYTG) and control group (CG)

Test /SD	Group I STG	Group II SYTG	Group III CG	Source of Variance	Sum of Squares	df	Mean Squares	F-ratio
Pre- test	5.24	5.26	5.31	Between Groups	0.38	2	0.02	0.08
SD	0.55	0.37	0.57	Within Groups	10.69	42	0.25	
Post-test	6.26	7.16	5.27	Between Groups	24.66	2	12.33	26.54*
SD	0.88	0.64	0.45	Within Groups	19.51	42	0.46	
Adjusted Post-test	6.29	7.17	5.31	Between Groups	26.01	2	13.01	66.28*
				Within Groups	8.05	41	0.2	

* Significant at 0.05 level of confidence

It indicates that the pre-test means value of STG, SYTG, and CG were 5.24, 5.26, 5.31 respectively on playing ability. The obtained F ratio 0.08 was found to be lower than the table value 3.23 for df 2 and 42, it is found to be insignificant at 0.05 levels. It is inferred that statistically there was no significant variation among STG, SYTG and CG on playing ability before commencement of the training. The post-test means values of STG, SRTG and CG 6.26, 7.16, 5.27 respectively on playing ability. The obtained F ratio of 26.54 was found to be higher than the table value 3.23 for df 2 and 42, it is found to be significant at 0.05 levels. It reveals that there was a significant difference among STG, SYTG and CG. It is concluded that playing ability had a significant improvement after six weeks of training. The obtained adjusted post-test F ratio of 66.28 was also found to be statistically significant.

Table 2: Scheffe's test for the differences between paired means on playing ability among intercollegiate basketball players

Adjusted Post-test Means			Mean Differences	Confidence Interval
STG	SYTG	CG		
6.29	7.17	---	1.86*	0.41
6.29	---	5.31	0.98*	
	7.17	5.31	0.88*	

* Significant at 0.05 level of confidence

Table II indicates that the adjusted post-test mean difference in dribbling between skill training group and combination of skill and yoga asanas training group, skill training group and control group and combination of skill and yoga asanas training group and control group are 1.86, 0.98 and 0.88 respectively. This is higher than the confidence interval value of 0.41 at 0.05 level of confidence.

The results indicates that the training groups namely skill training group and combination of skill and yoga asanas training group significantly improved the basketball playing

ability, when compared to the control group. However, it may be concluded that the combination of skill and yoga asanas training group is better than the skill training group and control group in improving the basketball ability.

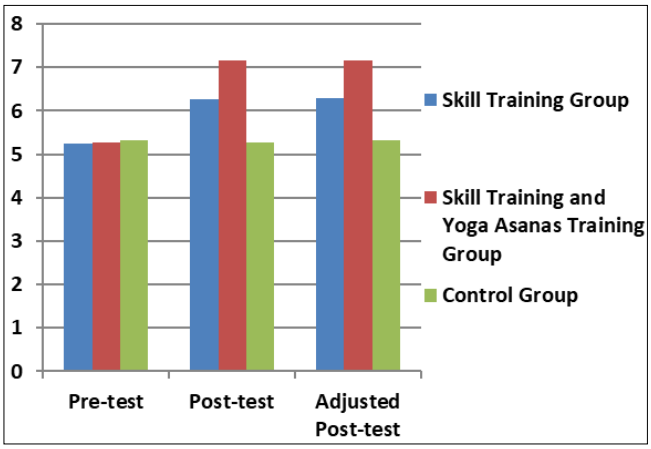

Fig 1: The pre, post and adjusted post mean values of skill training group, combination 0f skill and yoga asanas training group and control group on dribbling and shooting

4. Discussion on Findings

This study confirms that skill training group and combination of skill and yoga asanas training group had produced improvements in playing ability of the inter college female basketball players. The results of the study are supporting the studies of Aparna Alva (2017), Arun (2017).

5. Conclusions

The skill training group and combined training group significantly improved the basketball playing ability from pre-test to post-test and there was no changes in control group.

Observing the result derived from the effect of skill training, it is concluded that the skill specific training along with yoga asanas practices are the sources to develop the basketball playing ability of the inter college female basketball players.

6. References

1. Abernethy B. American Journal of Sports Medicine. 1996; 24(6):S89-S92.
2. Aparna Alva N. The Effect of Yogic Practices on Psychological Variables of College Women Hockey and Basketball Players, International Journal of Physical Education, Sports and Health. 2017; 4(4):150-152.
3. Arun S.V. Effect of Yogasanas and Suryanamaskar on Selected Psychological Variables among Men Volleyball Players, Indian Journal of Physical Education, Sports and Applied Sciences, 2017, 7:2.
4. Baby Salini. E., Najeeb A.M. and S. Suthakar (2018), Effect of Asanas and Pranayama on VO2 Max among Down Syndrome Students, International Journal of Recent Research and Applied Studies. 2018; 5(1):2.
5. Balasaheb T, Maman P, Sandhu. JS. Serbian Journal of Sports Sciences. 2008; 2(1):17-23.
6. Bouchard and Malina, R.M. Genetics of Physiological Fitness and Motor Performance, Exercise and Sports Sciences Reviews. 1993; 11(1):306.
7. Dhaliwal Gurmej Singh, Baljinder Singh Bal, Pritam Singh, Davinder Singh. Effects of 6-weeks yogasana practice on physiological fitness status of university level girls, International Journal of Physical Education, Fitness and Sports, 2014, 3(2).