EFFECT OF YOGIC PRACTICES AND PHYSICAL EXERCISES TRAINING ON FLEXIBILITY OF INTER – COLLEGIATE KABADDI PLAYERS IN JNTU UNIVERSITY

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ABSTRACT
The purpose of the study is to find out the effects of yogic practices and physical exercises on flexibility of Inter-Collegiate Kabaddi Players In JNTU University. 90 healthy, Kabaddi players were selected from Inter Collegiate Kabaddi tournament participation players in JNTU University, Kakinada. The subject’s age ranged from 17 to 25 years. The selected subjects were divided into three groups with 30 subjects in each group. The training periods of experimental groups were six weeks, three alternative days per week with duration of 60 minutes. Control group did not undergo any training program rather than their routine work. Pre tests were conducted for all the 60 subjects on selected flexibility variable. After the experimental period of six weeks posttest were conducted immediately. To study the effect of yogic practices group and physical exercises training group along with control group and to find out the significant mean differences among them, the analysis of covariance (ANCOVA) technique were used. Scheffe’s test was followed as a post hoc test to determine which of the paired means difference was significant. The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate. The results of the study were concluded that there was significant improvement in selected variable.

Keywords: Physical Exercises, Yogic Practices, Kabaddi Players.

INTRODUCTION
Involves physical, mental, social and spiritual factors and the capacity for wholesome expressions”. The continuous, systematic and regular practices of Yoga and any type physical activities are an effective tool to maintain good health and also helps eliminate all the dreadful diseases from the human body. Yoga is a systematic and methodical process to control and develop the mind and body to attain good health, balance of mind and self-realization. Thought yoga has the potential power to make us healthy added to our vigor, still most people lack the knowledge of systematic practice of yoga. Flexibility exercise (stretching) has frequently been recommended as a means of increasing range of motion and hopefully reducing risk of injury.
METHODOLOGY
The purpose of the study is to find out the effects of yogic practices and physical exercises training on flexibility of Kabaddi Inter Collegiate students. The selected subjects were divided into three groups with 30 subjects in each group selected randomly, with two experimental groups and one control group. Experimental Group I underwent the yogic training selected asanas and pranayama. Experimental Group II underwent the selected physical exercise training in selected running, aerobic exercises, skipping and stretching. The training periods of experimental groups were six weeks, three alternative days per week with duration of 60 minutes. Control group did not undergo any training program rather than their routine work. All the groups were tested on selected criterion variable such as flexibility prior to and immediately after the training programme. Flexibility was assumed by sit and reach. The analysis of covariance (ANCOVA) were used to find the significant difference if any, among the experimental groups and control group on selected criterion variable.

RESULTS AND DISCUSSION

Table-I
Analysis of Covariance for the Pre, Post and Adjusted Post Test Means Values for Control Group, Yogic Practices Group and Physical exercises Group on Flexibility

<table>
<thead>
<tr>
<th>TEST</th>
<th>Control Group</th>
<th>Group Yogic Practice</th>
<th>Group Physical Exercises Training Group</th>
<th>SV</th>
<th>SS</th>
<th>Df</th>
<th>MS</th>
<th>F Ratio</th>
<th>Table Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre Test Mean</td>
<td>24.8</td>
<td>24.45</td>
<td>24.25</td>
<td>BM</td>
<td>2.43</td>
<td>4</td>
<td>1.47</td>
<td>0.804</td>
<td>6.26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WN</td>
<td>203.8</td>
<td>114</td>
<td>3.14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Post Test Mean</td>
<td>24.45</td>
<td>24.7</td>
<td>26.7</td>
<td>BM</td>
<td>100.83</td>
<td>4</td>
<td>51.06</td>
<td>24.6</td>
<td>6.26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WN</td>
<td>234.35</td>
<td>114</td>
<td>4.12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adjusted Post Test Mean</td>
<td>24.37</td>
<td>28.83</td>
<td>26.65</td>
<td>BM</td>
<td>118.9</td>
<td>4</td>
<td>59.14</td>
<td>40.06</td>
<td>6.25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>WN</td>
<td>163.28</td>
<td>114</td>
<td>2.98</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 level of confidence

The table-I shows that the pre-test mean values on flexibility of control group, yogic practices group and physical exercises training group were 24.8, 24.45 and 24.37 respectively. The obtained ‘F’ ratio 0.804 for pre-test mean was less than the table value 6.26 for df 4 and 114 required for significance at 0.05 level of confidence on flexibility. Hence it was insignificant. The post-test mean values on flexibility of control group, yogic practices group, physical exercises training group were 24.45, 24.7 and 28.83 respectively. The obtained F’ ratio 24.6 for post-test mean was greater than the table value 6.26 for df 4 and 114 required for significance at 0.05 level of confidence on flexibility. Hence it was significant. The adjusted post-test means of control group, yogic practices group and physical exercises training group were 24.25, 26.7 and 26.65 respectively. The obtained ‘F’ ratio 40.06 for adjusted post-test mean was greater than the table value 6.25 for df 4 and 114 required for significance at 0.05 level of confidence flexibility. Since the obtained ‘F’ ratio value was significant further to find out the paired mean difference, the Scheffe’s post hoc test was employed and presented in table- II
Table-II
The Scheffe’s Test for the Difference between Paired Means on Flexibility
(Scores in Centimeters)

<table>
<thead>
<tr>
<th></th>
<th>Mean Differences</th>
<th>Required CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control Group</td>
<td>24.74</td>
<td></td>
</tr>
<tr>
<td>Yogic Practice Group</td>
<td></td>
<td>4.92*</td>
</tr>
<tr>
<td>Physical Exercise Training Group</td>
<td>27.2</td>
<td>2.56*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2.36*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1.94*</td>
</tr>
</tbody>
</table>

*Significant at 0.05 level of confidence

Table-II shows the significant difference of paired adjusted post test means of control group, yogic practices group, and physical exercises training group on flexibility. The obtained mean differences between control group, yogic practices group and physical exercises training group were 4.92, 2.56 and 2.36 respectively. The required confidence interval value was 1.94.

Since the obtained mean differences between Control group and experimental groups were greater than the obtained confidence interval value flexibility, it was concluded that yogic practices group and physical exercises training group improved the flexibility better than the control group. Further it was concluded that the yogic practices group improved the flexibility better than physical exercises group.

CONCLUSIONS

1. It was concluded from the results of the study that the yogic practices and physical exercises groups showed significant improvement in flexibility when compared with a control group.
2. Yogic practices training was a suitable training system to improve the flexibility among the Inter Collegiate Kabaddi Players.
Conflict of Interest: Nil
Ethical Clearance: Nil
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