



Effect of yogic exercises on flexibility and agility of the Kabaddi and Kho - Kho Players

Dr. Vijay Prashar

Researcher, Department of Physical Education, Punjab University, Chandigarh, India

Abstract

The study was focused on yogic exercise have become very popular through out the word due to its utility. Physical education its have realised its importance and have also tried to explore the effects towards physical fitness.

Flexibility & Agility is one of important component of physical fitness. The present study was under taken on 40 Kabaddi and kho - kho Players, which are equally divided on the random basis as experimental group(N-20) and controlled group(N-20) using sit and reach test for flexibility and shuttle run test for measured agility both test was measured by before and after the training period of six weeks.

During experimental period it was observed by the researcher that the subjects belonging to experimental group practiced yogic activities for six weeks. Subject was shown significant improvement in their flexibility, agility in comparison to the controlled group. Significant differences were noticed between pre and post test data of experimental and controlled group. Hence it is concluded yogic exercises for six weeks bring significant changes in flexibility, agility of kabaddi and kho-kho players.

Keywords: yoga, yogic exercises, physical fitness

1. Introduction

Today Yoga is the most popular in the World, because in the field of Physical Education it is called as the Mother of all activities the Subject "Yoga" is recognized as one of the most important heritage of India. Traditionally it was said that Lord Shiva is believed to be the inventor of Yoga. Our ancestors spent most of time on Yoga for their real Health and Happiness.

The words Yoga is derived from the Sanskrit words "Yug" means to bind. Join attach and yoke and concentrate ones attention on particular things. Today Yoga therapy has got high status in our life, because neither it has side effect nor costly.

Yoga originated in India and now has spread all over the countries in the world. Yoga is one of the ways as per Indian Philosophy, to reach to God. i.e. 'Bramha' or 'Mukti' of course Yoga is an experimental science. so everybody's experiences may be different, but no doubt it is a science of life.

1.1 Statement of problem

"Effect of yogic exercises on flexibility and agility of the kabaddi and kho -kho players."

1.2 Hypothesis

It was Hypothesized that Yogic exercises have effect on flexibility and agility of Kabaddi and kho - kho players.

1.3 Delimitations

1. The present study was delimited to 40 Kabaddi players of N.S.S.M. Nagpur.
2. This study was further delimited to component of physical fitness namely flexibility and agility.
3. The age of subject ranged between 18 to 25 Years.
4. Duration of the experimental period would be delimited to 6 weeks.

5. The Yogic exercises were delimited to selected asanas.

1.4 Limitation

All the subjects belong to different socioeconomic background, therefore, their interest, attitude and dietary habits were different and this limitation was recognized by the researcher.

2. Significance of the study

- a) The practice of Yoga promotes the health of the student.
- b) This study provide information and thrown light upon the effect of Yoga exercise on flexibility and agility of the Kabaddi and kho- kho players of N.S.S.M. Nagpur.
- c) Today is the age of science and due to this science it has made our life uneasy to live Yoga our ancient culture is the only key to tackle this complex.

3. Method & Procedure

The researcher has taken 40 Kabaddi and kho-kho players belonging to the B.P.Ed. and B.P.E. standard of N.S.S.M. Nagpur were selected on random basis as the subject for the study, the average age of subject was 18-25 years, out of 40 subjects 20 were selected as the subject of experimental group on random basis where remaining were studied as the subject of control group.

The experimental group was assigned asana, Paschimotan asana, Hala asana, Supta Vajra asana, Padamasana, Sarvanga asana, Chakra asana, Trikona asana, Dhanura asana, Ardha-Matshyendrasana, Ustra asana, the yogic training was imported by researcher as the techniques suggested by asana book of Swami Kaivaly Anand. The training session was conducted for a period of 45 M. in the morning that from 8:15 A.M. to 9:00 AM. on alternate days wise Tuesday, Thursday and Saturday for a duration of six weeks. The asana were taught and the practice session were conducted and supervised by the researcher himself teaching

purpose. Each asana was explained and demonstrate before and students performed the same. All the asana exercises were done once only in the one session.

Where the control group enjoyed their usual daily life programme during experimental course. Flexibility and agility of the Kabaddi and kho- kho players were tested by Sit and Reach test and Shuttle Run test before and after experiment period.

The result of Flexibility and agility of the controlled and experimental group were equated on the basis of respective mean, standard deviation, analysis of variance between two groups (t-Test) statistics was employed as the statistical treatment in order to find out the existence of the significance differences if any between the pre test and post test data of the experimental group on flexibility and agility, pre test and post test of controlled group and the post data between experimental and controlled group on flexibility and agility of Kabaddi and kho- kho players.

The progression of yogic exercises over a period of six weeks is presented in table.

