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Effect of Combined Conventional Training and Yogic Practices on Selected Physical Variables among Hockey Players

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Abstract

The purpose of the study was to investigate the effect of combined conventional training and yogic practices on selected physical variables among hockey players. It was hypothesized that there would be significant differences on selected physical variables due to the effect of combined conventional training and yogic practices among hockey players. For the present study the 30 male hockey players from Guru Nanak College, Chennai, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – 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 combined conventional training and yogic practices and Group 'B' have not underwent any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA) technique. The level of significance was set at 0.05. The combined conventional training and yogic practices had positive impact on speed and agility among hockey players.

Keywords: Conventional Training, Yogic Practices, Speed, Agility, Hockey.

Introduction

In hockey most of the coaches, players and physical educationists are following tedious type of training programme from beginners to advance level players. The research scholar desired to acquire the implementation of the strength training, flexibility training, mental training and sports specific training were the part of the training in the conventional training programme. In this context the conventional training is the traditional way of training the hockey players.

Yoga is one of India's wonderful gifts to mankind. It refers to the union of body and mind. Yoga is simple and easy to practice, acceptable to the people of all walks of life. One of its valuable qualities is that it builds up a store of physical health through the practice of a system of exercises called asana which keep the body cleansed and fit. Yoga believes that exercise is essential for speedy removal of toxins and for tuning blood circulation and for enabling all internal processes function smoothly. Yoga has a complete message for humanity. It is a message for the human body, mind and soul. Today, the world is looking to yoga for solving the various problems men are facing. At no time in the past yoga has attracted so much attention from people in so many corners of the world as it is today. Yoga is an indigenous physical and mental training (Chandrasekaran, 1999). The investigator combines the conventional training with yogic practices to see the effect on physical variables among hockey players.

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Methodology

The purpose of the study was to investigate the effect of combined conventional training and yogic practices on selected physical variables among hockey players. It was hypothesized that there would be significant differences on selected physical variables due to the effect of combined conventional training and yogic practices among hockey players. For the present study the 30 male hockey players from Guru Nanak College, Chennai, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – 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 combined conventional training and yogic practices and Group 'B' have not undergone any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA) technique. The level of significance was set at 0.05. The findings pertaining to analysis of co-variance between experimental group and control group on selected physical variables among hockey players for pre-post test respectively have been presented in table I to II.

Results

Table I. ANCOVA between Experimental Group and Control Group on Speed of Hockey Players for Pre, Post and Adjusted Test

	Experimental Group A	Control Group B	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	8.13	8.17	BG	0.03	1	0.03	0.01
			WG	56.46	28	2.01	
Post Test Mean	7.56	8.04	BG	168.03	1	168.03	66.67*
			WG	70.56	28	2.52	
Adjusted Post Mean	7.56	8.05	BG	165.56	1	165.56	75.94*
			WG	58.98	27	2.18	

*** Significant at 0.05 level.** **df: 1/27= 4.21**

Table I revealed that the obtained 'F' value of 75.94 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant difference in adjusted means of speed of hockey players between experimental group and control group. The graphical representation of data has been presented in figure I.

