



EFFECT OF SURYANAMASKAR ON TRUNK JOINT MOBILITY OF MORNING WALKER MEN

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Abstract

The purpose of this study was to see the effect of suryanamaskar on trunk joint mobility of morning walker's men of Amravati. To achieve this purpose twenty ($n = 20$) men who regularly comes for morning walk at Degree College of Physical Education, Amravati were randomly selected. Subjects were divided into two groups (Experimental group – 10 men's & Control group – 10 men's). Age of the morning walkers was ranged between 35 to 40 years. The criterion variable of trunk joint mobility was measured by goniometer. The scoring unit of goniometer is in degree (max-360 degree). The reading showed by the apparatus at four sides i.e. left, right, forward and backward will be added together to get the final score. Pre-test was taken on the both the group prior to the Suryanamaskar training and post-test was also administered after six weeks of Suryanamaskar practices. Suryanamaskar were practices every morning i.e. three days per week. First week the session consisted of 5 minutes warm-up 2 times suryanamaskar and 5 minutes cool-down, increased 2 times suryanamaskar every week. After six week training post test were administered and data were collected. Statistical analyses was done on the basis of 't' test to compare pre and post test of trunk joint mobility of morning walkers. Result of the study shows that on the basis of mean difference there was difference between the means of pre and post test of control and experimental group of morning walker men's in reference to trunk joint mobility. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test & above table shows that there is significant difference between pre and post test of experimental group of trunk joint mobility, as the calculated 't' value 1.93 is greater than tabulated 't' value 1.734. But there is insignificant found between pre and post test of control group of trunk joint mobility, as the calculated 't' value 0.951 is lesser than the tabulated 't' value 1.734. Concluding we can say that experimental group shows significant difference in reference to trunk joint mobility the differences may be attributed that Surya namaskar is basically a sun salutation that leads to healthy body, mind and soul. However, morning time is the best time for surya namaskar. Sun rises is the time when sun rays help revitalize the body and refresh the mind. It also increases the ability of muscle to perform movement with large amplitude (range of motion).

Keywords: Suryanamaskar, Trunk Joint Mobility, Goniometer, etc.

Introduction

In recent decades life style has been changing throughout the world. The requirement of an individual was increasing day by day in the societies which are now showing adverse effects on health. In case we are to prevent the diseases that are the results of unfavorable life styles, we have to ensure that sound decisions on healthy lifestyles are to be urgently cultivated. This will be a major role of health education. In our ancient culture, instance can be found where the continuation of healthy life styles has contributed to better health and longevity. Various communities and religion follows different life styles like healthy food habits, better sanitation, personal hygiene, festivals, exercise, discipline and peaceful religious life. Their women have better status and lead a disciplined moral life. They have no diabetes as they eat the right type of food and do hard physical labour. Several of their positive life styles made them free from many common diseases and thereby prolonged their life even beyond the life span of the so called educated and affluent people who have access to modern medical facilities from super specialty hospitals. On the other hand, following improper life styles, modern people invite many complicated and complex diseases necessitating the creation of costly medical facilities to serve minority of population. Such distortion in development can be avoided in poor countries, if proper health education is spread to everybody in the society.

Joint mobility can be defined as the ability of the joint to perform movement with greater range of motion or large amplitude and it also referred as flexibility or suppleness. More specially, joint mobility is the range and the extent of the movement of a joint. Some individuals have a wide range of motion; others range of motion is fairly limited. Joint mobility is controlled by a number of factors: the joint capsule, the muscles, the tendons, and the skin. Because the joint capsule itself is rigid, the emphasis when attempting to increased or decrease mobility is placed on the muscle and skin tissue. Various stretching exercises enable these tissues to increase the range of the movement.

Though there are different way to keep you healthy, yoga promotes overall health in a balanced way. It simplifies one's mind and thought process. One of the yoga postures which is simple form of daily workout for the mind and body is the Surya Namaskar. Thus, if you haven't stretched your body since ages and considering something effective then the surya namaskar is just right for you.

In ancient times, worshipping to the sun has been practiced in India for prosperity and this has even been mentioned in the Vedas. Salutation to the Sun in the early morning was added as a daily routine for Hindus. Such practice is named as surya namaskar. Suryanamaskar is a complete meditative technique which includes various types of asanas like - Pranamasana, Hastauttanasana, Hasta Padasana, Ashwa Sanchalanasana, Dandasana, Ashtanga Namaskara, Bhujangasana, Parvatasana, Ashwa Sanchalanasana, Hasta Padasana, Hastauttanasana, and Tadasana.