Table 3.1: Progression of Yogic Exercises over a period of six weeks on Experimental Group.

Sr. No	Asana	1 st week	2 nd week	3 rd week	4 th week	5 th week	6 th week
1	Paschimotanasana	3	5	7	9	10	12
2	Hala asana	3	4	5	6	7	8
3	Supta Vajrasana	3	4	5	6	7	9
4	Padamasana	5	7	10	15	16	17
5	Sarvanga asana	5	7	10	15	16	18
6	Chakra asana	3	5	7	10	11	12
7	Trikona asana	5	7	10	14	15	16
8	Dhanura asana	5	7	9	11	12	14
9	Ardhamatshyendra Asana	3	5	7	9	10	12
10	Ustra asana	5	7	10	15	16	17

Result and Analysis

The mean difference of pre test scores of experiential group and control group and differences exhibited by these groups after the experimental periods of six weeks treatment condition were analysed by “t” test are represented in the following tables.

Table 3.2: “t” test value of Experimental & control group regarding Sit and Reach test.

Group	M ₁	M ₂	d	SE	“t” Ratio
Experimental Group	14.65	12.00	2.65	1.06	2.50*
Control Group	10.10	10.00	0.10	0.71	0.14

*Significant at 0.05 level of confidence.

This mean value in case of flexibility which was measured with the help of sit and reach test of group A and B were 12.00 and 10.00 respectively. The final mean value of flexibility of group A and B were 14.65 and 10.10 respectively at the conclusion of six weeks of experimental period. Thus the resultant increase in means of group A and B were 2.65 and 0.10 respectively.

In case of group A and B the difference was found statistically significant at “t” test. The “t” test value obtained in respect of group A was 2.50 and with respect to group B it was 0.14 and the mean differences to the significant at 0.05 level of confidence the “t” value of confidence. The “t” value to be obtained should be greater than 2.03 in

experimental group.

Table 3.3: “t” value experimental & control group regarding shuttle run test

Group	M ₁	M ₂	d	SE	“t” Ratio
Experimental Group	9.87	10.31	0.44	0.14	3.14*
Control Group	10.42	10.38	0.04	0.14	0.28

*Significant at 0.05 level of confidence.

The initial mean value in the case of Agility which was measured with the help of shuttle run test of experimental group and control group A and B were 10.31 and 10.38 respectively. The final mean value of shuttle run group A and B were 9.87 and 10.42 respectively at the conclusion of six weeks of experimental period. Thus the resultant increase in mean of group A and B were 0.44 and 0.04 respectively. In case of experimental group was concerned it showed a significant improvement as the obtained value 3.14 at the level 0.05 of confidence.

The “t” value to be obtained should be greater than 2.03 but no significant improvement obtained in the case of control group 0.28 the obtained “t” value is less than 2.03 level at confidence.

Thus this shows that the mean gain in the Agility could be increased significantly by administering a programme of yogic exercises on experimental group.

4. Discussion of Finding

The analysis of data it was evident that mean of group A shows improvement in the scores of Sit and Reach test and Shuttle Run test. As a result of administration of the programme of instruction in yogic exercises. All this changes in variable was found to be statistically significant at 0.05 level of confidence and the become clear as the initial and final test scores of group A were computed by “t” ratio.

Depending upon the statistically analysis of data the null hypothesis in relation of yogic exercises to effect the flexibility and agility were rejected as the training on the method of yogic exercises had shown significant gain on variables in conclusion we said that use of yogic exercises had and good effect on flexibility and agility of Kabaddi and kho- kho players.

5. Conclusion

Thus it may be concluded with justification that yogic exercises undertaken for this study for six weeks duration results in development of flexibility and agility of Kabaddi and kho- kho players. Such types of yogic activities may be taken in account of endurance development programme, development programme to develop the other component of physical fitness of the individual sports man and as well as sports mans related to other team games.

- Flexibility would be increased by given the experiential treatment of selected asanas.
- Agility would be increased by given the experimental treatment of selected yogic asanas.
- The training in the yogic exercises would be found superior to develop the flexibility and agility of Kabaddi and kho- kho players.
- Physical education teachers may included asana in their training programme in order bring about the desire benefits in the development of flexibility, agility and other component of physical fitness.

6. References

1. Aleyra BL. The Philosophy of the yoga Vasistha Madras. The Theosophical, 1936.
2. Dvivedi MN. The Yoga Sutra of Pantanjali Madras. The Theosophical, 1947.
3. Karwande Anil Kumar. Comparative effect of Yogic and Physical Exercises of Anxiety Level and Mental Fatigue of Children”
4. Ganguli SK, Gharote ML. Cardio Vascular efficiency before and after Yogic training Yoga Mimamsa. 1974; 17(1):89-97.