Figure I. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Speed

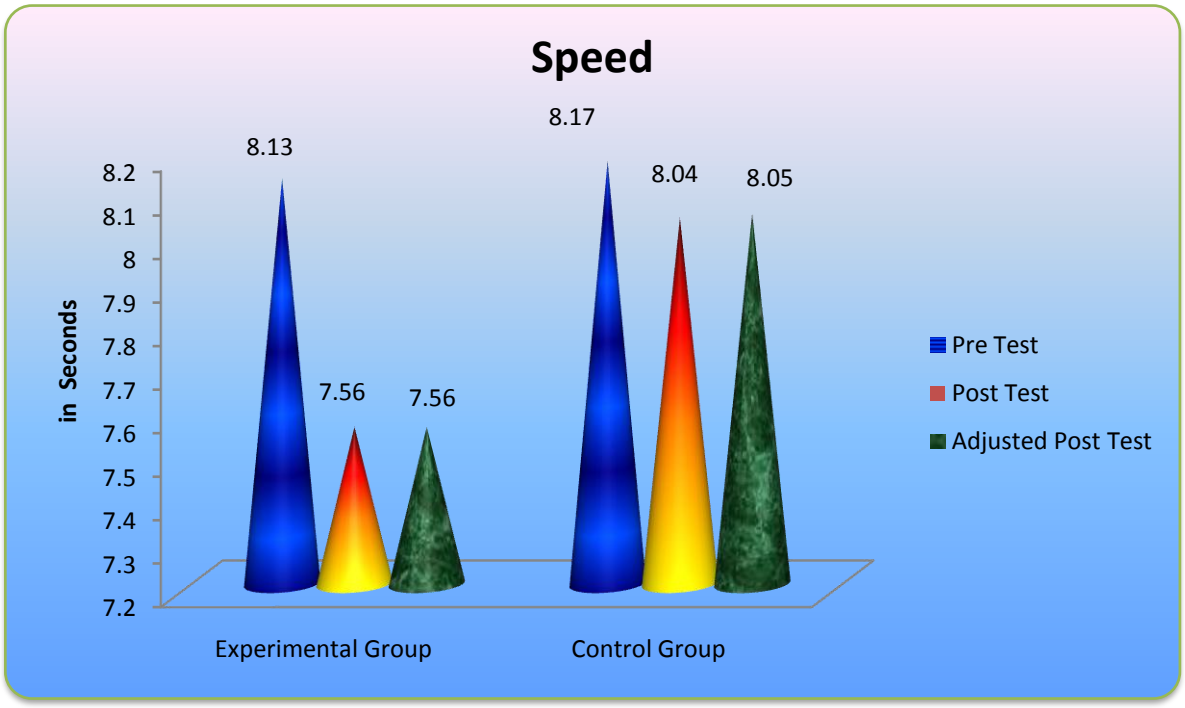


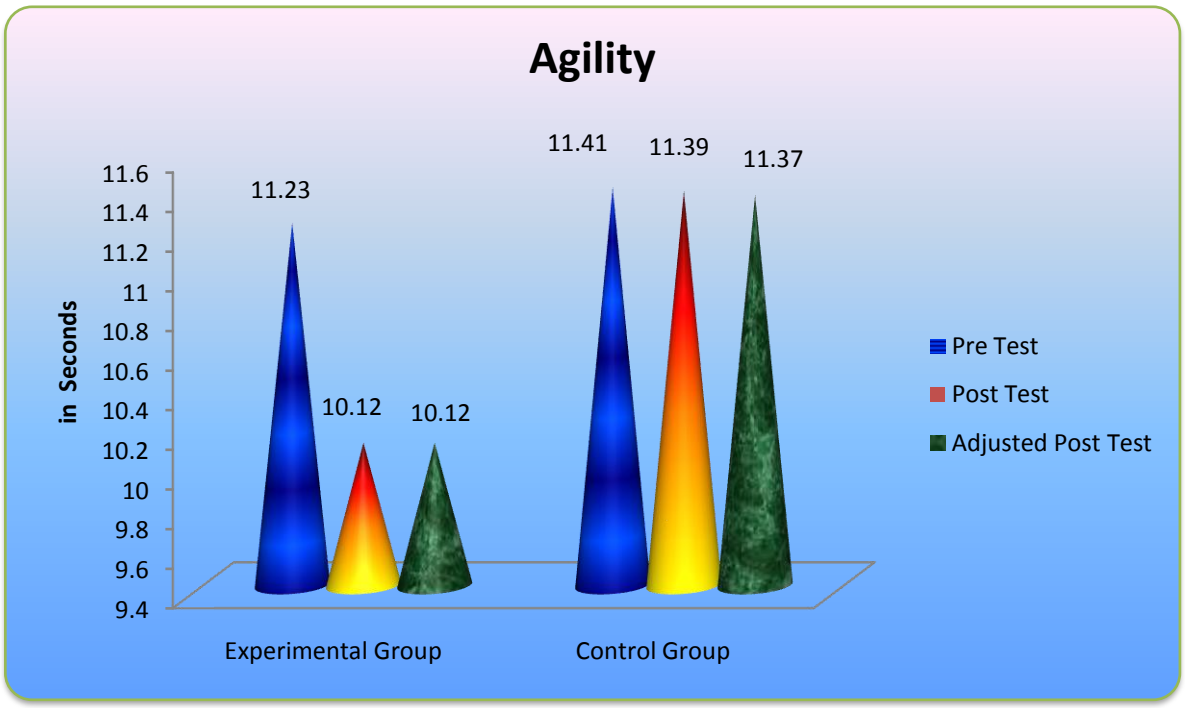
Table II. ANCOVA between Experimental Group and Control Group on Agility of Hockey Players for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	11.23	11.41	BG	16.10	1	16.10	2.71
			WG	165.76	28	5.92	
Post Test Mean	10.12	11.39	BG	240.89	1	240.89	28.78*
			WG	234.56	28	8.37	
Adjusted Post Mean	10.12	11.37	BG	179.48	1	179.48	24.22*
			WG	200.12	27	7.41	

*** Significant at 0.05 level.** **df: 1/27= 4.21**

Table II revealed that the obtained 'F' value of 24.22 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant difference in adjusted means of agility of hockey players between experimental group and control group. The graphical representation of data has been presented in figure II.

Figure II. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Agility



Discussions on Findings

In case of physical variables i.e. speed and agility the results between pre and post (12 weeks) test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular conventional training and yogic practices which may also bring sudden spurt in physical variables in hockey players. The findings of the present study have strongly indicates that combined conventional training and yogic practices of twelve weeks have significant effect on selected physical variables i.e., speed and agility of hockey players. Hence the hypothesis earlier set that combined conventional training and yogic practices programme would have been significant effect on selected physical variables 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 combined conventional training and yogic practices had positive impact on speed and agility among hockey players.
2. The experimental group showed better improvement on speed and agility among hockey players than the control group.

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