



EFFECT OF YOGA PRACTICES ON SELECTED PHYSICAL VARIABLES AMONG COLLEGE MEN FOOTBALL PLAYERS

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ABSTRACT

The purpose of the study was to investigate the effect of yoga practices on selected physical variables among college men football players. It was hypothesized that there would be significant differences on selected physical components due to the effect of yoga practices among college men football players. For the present study the 30 male college football players from sree kerala Varam College thrissur , St Thomas College thrissur , Kerala, India were selected at random and their age ranged from 18 to 25 years. For the present study pre test and post-test random group design, which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group „A “and Group „B“. Group „A“ underwent yoga practices and Group „B“ have not underwent any training. Power and flexibility were assessed by standing board jump and sit and reach test. The data were collected before and after nine weeks of training. The data were analysed by applying t-test. The level of significance was set at 0.05. The experimental group showed better improvement on speed and agility skills among college men football players than the control group.

Key words: Yoga practices, power, flexibility, football.

INTRODUCTION

Yoga is a systematic practice for the realization of higher perceptions. It is the science of life and an ideal way of living, providing rhythm to the body, melody to the mind, harmony to the soul and there by symphony to life. In short, Yoga is a way to achieve total health, peace, bliss and wisdom. Physical, mental and spiritual aspects of yoga help to make one's life purposeful, useful and noble. Thus Yoga is an art, science and philosophy, which influence

the life of man at each level. Therefore, the effect of yoga must be felt in every movement of our day- to- day lives. Football is a game of physical and mental challenges. Football players must execute skilled movements under generalized conditions of restricted space, limited time, physical and mental fatigue, and opposing players. One must be able to run many miles during a game, mostly at sprint like speed and respond quickly to a variety of rapidly changing situations during play. Finally, one need a thorough understanding of an individual, group and team tactics. One's ability to meet all these challenges determines how well one performs on the football field. (Reily, 1996).

METHODOLOGY

The purpose of the study was to investigate the effect of yoga practices on selected physical variables among college men football players. It was hypothesized that there would be significant differences on selected physical components due to the effect of yoga practices among college men football players .For the present study the 30 male college football players from kerala varma college, thrissur , st Thomas college , thrissur , kerala , India were selected at random and their age ranged from 18 to 25 years. For the present study pre test and post test random group design, which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group _A 'and Group _B'. Group _A'underwent yoga practices and Group _B'have not underwent any training. Power and flexibility were assessed by standing board jump and sit and reach test. The data were collected before and after nine weeks of training. The data were analysed by applying t-test. The level of significance was set at 0.05

TABLE -I
ANALYSIS OF „T“ RATIO FOR THE PRE AND POST TESTS OF CONTROL AND EXPERIMENTAL GROUP ON POWER

Variables	Groups	MEAN		SD		SD Error	df	T ratio
		Pre	Post	pre	Post			
Power	Control	7.10	7.11	0.21	0.31	0.12	14	0.21
	Experimental	7.09	6.94	0.41	0.32	0.03		4.69*

***Significant at 0.05 level of confidence.**

The Table -I shows that the mean values of pre-test and post-test of control group on power were 7.10 and 7.11 respectively. The obtained t' ratio was 0.21, since the obtained t' ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on speed were 7.09 and 6.94 respectively. The obtained t' ratio was 4.69* since the obtained t' ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant group in speed. It may be concluded from the result of the study that experimental group improved in speed due to nine weeks of yogic practices.

