

EFFECT OF YOGASANA ON SELECTED COMPONENTS OF MEN KABADDI PLAYERS

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Abstract:

The aim of the present study was to investigate the effect of Yogasanas on selected Components of Men Kabaddi College players. To achieve the purpose of the study thirty Men players were selected from Sangli District. The Subjects age range from 18-21 years. The selected players were divided into two equal groups consists of 15 players namely experimental (Group-1) and control group (Group-2). The Group-1 undergo eight weeks of Yogasanas training and group-2 did not participate in any special training separately from their regular sports and games practices. The subjects were tested on selected criterion variables such as Muscular Strength and Balance. Pre-test was taken before the programme and post-test was measured immediately after the eight week Yogasanas training. Statistical technique 't' ratio was used to analyze the means of pre and post-test data of Group-1 and Group-2. The results of the present study have revealed that there was a significant difference among the Group-1 and Group-2 on selected variables.

Keywords: Yogasanas, Muscular Strength, Balance, Kabaddi and college Players

Introduction

Yoga is a holistic system teaching skills which many sports person seek as control over mind and body, good breathing habits, relaxation under pressure, highly developed concentration skills and the ability to focus on the present scenario. Asana means holding the body in a particular posture to bring stability to the body and poise to the mind. The practices of asana bring purity in tabular channels firmness to the body and vitality to the body and the mind (Sharma,1984). Yoga is particularly different from other kinds of exercise. It generates motion without causing strain and imbalances in the body. Yoga postures are the physical position that coordinate breath with movement and with holding the position to stretch and strengthen different parts of the body. Regular physical activity is on the bases of a healthy lifestyle. It creates and maintains common well-being, physical and mental health, as well as promoting human performance in all areas of life. Like a sport is not purely physiological fact but a complex relationship of the mind and body. A sport person needs several motor qualities basically speed, strength, agility, balance, co-ordination and endurance etc., to achieve these in professional sports.

Methodology

To achieve this purpose of study, thirty Men players were selected. The selected players divided into two equal groups such as experimental (Group-1) and control group (Group-2). The experimental group gives Yogasanas training for alternate days in the morning 8 am to 9 am for total eight weeks. Group-2 acted as control group that did not participate in any special training apart from their regular sports and games practice. The following variables were selected as criterion variables (a) Muscular strength- it was measured by Sit-up Test. (b) Balance - It was measured by Stork stand Test. The data were collected at prior to and immediately after the training programme for the selected variables. The 't' test was used to analyze the significant if any in between the group respectively. In all the cases 0.05 or 95% level was used to test this significance.

Selected Yogasanas

Surya Namaskar Navasana Bhujangasana
 Adho mukha svanasana Vriksasna Utakatasana Virbhadrasana

Selected of Variables

Sr. No	Variables	Test	Scoring System
1	Muscular Strength	Sit ups test	Repetitions in 60 seconds.
2	Balance	Stork Stand Test	Seconds

Methodology

Sit-Ups Test:

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

Stork Stand Test:

It was used to measure both static balances. The score of the is greater number of seconds counted between the time the heel is raised and balance is lost on three trails with the preferred foot. Only the highest score is recorded.

Statistical procedure:

The Following statistical technique 't' ratio was calculated to fine out he significance of the difference between the mean of the pre and post-test of the experimental group.

Analysis of the data

The significance of the difference among the means of experimental group was found out by pre and post-test. The data were analyzed and dependent 't' test was used with 0.05 level of confidence.

Analysis of 't'-ratio for the pre and post-test of experimental and control group on muscular strength and balance

Variable	N	Groups	Mean		SD		Df	't'
			Pre-	Post	Pre-	Post		
Muscular strength	15	Experimental	26.33	33.80	3.17	4.32	14	7.85
		Control	21.09	22.03	0.94	0.83	14	1.56
Balance	15	Experimental	24.36	25.09	4.92	4.18	14	4.01
		Control	22.45	23.56	5.65	5.58	14	1.27

Significance 0.05 level of confidence. (df of 14 is 2.14)

Muscular strength

The table shows that the mean values of pre and post-test of experimental group on Muscular strength were 22.04 and 25.37 respectively and SD of pre and post-test of experimental group 1.78 and 1.65 respectively. The obtained 't' ratio was 8.63* since the obtained calculated value was greater than table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. In the case of control group pre and post-test mean values on Muscular strength were 21.09 and 22.03 respectively and SD of pre and post-test of control group 0.94 and 0.83 respectively. The obtained calculated value was 1.90 since the obtained calculated value was less than table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The result of the study showed that there was a significant difference from both groups in Muscular strength. it may be concluded from the result of the study that experimental group improved in Muscular strength due to eight weeks of Yogasanas training.

Balance

The mean values of pre and post-test of experimental group on Balance were 24.17 and 26.02 respectively and SD of pre and post-test of experimental group 5.42 and 5.18 respectively. The obtained 't' ratio was 4.65* since the obtained calculated value was greater than table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. In the case of control group pre and post-test mean values on Balance were 22.89 and 24.16 respectively and SD of pre and post-test of control group 5.13 and 5.28 respectively. The obtained calculated value was 1.08, since the obtained calculated value was less than table value 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The result of the study showed that there was a significant difference

between both groups in balance. It may be concluded from the result of the study that experimental group improved in Muscular strength due to six weeks of Yogasanas programme.

Findings

To find out the significant mean difference between pre and post-test results for experimental and control group 't' test was administered. Excel Format was used for this study. The result of the study indicates that the experimental group namely Group-1 had significantly improved in the selected dependent variables namely Muscular strength and Balance, when compared the means to the control group namely Group-2. It is also found that the improvement caused by Yogasanas training when compared the control group.

Conclusion

Finally, I concluded that on the basis of results there was a significant difference between experimental and control group on selected variables like Muscular strength and balance after the scheduled training programme and improvement in favor of experimental group due to eight weeks of Yogasanas training.

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