

EFFECT OF YOGA PRACTICES ON PHYSICAL FITNESS VARIABLES OF INTERCOLLEGIATE PLAYERS



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ABSTRACT

The objective of the study was to assess the effects of yoga practices on Physical fitness variables of intercollegiate players of Institute of Physical Education & Sports Sciences. For the present study researcher selected 40 boys. They were randomly assigned into two groups: A (experimental N=20) and B (control N=20). Data were collected through various tests like 600 yards run & walk test, standing broad jump, shuttle run, sit & Reach test and 50 yard dash. Statistical analysis were done with the help of 't' test. Result shows that there was no such significance difference in any items between pre and post test of control group. In pre and post test of experimental group there is significant difference except shuttle run. Thus the result found positive hence it is recommended that yoga practice daily may help in maintaining better physical and mental health.

Keywords: Yoga Practice, Physical Fitness Variables & Player.

INTRODUCTION

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'.

There are too many misconceptions clouding the science of Yoga. People perceive it to be some kind of black or white magic, sorcery, physical or mental debauchery through which miraculous feats can be performed. For some it is an extremely dangerous practice which should be limited to only those who have renounced the world. Few others think it to be a kind of mental and physical acrobaticism that is compatible only to a Hindu mind.

The human mind is subject to certain weaknesses which are universal. avidya-wrong notions of the external world, asmita-wrong notions of the external world, asmita-wrong notions of oneself, raga-longing and attachment for sensory objects and affections, dweshad is like and hatred for objects and persons, and abinivesha or the love of life are

'Curiosity is the best Quality of a Good Researcher'

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the five defects of the mind that must be removed. Yoga, the constant meditation and introspection eradicate these mental flaws.

According to victors "Fitness is a transitory states and physically fit person of the movement can be unfit tomorrow if he fail to keep the habit of exercise most authors defined physical fitness as the capacity to carry out every days activities (work & Play) without excessive fatigue & with enough energy in reserve for emergency ies. Physical fitness is the capacity of the heart, blood vessels, lungs, muscles to function at optimal efficiency.

Physical fitness is an extremely important factor in leading a happy and healthy life, and it can be achieved by a number of different exercise regimes. One of the routines that prove to be beneficial in achieving goals of physical fitness is yoga. Yoga is a practice of the mind and body with its roots deeply implanted in the ancient Hindu culture. Initially yoga was practiced mainly for meditative purposes but it also provided strength and flexibility to the body while relaxing the mind as well. With the advent of yoga in the western world, it was transformed into a more physically active exercise plan and minimized focus on the meditatively side. Although people practice yoga for both purposes, many opt to follow it purely on a physical fitness basis.

OBJECTIVE OF THE STUDY

- The aim of the study was to assess the effects of yoga practices on Physical fitness variables of intercollegiate players of Institute of Physical Education & Sports Sciences.

DESIGN OF THE STUDY

40 Intercollegiate players (Boys) of Institute of Physical Education & Sports Sciences were selected for the study. They were randomly assigned into two groups: A (experimental N=20) and B (control N=20).

YOGA PRACTICES

The yogic techniques, their sequence and the number of repetitions practiced by students regularly in early morning before practice.

Prayer for 5 min.

Loosening exercises and simple breathing exercises.

Surya Namaskar (12 step method)

Asanas – postural exercise sessions – included – Trikonasana (Triangle postures) – Veerasana (warrior posture) – Padahastasana(forward bend posture) – Chakrasana (wheel posture) – Sarvangasana (shoulder stand posture, head stand posture) – Halasana (plough posture) – Paschimothanasana (posterior stretching) – Padmasana (lotus posture) – Vajrasana (ankle posture) – Ushtrasana (camel posture).

The children were instructed to perform these exercises slowly, breathing in while initiating a posture, breathing out while bending, and then doing normal breathing for 10 seconds while maintaining the posture.

Breathing practices – Kapalabhati – Ujjayi (breathing with a hissing sound).

Pranayama (5 repetitions each) – Nadi shuddhi pranayama (alternate nostril breathing) – Bhramari pranayama (humming bee breath) – Mukh-bhastrika in vajrasana (bellows type breathing).

Meditation (1 time) was modified to make it simple for our subjects – Counting 20 to 0 numerical while performing deep inhalation and exhalation.

