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Effect of Folk Dance and Resistance Training with Yogic Practices on Agility and Flexibility of the Intercollegiate Badminton Players

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Abstract

The present investigation is to dissect the impact of society's move and resistance preparing with yogic practices on readiness and adaptability of intercollegiate badminton players. The subjects are chosen from those who are examining in building schools directed by advanced education of legislature of Karnataka and played in intercollegiate badminton competition sorted out by VTU Belagavi of Karnataka. The subject's age runs from 17 to 21 years and the subjects are partitioned into three groups specifically Folk Dance with Yogic Practice Group (FDWY), Resistance Training with Yogic Practice Group (RTWY), and Control Group (CG) each gathering comprises of 20 subjects. The chose subjects are at first tried on the standard factors utilized as a part of this investigation and is was considered as the pre–test. In the wake of surveying of the pre–test, the subjects having a place with Folk Dance with Yogic Practice Group (FDWY) and Resistance Training with Yogic Practice Group (RTWY) are treated with yogic practices. To the extent the subjects in Control Group (CG) were considered, they are not given any training. It is reasoned that the 12 weeks of preparing hones demonstrated with the huge enhancements in Agility and Flexibility because of the treatment groups and there is no adjustments in control groups.

Keywords: Agility and Flexibility, (FDWY)-Folk Dance with Yogic Practice Group, (RTWY)- Resistance Training with Yogic Practice Group, CG-Control Group.

Introduction

The word yoga is from the Sanskrit root yuj significance to tie, join, append and burden. It likewise implies union of the will with the will of God. Yoga is immortal even minded science advanced more than a great many years managing the physical, moral, mental and profound prosperity of man xBhakthi, Jnana Yoga, Karma Yoga, Raja Yoga are the four ways of Yoga. Among these Raja Yoga comprises of Eight sections is called Astanga Yoga, for example, Yama, Niyama, Aassana, Pranayama, Prathyahara, Dharana and Smadi. Each of these means show the distinctive method for solid way of life and thereby add to appreciate most extreme life in the life expectancy. Society Dance is a famous move frame considered as a component of the custom of a specific people or range in India. In karnataka different move shapes are polished at distinction territories, for example, Dollu Kunitha, Kamsale, Somana Kunitha, Lavani, Bhootharadane, Yakshagana Kunitha, Goravana Kunitha, Karaga and so forth.., Among these Kamsale is one of celebrated Forck move and it requires both expertise and exertion with respect to the craftsman and most troublesome workmanship to perform, yet is exceptionally leaving in its temperament. The general population of Mahadeswara Gudda trust that this Kunitha discovered its starting point in Devara Gudda as Mahadeswara played out this "Beesu Kamsale" the following day, being satisfied by the triumph picked up by Karayya and Billayya in the tests requested by him in Kathi Pavadada Halla. Kamsale is an uncommon kind of melodic instrument made of metal plate with long jute string attached to it and embellished with brilliant gonde's clusters. In this move shape, people play in groups by holding the string of the instrument freely and influencing them over their heads, their backs, underneath their feet, and furthermore in the stances of sitting, laying standing and rolling. Resistance preparing is the utilization of imperviousness to solid withdrawal to manufacture the Flexibility, anaerobic continuance and size of skeletal muscles. Resistance preparing depends on the rule that muscles of the body will work to conquer a resistance drive.

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Objectives of the study

To find out whether practice of Folk Dance with Yogic Practice could improve the Agility and Flexibility

of intercollegiate badminton players.

To find out whether practice of Resistance Training with Yogic Practice could improve the Agility and Flexibility of intercollegiate badminton players.

Problem of the Study

The purpose of the study is to compare the effect of Folk Dance with Yogic Practice and Resistance Training with Yogic Practice on agility and flexibility

Hypothesis

It is hypothesised that the practice of Folk Dance with Yogic Practice, Resistance Training with Yogic Practice would significantly improve the Agility and Flexibility of intercollegiate badminton players.

