



Effects of Selected Yogic Practices on Selected Physical Variables among State Level Cricket Players

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Abstract

The purpose of the study was to find out the effects of selected yogic practices on selected physical variables among state level cricket players. To achieve this purpose a sample of 40 state level cricket players were selected at random from Chennai from the age group of 19 - 22 years. They were divided into two equal groups. Experimental group is yogic practices group, and the other acted as control group the pre test was conducted to all the two groups in sit and reach test for Flexibility. The Yogic practices was given to the experimental group and for the period of 8 weeks for five days per week. The training load was fixed based on pilot study, but the control group was not given any type of training. After 8 weeks of training the post test was taken from all the subjects. The pre and post test was conducted for flexibility at the end of each session and data was recorded. Analysis of covariance was used to test of significance. The results of the study reveals that the efficiency of the flexibility improved significantly ($p>0.05$).

Keywords: Astanga Yoga Practices, Flexibility.

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Introduction

Cricket is a major international sport played in more than 105 countries. There is no exact record available which shows when and by whom this game was started in England. The game of Cricket has had its origin in England and it has developed from a crude game, which was played as early as 12th century. Cricket is played between two teams normally eleven a side, and gives the maximum opportunity for combining team effort with individual skill and initiative. Each team bats or takes its innings, in turn, the choice for first innings being divided by toss. The game is played on a pitch on which two wickets are placed twenty two yards apart, though this distance may be reduced for young boys. The batsmen defend their wickets against the bowling of the fielding side and when a batsman is out, another takes his place and so on until ten batsmen are out or until the innings has been declared closed. Cricket is the game of bat and ball in which each team has to bowl and bat according to certain rules and regulations. A team, which scores greater number of runs, will be the winner. Irrespective of age, all kind of people are affected by stress, mental disorder, diabetes, BP and so on due to competitive and mechanical life. Particularly, our state level cricket players are affected much than other kind because of their responsibility who has to take care of the

business of the various field in a very competitive environment and also have to deal with different types of customers. Two main things for state level cricket players. 1. Performance 2. Concentration, First quality is for performing well, state level cricket players have to sit prolonged time, it leads to some physical problem, second thing is concentration is more important to handle money transaction because, money involvement is more. More over state level cricket players have to needs different types of customers. Since it is a time bounded work automatically it leads to (stress, tension and aggression etc, which leads to some psychological problem. So, the researcher chosen the general health status & wellbeing of state level cricket players for the study.

Yoga is one of the six orthodox systems of Indian philosophy. Yoga is the union of the jivatma with the paramathma. It was collated, coordinated and systematized by Patanjali in his classical work, the Yoga Sutras, which consists of 195 terse aphorisms in which it is stated that yoga is a state where all activities of the mind are channelized in one direction; or the mind is free from distractions. The word Yoga is derived from the Sanskrit root Yuj meaning to bind, to unite, join, and attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union or communion. It means the disciplining of the mind, intellect, the emotions, the will, which that yoga presupposes; it means a poise of the soul which enables one to look at life in all its aspects evenly.

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Yoga is not merely doing an asanaby the body, through the body, and for the body. The sadhakas learns to unite one part of the body with another part of the body, the body with the mind, the body with the breaths and senses, also the breath with the mind and senses and this takes one to the self realization path. It is this unification which justifies the definition of the word yog which means, 'to unite'. (B.K.S Iyengar,2004)

Purpose of the study

The purpose of the study was to find out the effects of selected yogic practices on selected physical variables among state level cricket players.