FIGURE-I
BAR DIAGRAM SHOWS THE MEAN VALUES OF PRE AND POST-TESTS OF CONTROL AND EXPERIMENTAL GROUP ON POWER

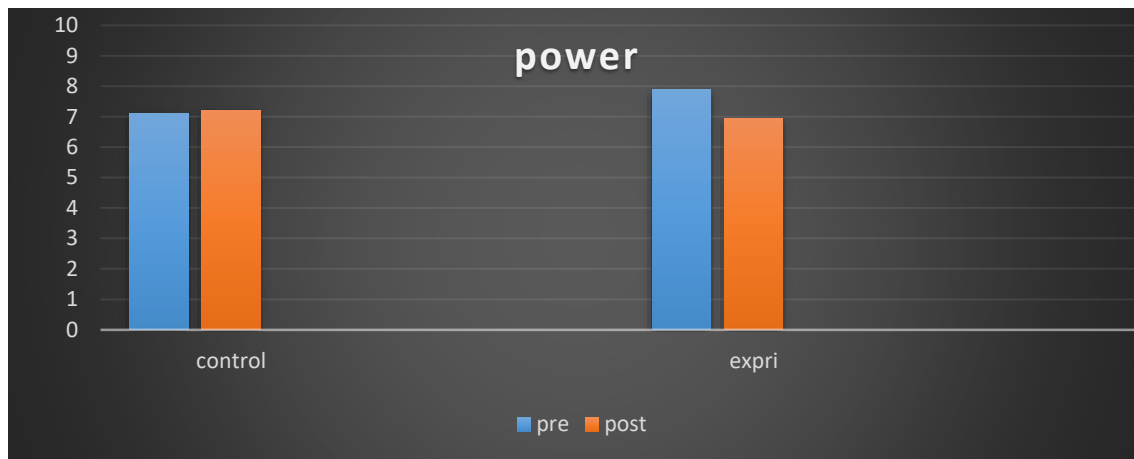


TABLE-II
ANALYSIS OF „T“ RATIO FOR THE PRE AND POST TESTS OF CONTROL GROUP EXPERIMENTAL GROUP ON FLEXIBILITY

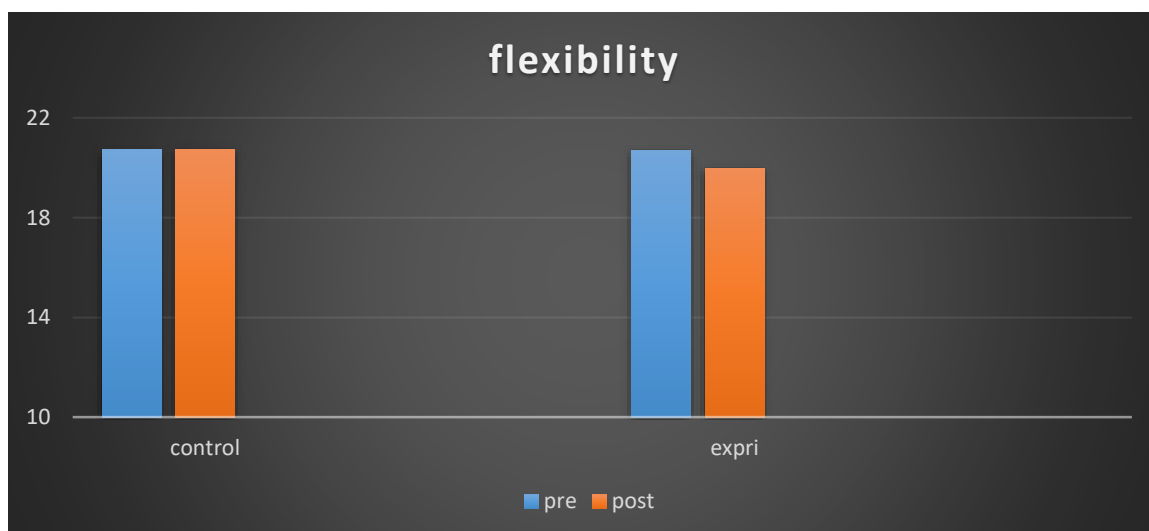
Variable	Groups	MEAN		SD		SD Error	df	T ratio
		Pre	Post	Pre	Post			
Power	Control	20.73	20.75	1.58	1.65	0.41	14	2.08
	Experimental	20.71	19.99	0.62	0.70	0.4		8.03*

*Significant at 0.05 level of confidence.

Table II shows that the mean values of pre-test and post-test of control group on flexibility were 20.73 and 20.75 respectively. The obtained t ratio was 2.08, since the obtained t ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on agility were 20.71 and 19.99 respectively. The obtained t ratio was 8.03* since the obtained t ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in flexibility. It may be concluded from the result of the study that experimental group improved in flexibility due to nine weeks of yogic practices.

FIGURE –II

BAR DIAGRAM SHOWS THE MEAN VALUES OF PRE AND POST-TESTS OF CONTROL AND EXPERIMENTAL GROUP ON FLEXIBILITY



DISCUSSION AND FINDINGS

In case of physical performance i.e. power and flexibility performance the results between pre and post (9 week) test has been found significantly higher in yoga practices group in comparison to control group. This is possible because due to regular yoga practices which may also bring sudden spurt in physical performance in college men football players. The findings of the present study have strongly indicates that yoga practices of nine weeks have significant effect on selected yoga practices i.e., power and flexibility skills of college men football players. Hence the hypothesis earlier set that yoga practices programme would have been significant effect on selected yoga practices components in light of the same, the hypothesis was accepted.

CONCLUSIONS

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The yoga practices had positive impact on power and flexibility skills among college men football players.
2. The experimental group showed better improvement on power and flexibility skills among college men football Players than the control group.

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