Methodology

The present study is to investigate the impact of Folk Dance with Yogic Practice and Resistance Training with Yogic Practice on Agility and Flexibility of intercollegiate badminton players. To accomplish reason for the investigation 60 subjects are chosen. The subjects are chosen taken from the Building Schools Directed by Advanced Education of Administration of Karnataka and are played in intercollegiate badminton competition composed by VTU Belgauma of Karnataka. The subject's age are extended from 17 to 21 years and the subjects are isolated into three groups. Test amass – I (N=20) experienced Folk Dance with Yogic Practice Group (FDWY), Experimental gathering – II (N=20) experienced Resistance Training with Yogic Practice Group (RTWY), lastly control gathering (N=20) does not hone any Resistance Training with Yogic Practice (CG). The trial bunches took an interest in preparing plan for the time of 12 weeks, three option days in seven days. The investigation parameters including Agility and Flexibility are likewise broke down. The information is examined by utilizing "t" proportion to discover the mean contrast from pre test to post test. Investigation of co change is connected and Scheffee's post hoc test.

Analysis of Data and Interpretation

Table 1

Folk dance with yogic practice group pre and post test values on agility and flexibility of intercollegiate badminton players

Parameters	Test	Mean	Std. Deviation	S.E.M	M.D	't' value
Agility In Seconds	Pre-Test	16.70	1.73	0.187	2.907	15.500*
	Post- Test	13.80	1.41			
Flexibility in cm	Pre-Test	20.35	3.06	0.232	8.850	38.057*
	Post- Test	29.20	3.07			

*Significance at 0.05 levels (2.09)

The Table 1 displays the results of 't' value of Agility (15.500), Flexibility (38.057). The obtained tabulated t value is 2.09 statistically significant. It is found that the value is statistically significant at 0.05 level of confidence. It is observed that the mean shows significant improvement in Agility (2.907p< 0.05), Flexibility (8.850p< 0.05).

Table 2

Resistance training with yogic practice group pre and post test values on agility and flexibility of intercollegiate badminton players

Parameters	Test	Mean	Std. Deviation	S.E.M	M.D	't' value
Agility In Seconds	Pre-Test	16.60	1.53	0.151	1.440	9.556*
	Post- Test	15.16	1.69			
Flexibility in cm	Pre-Test	20.70	2.87	0.827	6.900	8.345*
	Post- Test	27.60	5.45			

*Significance at 0.05 levels (2.09)

The Table 2 displays the results of 't' value of Agility (9.556), Flexibility (8.345). The obtained tabulated t value is 2.09 statistically significant. It was observed that the mean shows significant improvement in Agility (1.440 p< 0.05), Flexibility (6.900 p< 0.05).

Table 3
Control group pre and post test values on agility and flexibility of intercollegiate badminton players

Parameters	Test	Mean	Std. Deviation	S.E.M	M.D	't' value
Agility In Seconds	Pre-Test	16.88	1.91	0.069	0.123	1.777
	Post- Test	16.76	1.98			
Flexibility in cm	Pre-Test	20.50	1.99	0.082	0.150	1.831
	Post- Test	20.65	1.87			

*Significance at 0.05 levels (2.09)

The Table 3 displays the results of 't' value of Agility (1.777), Flexibility (1.831). The obtained tabulated t value is 2.09 statistically insignificant.