Trataka (gazing at a burning candle kept on an elevated base)

TEST ADMINISTRATION

- 1) Cardiovascular endurance was measured by 600 yards run & walk test.
- 2) Muscular strength was measured through standing broad jump.
- 3) Agility was measured through shuttle run.
- 4) Flexibility was measured by sit & Reach test.
- 5) Speed was measured by 50 yard dash.

Pre test & post test of control & experimental group was taken. After taking data of pretest all they were gone through their regular practices of yoga in the early morning. After completion of three months of Yoga practices, post test was conducted.

STATISTICAL ANALYSIS

To see the effects of Yoga, on physical fitness of boys' t' test was applied by the researcher for this study level of significance was 0.5 at 38df. It is shown in following tables:-

Table No: I
Comparison of pre & post test of control group

Item	Pre Test	Post Test	M.D.	T- Test
600 yard Run/Walk	x = 2.2 SD = 0.121	x = 2.1585 SD = 0.116	0.0415	1.101
Standing broad jump	x = 1.91 SD = 0.197	x = 1.94 SD = 0.192	0.03	0.487
Shuttle run	x = 9.83 SD = 0.472	x = 9.902 SD = 0.368	0.072	0.538
Sit & Reach	x = 15.066 SD = 3.767	x = 16.2 SD = 4.292	1.14	0.888
50 yard dash	x = 6.502 SD = 0.514	x = 6.28 SD = 0.534	0.22	1.339

0.05 level of sig. (38df) tabulated t = 2.021

Above table shows that difference between pre test and post test of control group. There was no such significance difference in any items 600 yard run & walk test, standing broad jump, shuttle run, sit & reach test, & 50 yard dash of control group were found at 0.05 level of significant level.

Table No: II
Comparison of pre & post test of experimental group

Item	Pre Test	Post Test	M.D.	T- Test
600 yard Run/Walk	x = 2.363 SD = 0.119	x = 2.256 SD = 0.112	0.107	2.9102
Standing broad jump	x = 2.02 SD = 0.187	x = 2.15 SD = 0.198	0.13	2.134
Shuttle run	x = 9.83 SD = 0.472	x = 9.947 SD = 0.473	0.117	0.783
Sit & Reach	x = 15.066 SD = 3.767	x = 18.066 SD = 4.999	2	2.1434
50 yard dash	x = 6.502 SD = 0.514	x = 5.91 SD = 0.255	0.592	4.614

0.05 level of sig. (38df) tabulated t=2.021

The above table shows that on the basis of mean different there was different between mean of pre & Post test of control group. To see this different 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 & post test of 600 yard run & walk, standing broad jump, sit and reach and 50 yard dash. But there is insignificant between pre and post test of shuttle run.

Table No: III
Comparison of post test of Control & Experimental group

Item	Pre Test	Post Test	M.D.	T- Test
600 yard Run/Walk	x = 2.363 SD = 0.119	x = 2.2 SD = 0.121	0.163	4.280
Standing broad jump	x = 1.94 SD = 0.192	x = 2.15 SD = 0.198	0.21	3.405
Shuttle run	x = 9.902 SD = 0.368	x = 9.947 SD = 0.473	0.045	0.335
Sit & Reach	x = 16.2 SD = 4.292	x = 18.066 SD = 4.999	1.866	1.266
50 yard dash	x = 6.28 SD = 0.534	x = 5.91 SD = 0.255	0.37	2.796

0.05 level of sig. (0.21) tabulated t=2.021

Above table shows that on the basis of mean different there was different between mean of Post test of control and experimental group. To see this different is significant or not at 0.05 level of significance. Researcher further calculated 't' test & above table shows that there is significant difference between post test of control and experimental group of 600 yard run & walk, standing broad jump and 50 yard dash. But there is insignificant between post test of control and experimental group of shuttle run and sit & reach test.

Conclusion:

Summing up, yoga practices shows significant effect on physical fitness of intercollegiate players. Thus, regularly yoga practices definitely improve physical fitness. The positive result found in the present study might apply to sports persons to improve physical fitness. A few minutes practice daily may help in maintain healthy life. The daily practice could also be parts of physical fitness and life style modification programs in maintaining better physical and mental health.

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