Methods

The purpose of this study was to see the effect of suryanamaskar on trunk joint mobility of morning walkers of Amravati. To achieve this purpose twenty (n = 20) men who regularly comes for morning walk at the ground of Degree college of Physical Education, Amravati were randomly selected. Subjects were divided into two groups (Experimental group – 10 men's & Control group – 10 men's). Age of the morning walkers was ranged between 35 to 40 years. The criterion variable of trunk joint mobility was measured by goniometer. The scoring unit of goniometer is in degree (max-360 degree). The reading showed by the apparatus at four sides i.e. left, right, forward and backward will be added together to get the final score. Pre-test was taken on the both the group prior to the Suryanamaskar training and post-test was also administered after six weeks of Suryanamaskar practices. Suryanamaskar were practices every morning i.e. three days per week. First week the session consisted of 5 minutes warm-up 2 times suryanamaskar and 5 minutes cool-down, increased 2 times suryanamaskar every week. After six week training post test were administered and data were collected.

Statistical Procedure

Statistical analyses was done on the basis of 't' test to compare pre and post test of trunk joint mobility of morning walkers.

TABLE
Comparison of pre & post test

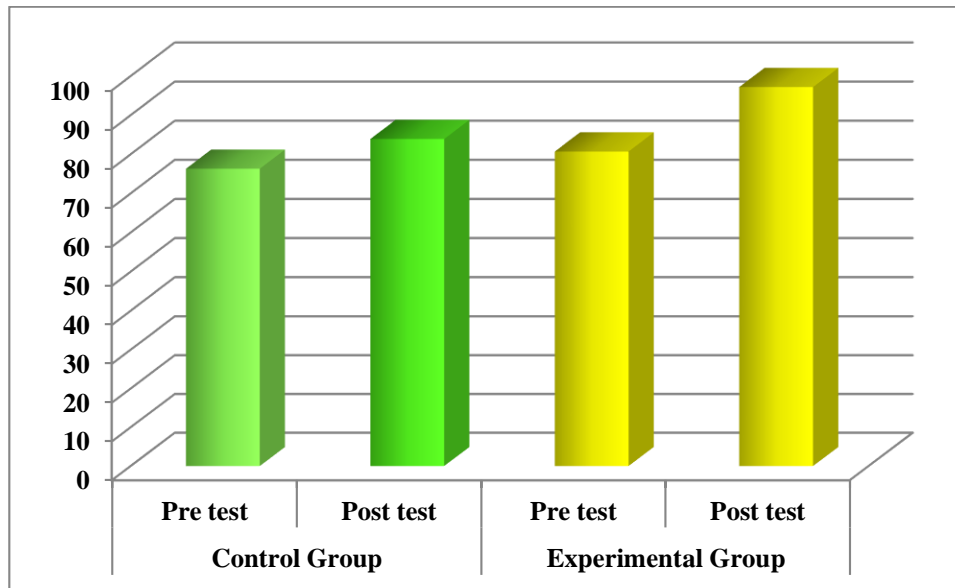
Variables	Group	Test	Mean	S.D	S.E	M.D	D.F	Obt 't'	Tab 't'
Trunk Joint Mobility	Control	Pre test	76.3	17.12	7.987	7.6	18	0.95	1.734
		Post test	83.9	18.57					
	Experimental	Pre test	80.71	18.62	8.533	16.47		1.93*	
		Post test	97.18	19.53					

*Significant at 0.05 Level

The above table shows that on the basis of mean difference there was difference between the means of pre and post test of control and experimental group of morning walker men's in reference to trunk joint mobility. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test & above table shows that there is significant difference between pre and post test of experimental group of trunk joint mobility, as the calculated 't' value 1.93 is greater than tabulated 't' value 1.734. But there is insignificant found between pre and post test of control group of trunk joint mobility, as the calculated 't' value 0.951 is lesser than the tabulated 't' value 1.734.

Graph

Mean comparison of pre & post test of trunk joint mobility



Conclusion

Concluding we can say that experimental group shows significant difference in reference to trunk joint mobility the differences may be attributed that Surya namaskar is basically a sun salutation that leads to healthy body, mind and soul. However, morning time is the best time for surya namaskar. Sun rises is the time when sun rays help revitalize the body and refresh the mind. It also increases the ability of muscle to perform movement with large amplitude (range of motion).

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