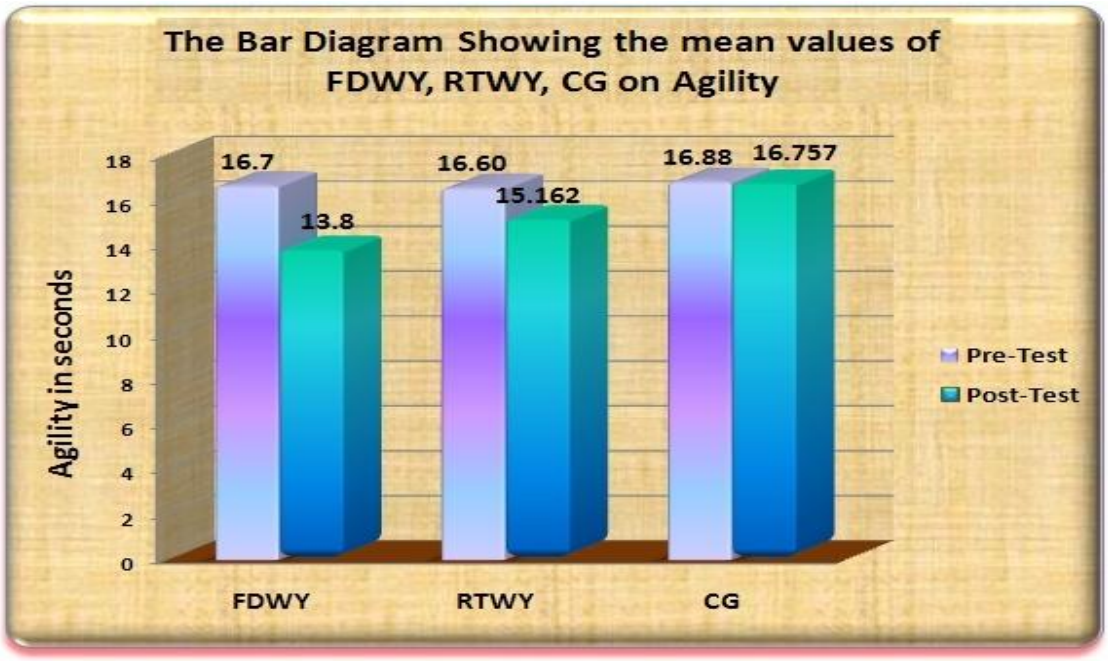

Figure I

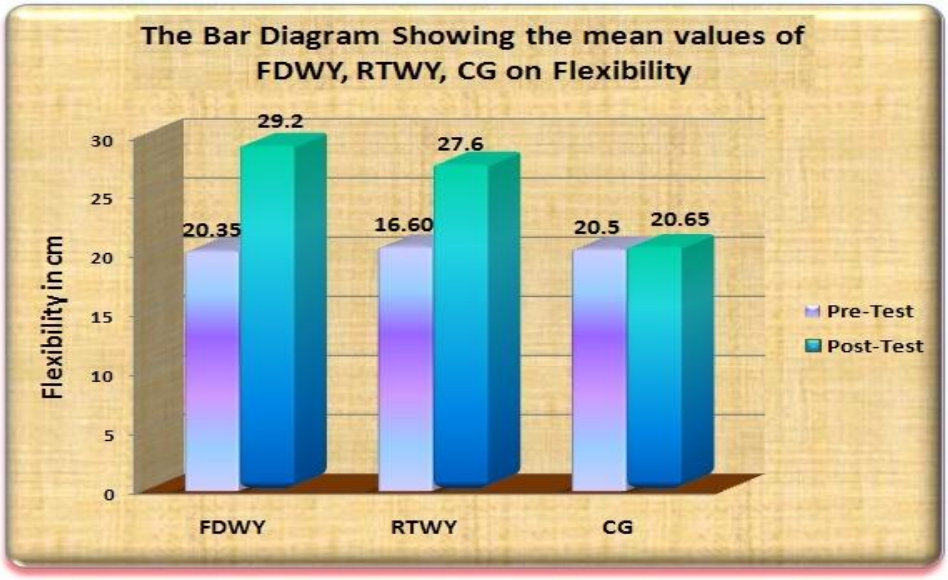

Figure II

Table 4
Analysis of variance on pre - test means values among the fdwy, rtwy and cg on agility and flexibility among intercollegiate badminton players

