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Effect of Yogic Practices on Selected Physical Variables on College Kabaddi Players

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Abstract

The purpose of this study was to find out the effect of yogic practices on selected physical variables among college men Kabaddi Players. To achieve the purpose of the present study 30 players from Government College, Chittur, Palakkad were selected. The subjects at random and their ages ranged from 18 to 23 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n= 30) were randomly assigned to two equal groups of fifteen men players each. The groups were assigned as yogic practices and control groups in an equivalent manner. The experimental group participated for a period of six weeks and the post-tests were conducted. Endurance was assessed by cooper's 12 minute run test and flexibility was assessed by sit and reach test. The variable to be used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. Analysis of covariance (ANCOVA) was used to test the treatment effect of the training programmes on all the variables used in the study. It was observed that the six weeks of yogic practices have significantly improved the selected physical variables among college men kabaddi players.

Keywords: Yogic Practices, Physical Variables, Kabaddi.

Introduction

Yoga can help to check any imbalance in muscular development and will enable both mind and body to function more efficiently. Practicing of yoga asanas strengthen the muscles, release physical tension and improve concentration and poise. Yoga makes limbs balanced strong and relaxed. The standing poses improve balance and muscle flexibility. Yogic practice can help players to relax and replenish their energy after strenuous games. It also promotes calm, clear thinking even in situations that call for fast reactions. Yoga stretches and strengthens all muscles of body and brings peace and calm to the mind and spirit. Yoga derives its philosophy from Indian metaphysical beliefs. The word yoga comes from Sanskrit language and means union or merger. The ultimate aim of this philosophy is to strike a balance between mind and body and attain self-enlightenment. To achieve this, yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life. Though the exact origins of Yoga are unknown but Yoga is considered to be the oldest physical discipline in existence. Yoga, thus symbolizes balance in every area of life. In the earlier times, the rationale of the Yoga postures and breathing exercises was to bring stability and relaxation so that practitioners could prepare for the rigors of meditation, sitting still and alert for long periods of time. In modern context also Yoga can play an important role in maintaining a fine balance between work and healthy mind (Govinarajalu et al. 2003).

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Methodology

The purpose of this study was to find out the effect of yogic practices on selected physical variables among college men Kabaddi Players. To achieve the purpose of the present study 30 players from Government College, Chittur, Palakkad were selected. The subjects at random and their ages ranged from 18 to 23 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n= 30) were randomly assigned to two equal groups of fifteen men players each. The groups were assigned as yogic practices and control groups in an equivalent manner. The experimental group participated for a period of six weeks and the post-tests were conducted. Endurance was assessed by cooper's 12 minute run test and flexibility was assessed by sit and reach test. The variable to be used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. Analysis of covariance (ANCOVA) was used to test the

treatment effect of the training programmes on all the variables used in the study.

Results

Table 1. *Computation of mean and analysis of covariance on endurance of experimental and control groups*

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	1933.86	1999.00	BG	31817.63	1	31817.63	2.45
			WG	362507.73	28	12946.70	
Post Test Mean	2331.93	1959.33	BG	1041230.70	1	1041230.70	114.49*
			WG	254626.26	28	9093.79	
Adjusted Post Mean	2332.33	1959.92	BG	951111.45	1	951111.45	100.90*
			WG	254505.29	27	9426.12	

* Significant at 0.05 level

Table value for df 1, 28 was 4.20, df 1, 27 was 4.21

The above table indicates the adjusted mean value on endurance of experimental and control groups were 2332.33 and 1959.92 respectively. The obtained F-ratio of 100.90 for adjusted mean was greater than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on endurance. The above table also indicates that both pre and post test means of experimental and control groups differ significantly.

Figure I. Shows the mean values on endurance of yogic practices and control groups

