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Effect of Yogic Practice on Cognitive Variables of Sports Men in Tumkur University

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Abstract

Yoga is an ancient system of exercise from India. Yoga comes from the Indian word yuj, which means to bind together, to join or to unite. It is the union of the mind, body and spirit a holistic approach to your physical and mental wellbeing. It is a system of exercise that combines stretching and breathing with a Relaxed awareness, Resulting in beautiful, toned body, complexion and positive attitude towards life. The purpose of the study was to find out Effect of Yogic Practice on Cognitive variable of Sportsmen. To achieve this purpose 80 Male students studying in University College, Tumkur, Sportsmen Tumkur were selected as subjects. The following yogic Practice were selected for giving 8 weeks training for 80 subjects. Criterion variable was selected and measured by using Long term memory. It was used for pre test and post test. The Result shows that the 8 weeks of yogasanas training develops Long term memory performance. Yogasana training develops Long term memory performance.

Keywords: Yogic Practice, Long term memory.

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Introduction

Yoga is a tradition method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When we are healthy we are in touch with inner Self, with others and surroundings on a much deeper level, which adds to spiritual health. Yoga increases the flexibility of the spine, improves body's physical condition and heightened awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position and always with full concentration.

The Importance of Yogic Practice

Good health is the greatest asset. Without good health one can hardly expect success in any walk of life. To keep up good health, there is numerous modern physical culture systems designed to develop the muscles. The physical culturist develops them by mechanical movements and exercises. In such physical

exercises, there is a fast movement of the muscles resulting in the rapid functioning of the heart and lungs. The practitioner becomes exhausted very quickly. In Yogic Practice, there is harmonious development of all the muscles of the body, internal organs, nerves and the frame. There are no rapid movements and hence there is no waste of energy. In Yoga exercise movements are gentle and rhythmic and the other hand, they conserve energy.

The three important organs viz., heart, lungs and brain with its cerebro-spinal system, are kept in a healthy condition by regular practice of a few important Asanas and breathing exercises. Sound functioning of the organs depends upon good healthy nerves. The tripod of life is the brain, heart and the lungs. The heart and the lungs are under the control of the brain. These three important organs along with the cerebro-spinal system are kept in a healthy condition by regular Yogic exercises. If proper Practices are not given to muscles, they will tend to contract and there will be stiffness and heaviness in the body also Blood circulation and nerve force will consequently be impeded. Their malfunctioning will disturb the organs. Some of the Yogic Practice concentrate on the development of the muscle also, consistent with the development of other parts as well.

Methodology

The methodology adopted in the present study Related with selection of subjects, selection of variable, and selection of test.

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Selection of subjects

The purpose of the study was to find out "Effect of Yogic Practice on Cognitive variable of Sportsmen." To achieve this purpose 80 Male students in the age group Ranging from 18-23 years studying in Tumkur University College sports man , Tumkur Karnataka were selected as subjects.

Selection of Variables

The following yogasanas were selected for giving 8 weeks training for Experiment group. Padmasan , Vajrasan, Vakrasana, Paschimottanasana, Tadasana, Vrikshasana, Garudasana, Trikoasana, Shavasana, Naukasana, Halasana, Sarvangasana, Makarasana, Bhujangasana, Dhanurasana, Shalabhasana. The training session included 10 minutes for warm-up 40

minutes for practicing yoga posture and 10 minutes for cool down procedure was adapted.

Test and Measurement

Sl No	Variable	Test	Measurement
1	Cognitive Variable	Long term memory	Questionnaire developed by Dr. Srinivasa

Analysis and Interpretation of Data

The purpose of the study was to measure the "Effect of Yogic Exercises on Cognitive variable of sportsmen." To achieve this purpose the data collected for the study were put into analysis and Results of which are presented in the table.

Table 1

Showing the pre test and post test performance of Long term memory

Group	Test	Mean	STD Deviation	T Value
Experimental Group	Pre Test	38.34	10.94	12.68*
	Post Test	75.51	21.26	
Control Group	Pre Test	27.82	9.90	0.371
	Post Test	27.56	9.91	

Significant level of at 0.05, t-value = 12.685

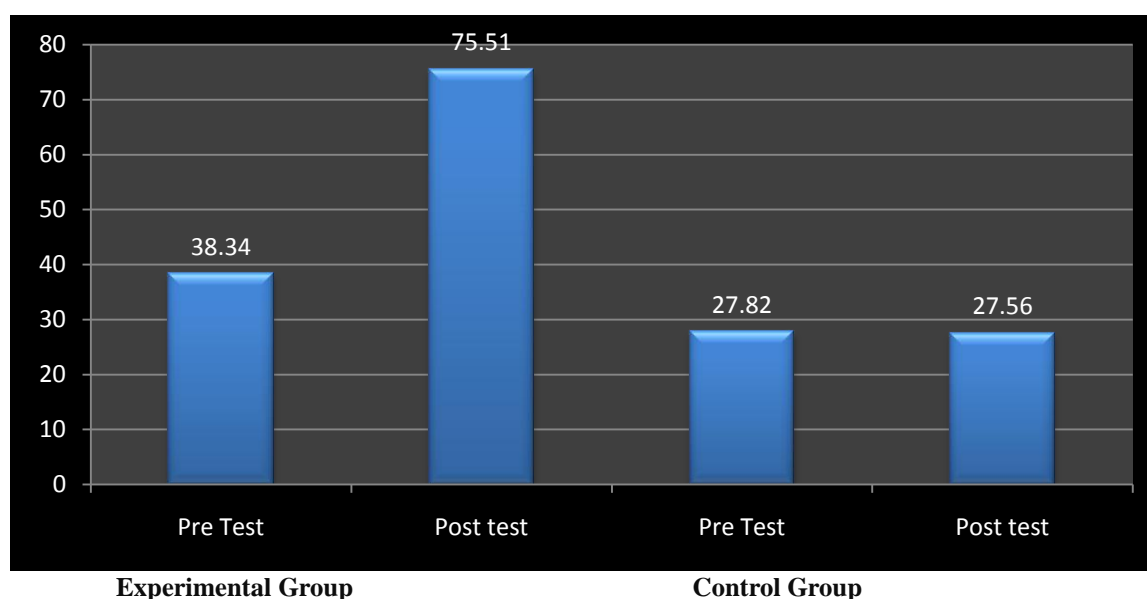
t-value of control group is less than that of Experimental group, hence it is significant.

Table 1 Indicates the pre test and post test scores of the subjects on Long term memory for the Experimental and control group. There was significant difference between the pre- test and post- test scores of Long term memory among Experimental group. There was no significant difference in the pre test and post test scores of Long term memory among control group.

Higher number of long term memory indicates higher cognitive performance. Less number of Long term memory indicates lower cognitive performance. Further it is observed that the Long term memory of Experimental group has significantly improved through Yogic Practice training. The same has been displayed in the figure I.

Figure I

Showing the Long term Memory Performance of pre test and post test of Experimental and Control group



The above figure I indicates that the post- test Long term memory performance value is higher than the pre- test value of the Experimental group. Hence it is significant. The Long term memory performance of the control group in the pre test and post value is not significant as compared to Experimental group.

Conclusion

The result shows that 8 weeks yoga training develops Long term memory

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