Parameters	Source of Variance	Sum of Squares	DF	Mean Square	F	Sig.
Agility In Seconds	Between	0.79	2	0.395	0.132	0.877
	Within	170.83	57	2.997		
Flexibility in cm	Between	1.23	2	0.617	0.086	0.918
	Within	409.75	57	7.189		

*Significance at 0.05 levels (3.16)

The Table 4 viewer that the obtained 'F' value for the FDWY, RTWY AND CG on Agility (0.132), and Flexibility (0.086). The obtained tabulated f value is 3.16 statistically not significant which has differences at the 95 % confidential level and at the degrees of freedom (2, 57). It was found that statistically show insignificant. So the treatment was successful.

Table 5
Analysis of variance on pre - test means values among fdwy, rtwy and cg of training on agility and flexibility among intercollegiate badminton players

Variables	Source of Variance	Sum of Squares	DF	Mean Square	F	Sig.
Agility in numbers	Between	87.62	2	43.810	14.949	0.000
	Within	167.04	57	2.931		
Flexibility in numbers	Between	826.43	2	413.217	29.058	0.000
	Within	810.55	57	14.220		

*Significance at 0.05 levels (3.16)

The Table 5 views the obtained 'F' value for the FDWY, RTWY AND CG on Agility (14.949) and Flexibility (29.058). The obtained tabulated f value is 3.16 statistically not significant which has differences at the 95 % confidential level and at the degrees of freedom (2, 57). It is found that the value is statistically insignificant. So the treatment was successful.

Table 6
Analysis of variance on pre – test and post -test means values among fdwy, rtwy and cg of training on agility and flexibility among intercollegiate badminton players

Variables	Source of Variance	Sum of Squares	DF	Mean Square	F	Sig.
Agility in numbers	Between	78.23	2	39.117	96.49*	0.000
	Within	22.70	56	0.405		
Flexibility in numbers	Between	834.90	2	417.450	85.18*	0.000
	Within	274.42	56	4.900		

*Significance at 0.05 levels (3.16)

The Table 6 views that the obtained 'F' value for the FDWY, RTWY AND CG on Agility (96.49), and Flexibility (85.18).The obtained tabulated f value is 3.16 statistically significant which has differences at the 95 % confidential level and at the degrees of freedom (2, 56). It is found that the value is statistically significant.

Table 7
The scheffe's post hoc test for the differences between adjusted post test means of fdwy, rtwy and cg on agility

FDWY	RTWY	CG	Mean Differences	Confidence Interval Value
13.82	15.28	---	1.46	0.571
13.82	---	16.61	2.79	0.571
---	15.28	16.61	1.33	0.571

* Significant at 0.05 level of confidence

The Table 7 shows the adjusted post hoc test mean values of FDWY group, RTWY group and CG. The mean difference requires the confidential interval to be significant was 0.571. To Comparing the FDWY group and RTWY group, the mean differences between the two groups are 1.46. Hence FDWY group are shows better improvement on Agility. In comparing the FDWY group and CG, the mean difference between the two groups is 2.79. Hence FDWY group shows better improvement on Agility. In comparing RTWY group and CG, the mean differences between the two groups is 1.33. Hence RTWY group shows better improvement on Agility. Finally FDWY group shows better improvement than the RTWY and CG on Agility.