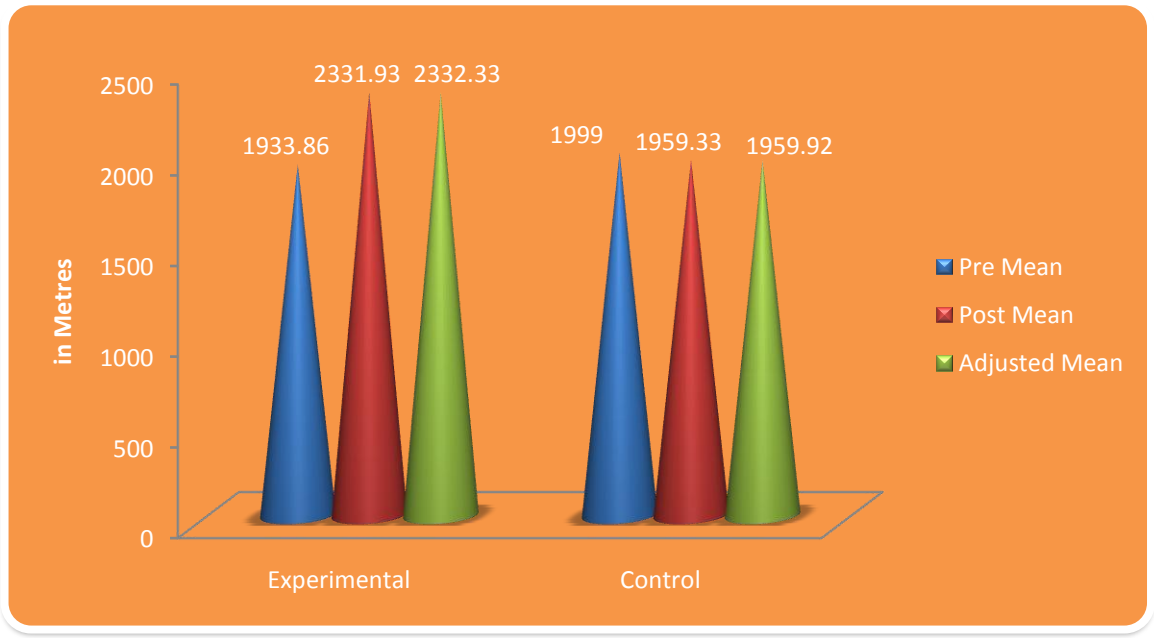


Table 2. *Computation of mean and analysis of covariance on flexibility of experimental and control groups*

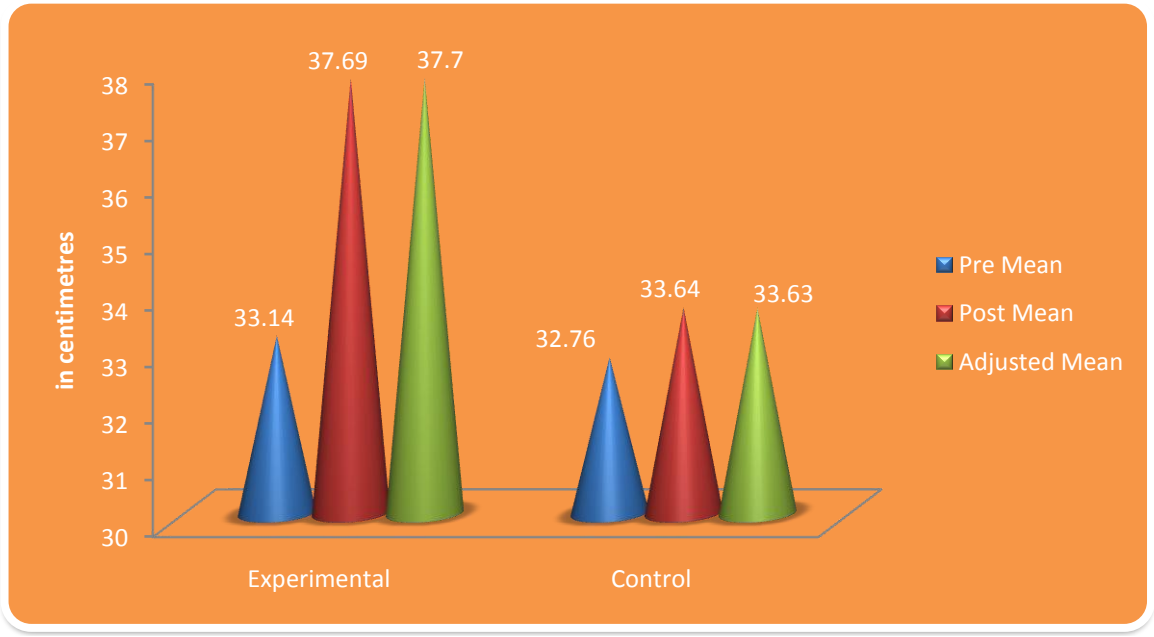
	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	33.14	32.76	BG	1.08	1	1.08	0.03
			WG	790.11	28	28.21	
Post Test Mean	37.69	33.64	BG	122.81	1	122.816	7.46*
			WG	460.60	28	16.45	
Adjusted Post Mean	37.70	33.63	BG	124.05	1	124.05	7.31*
			WG	457.69	27	16.95	

* Significant at 0.05 level

Table value for df 1, 28 was 4.20, df 1, 27 was 4.21

The above table indicates the adjusted mean value of flexibility of experimental and control groups were 37.70 and 33.63 respectively. The obtained F-ratio of 7.31 for adjusted mean was greater than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on flexibility. The above table also indicates that both pre and post test means of experimental and control groups also differ significantly.

Figure II. Shows the mean values on flexibility of yogic practices and control groups



Conclusion

1. It was observed that the six weeks of yogic practices have significantly improved the selected physical variables among college men kabaddi players.

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