

EFFECT OF YOGIC PRACTICE ON FLEXIBILITY AMONG CENTRAL TELANGANA GIRLS.

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Abstract

Aim: To examine the scientific approach for the effect of Yogic practice on flexibility among girls of central Telangana. **Method:** A sample of one hundred (N= 100) subjects in the age categories of 18 to 22 years, were divided equally into two groups. One experimental group and the other control group. The dependent variable tested for this study was delimited to flexibility. The criterion variables chosen were tested with reliable testing tools. Flexibility was measured with sit and reach tests and scores were recorded in centimeters based on the responses. The control group was not given any specific training whereas the experimental group underwent Yogic practice 6 days a week for 12 weeks and 60 min per session. The pre and post test data collected were statistically analyzed by applying paired t-test initially to compare the means and t-ratio for significant difference separately for each dependent variable. **Results:** The results of the study indicate that flexibility significantly improved in the experimental group as a result of participating in the Yogic practice. **Conclusion;** It is concluded that Yogic practice improves flexibility. Key words: Yogic, flexibility, sit and reach etc.

Introduction

Life is made up of Physical movements. Modern science provides us leisure, comforts and easier material existence, but it does not give us peace of mind. Scientific advancement is eliminating physical exercise from our day-to-day life. The automotive and the television are the two key contributors to our sedentary lifestyle. The sedentary way of life has a negative effect on the human body and it has been associated with many serious health problems.

The word Yoga is derived from the Sanskrit root Yuj. It means the disciplining of the mind, intellect, the emotions, the will, which yoga presupposes, it means a poise of the soul which enables one to look at life in all its aspects evenly. (B.K.S. Iyengar).

In the modern era, the origin of yoga is not usually given much importance. While “Yoga” has now become a veritable household word, knowledge of its roots escapes most people, even many of those practicing it with regularity. Historically yoga was more than a particular teaching. Yoga, a way of life, a culture and a lifestyle which encompassed not just techniques, practices or ideas, but also eating habits, bathing habits, prayer, social interaction, and work. The emergence of creativity as the core of technology has added aesthetics or a new dimension in the field of science.. Hence, yoga has brought a breakthrough in unraveling the hidden dimensions of mind. All those seeking to develop greater critical and creative faculties now have yoga as a new tool.

Flexibility is defined as the ability to change, to bend, or to persuade. An example of flexibility is being able to work whenever one wants. Flexibility is the range of movement possible at a joint. It allows performers to reach, stretch and move their joints to gain possession, to make a motif look interesting or to achieve a more effective or efficient position. Reduces the risk of injury. Improves posture and the ability to move. Helps relieve stress and reduce risk of lower back pain. Increases the tendons' ability to absorb energy, which decreases the chance of injury. Flexibility is an important component of physical fitness and has many positive effects on the body. For instance, it improves mobility, posture, muscle coordination, reduces the risk of injuries and muscle soreness. It even leads to a better overall “shape”.

METHODOLOGY

Selection of subjects

For the present investigation one hundred (100) girl students of Government College of Physical Education, Domalguda, Hyderabad was selected randomly. Their age ranged between 18 and 22 years. The subjects were assigned to two groups with 50 each , Group I was experimental and group II a control group. Yogic practices were given to Group I. No training was provided to Group II. The duration of the training period was 12 weeks and the number of sessions per week were confined to 6 days which was considered adequate enough to cause change in selected dependent variables. Each session lasted for one hour. Pre-test and post-test were conducted to the control and experimental groups. The instrument used in obtaining data of each player’s flexibility was the Sit and reach test for flexibility and scores were recorded in centimeters for the groups. The data collected from the groups on selected variable was statistically examined to find out whether there was any significant difference between the pretest and posttest for experimental and control groups by using statistical technique of t-test and then comparing the means scores and t-ratio for significant differences. The level of significance was fixed at 0.05 level of confidence.

RESULTS:

Table I showing the Effect of Yogic practices on experimental groups than control groups on Flexibility among Central Telangana girls.

Group	N	Pre test		Post test		Mean diff	t-value	df	Table Value	Sig. (2-tailed)	Inference
		Mean	SD	Mean	SD						
Experimental Group	50	19.94	1.856	21.58	1.896	1.640	12.598	49	2.011	0.000	S*
Control Group	50	19.90	2.765	19.96	2.672	0.060	0.771	49	2.011	0.444	NS

Table I indicates the mean, standard deviation and t value for flexibility of the girls. The results showed that the flexibility of selected samples in the experimental group in the pretest mean is 19.94 with 1.856 S. D and the posttest mean is 21.58 with 1.896 S.D. From the t-test the calculated value was 12.598 which is greater than table value (2.011) at 49 degrees of freedom with 0.05 level of significance. Hence there was a significant improvement in Yogic practices on pretest to post test in experimental groups.

Whereas the flexibility in the control group showed that pretest mean was 19.90 with 2.765 S.D and posttest mean was 19.96 with 2.672 S.D. From the t-test the calculated value was 0.771 which is less than table value (2.011) at 49 degrees of freedom with 0.05 level of significance. Hence there is no significant improvement in Yogic practices on pretest and posttest in the control group.

Discussion:

The main aim of the study was to find out the effect of yogic practices on flexibility of the girls. All the subjects took part in their regular Yogic training program. Yogic practice is known to enhance the range of motion of joints. Our results indicate yogic training significantly enhances the measures of flexibility. Thus, 12 weeks of practicing yoga enhanced the flexibility in the actively training athletes while warm up stretching did not: A result that may have important implications for sports training. The experimental group has increased the knee extension and hip extension, coupled with greater shoulder flexion. Thus, the experimental group were better able to simultaneously lengthen hamstring and lower back muscles and maintain a flexed shoulder.

Conclusion:

Within the limitations of the study and on the basis of the obtained results it was concluded that the 12 weeks of Yogic practice had significantly improved flexibility among

central
girls.

Telangana

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<http://www.khecari.com/resources/SaktismHathayoga.pdf> [accessed 19 September 2013] pg. 20, Quote: "The techniques of hatha yoga are not taught in Sanskrit texts until the 11th century or thereabouts."