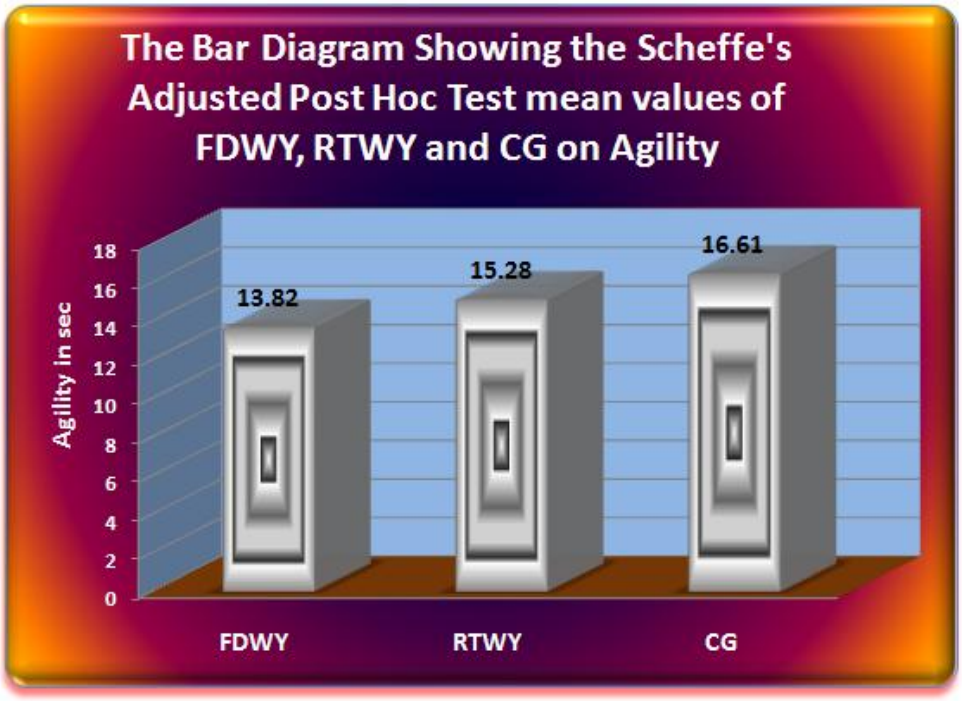

Figure III

Table-8
The scheffe's post hoc test for the differences between adjusted post test means of fdwy, rtwy and cg on flexibility

FDWY	RTWY	CG	Mean Differences	Confidence Interval Value
29.39	27.39	---	2.00	1.985
29.39	---	20.66	8.73	1.985
---	27.39	20.66	6.73	1.985

* Significant at 0.05 level of confidence

The Table 8 shows the adjusted post hoc test mean values of FDWY group, RTWY group and CG. The mean difference required for the confidential interval is to be significant at 1.985. In Comparing the FDWY group and RTWY group, the mean difference between the two groups is 2.00. Hence FDWY group shows better improvement on Flexibility. To comparing the FDWY group and CG, the mean differences between

the two groups is 8.73. Hence FDWY group were showed better improvement on Flexibility. In comparing RTWY group and CG, the mean differences between the two groups are 6.73. Hence RTWY group shows better improvement on Flexibility. Finally FDWY group shows better improvement than the RTWY and CG on Flexibility.

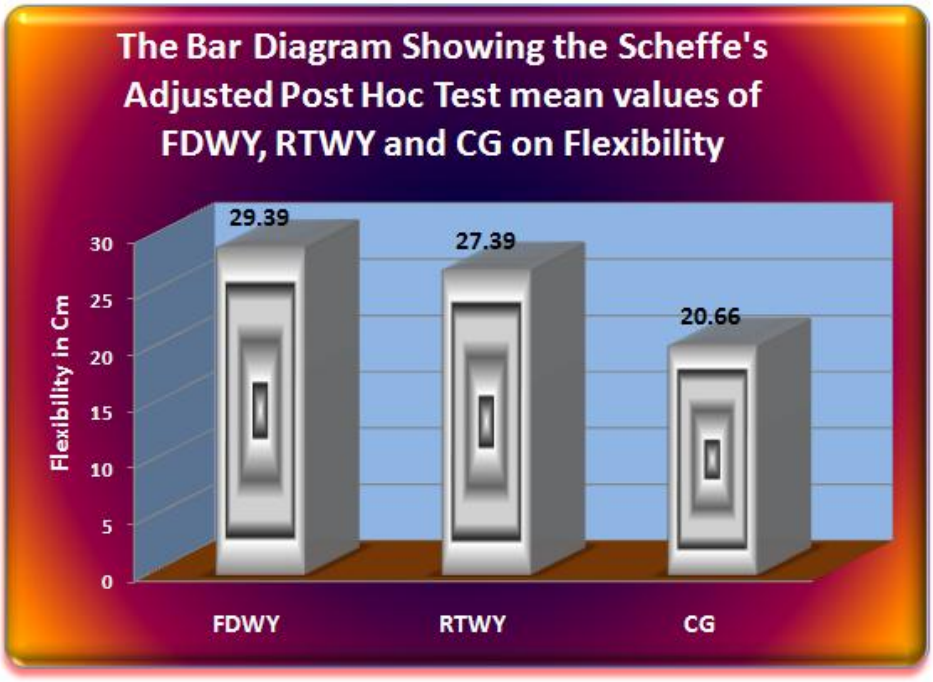

Figure IV

Discussion on Present Study

This study confirms that there is an improvement in Agility and Flexibility on effect of folk dance and resistance training with yogic practices of intercollegiate badminton players.

Discussion of the Study

In analyzing the Agility and Flexibility for two different training groups of Folk Dance with Yogic Practice and Resistance Training with Yogic Practice, over the period of twelve weeks of training, the obtained results favores the intercollegiate badminton players who practices the Folk Dance with Yogic Practice on Agility and Flexibility of intercollegiate badminton players. The obtained results display similar effect among the other two training modules after the completion of 12 weeks of training period. The results on Agility and Flexibility are discussed below.

Agility

The Folk Dance with Yogic Practice, Resistance Training with Yogic Practice significantly shows improvement on the Agility from pre test to post test. The present study demonstrates that an increase in Agility of 17.41%, 8.67% and 0.73% is estimated with Illinois Agility test for the Folk Dance with Yogic Practice, Resistance Training with Yogic Practice and control group respectively. The Folk Dance with Yogic Practice significantly shows improvement on the Agility by 17.41% better than the RTWY 8.67% and control group 0.73%. The Resistance Training with Yogic Practice improves the Agility by 8.67% better than the control group.

Flexibility

The Folk Dance with Yogic Practice, Resistance Training with Yogic Practice significantly shows improvement on the Flexibility from pre test to post test. The present study demonstrates that an increase in Flexibility of 43.49%, 33.33% and 0.73% is estimated with Sit and Reach test for the Folk Dance with Yogic Practice, Resistance Training with Yogic Practice and control group respectively. The Folk Dance with Yogic Practice significantly shows improvement on the Flexibility by 43.49% better than the RTWY 33.33% and control group 0.73%. The Resistance Training with Yogic Practice improves the Flexibility by 33.33% better than the control group.

Result of the Study

1. The present study shows the results that the Folk Dance with Yogic Practice significantly improves Agility and Flexibility of intercollegiate badminton players.
2. The present study shows the results that the Resistance Training with Yogic Practice significantly improved Agility and Flexibility of intercollegiate badminton players.
3. The present study shows the results that the Folk Dance with Yogic Practice significantly improves Agility and Flexibility better than the Resistance Training with Yogic Practice and control group of intercollegiate badminton players.

4. The present study shows the results due to Resistance Training with Yogic Practice significantly improves the Agility and Flexibility better than the control of intercollegiate badminton players.

Conclusion

1. It is concluded that the Folk Dance with Yogic Practice significantly improves Agility and Flexibility of intercollegiate badminton players.
2. It is concluded that the Resistance Training with Yogic Practice significantly improves Agility and Flexibility of intercollegiate badminton players.
3. It is concluded that the Folk Dance with Yogic Practice significantly improves Agility and Flexibility better than the Resistance Training with Yogic Practice and control group of intercollegiate badminton players.
4. It is concluded that the Resistance Training with Yogic Practice significantly improves the Agility and Flexibility better than the control of intercollegiate badminton players.

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