Review of Related Literature

Sathianarayanamoorthi, (2013) conducted a study to find out the impact of game- specific field training with and without mental practice strategies on selected physiological and performance variables namely resting heart rate, systolic blood pressure, diastolic blood pressure and volleyball playing ability among male volleyball players. To achieve the purpose of the study thirty six male volleyball players have been randomly selected from affiliated college of Anna University Tiruchirappalli in the state of Tamil Nadu, India. The age of subjects were ranged from 17 to 23 years. The subjects had past experience of at least three years in volleyball and only who those represented their respective college teams were taken as subjects. A series of physiological tests was carried out on each participant. These included resting heart rate assessed by digital heart rate monitor, systolic blood pressure and diastolic blood pressure assessed by digital BP monitor, performance variable assessed by using subjective rating. The subjects were randomly assigned into three groups of 12 each, such as experimental and control groups. Group-I underwent Game-specific field training, Group-II underwent game-specific field training with mental practice strategies for 5 days a week, two sessions (morning & evening) per day and for 12 weeks, each session lasted 90 minutes. The control group maintained their daily routine activities and no special training was given. The subjects of the three groups were tested on selected variables prior and immediately after the training period. The collected data were analyzed statistically through analysis of covariance (ANCOVA) to find out the significance difference, if any between the groups. In case 'F' values found to be the significant the Scheffe's test was used as post hoc test. The 0.05 level of confidence was fixed to test the level of significance difference, if any between groups. The results of the study showed that there was significant level differences exist among game-specific field training group, game-specific field training with mental practice strategies

group and control group. And also game-specific field training group, game-specific field training with mental practice strategies group showed significant difference on level of resting heart rate, systolic blood pressure, diastolic blood pressure and Volleyball playing ability compared to control group. When experimental groups were compared game specific training with mental practice strategies group showed significant decrees in the resting heart rate, systolic blood pressure and diastolic blood pressure level and improvement in the Volleyball playing ability.

Esteghamati, et al. (2008) reviewed that sedentary life style is considered as a main risk factor for DM-II. The role of regular exercise is appreciated in both primary prevention and treatment. Diabetic people can benefit from physical activity in order to have a better control on blood glucose level, lipid profile, body weight, and blood pressure. Furthermore, psychological improvements may follow such as decreasing anxiety or depression and improvement of sleep quality. Different kinds of training including aerobic, resistive and flexibility exercises could be recommended, but some parameters like intensity, duration, and frequency of exercises as well as safety measures should be explained to the patient when prescribing an exercise program. A thorough medical evaluation is required before starting an unaccustomed exercise program in order to modify it, as needed. It is recommended that diabetic people participate in moderate aerobic (40-60% VO_2 max) and resistive (30-50% 1RM) exercises 3-5 and 2-3 sessions per week, respectively. However, it is a general recommendation, and an expert in exercise therapy should tailor the program with respect to individual conditions.

Methods and Materials

The sample for the present study consists of 40 state level cricket players from Chennai. The subjects were selected using random sampling method. Their age ranged from 17 - 22 years. They were divided into two groups namely Experimental group and control group (n=40), and sit and reach test for flexibility was administrated to them. Experimental group was under the practice of yogic practices for the period of 8 weeks both morning at 6.30 to 7.30 for the period of 8 weeks. The training programme was administered for sixty minutes per session. The control group did not engage in any special activities. The load was fixed based on the pilot study. The pre test and post test were taken before and after the experimental training programme. The test was conducted sit and reach test for flexibility on each end of the cessations and data was recorded. Analysis of covariance was used as a test of significance.

Experimental Group: yogic practices**Table I.** Yogic Practices

S.No	Yogic practices	Duration	Repetition	Set	Rest between practice	Rest between set	Frequency per week
1	Sitilikarana vyayama (loosening exercises)	5 min	2	2	5 to 10 sec	30 – 60 sec	5 days in a week
2	Suryanamaskar	6 min	2	2	10 to 15 sec		
3	Padmasana	3 min	2	2	5 to 10 sec		
4	Ardha Katichakarasana	3 min	2	2	5 to 10 sec		
5	Padahastasana	3 min	2	2	5 to 10 sec		
6	Vipareetakarani	3 min	2	2	5 to 10 sec		
7	Bhujangasana	3 min	2	2	5 to 10 sec		
8	Chandra & surya anuloma & viloma	3 min	2	1	5 to 10 sec		
9	Nadishodana pranayama	3 min	2	1	5 to 10 sec		
10	Bhramari & pranayama	3 min	2	1	5 to 10 sec		
11	Savasana	10 min	1	1	-		

Group II: Control Group (No Practice)**Results**

The data pertaining to the variables under the study was examined by analysis of covariance for each

criterion variables separately in order to determine the differences, if any between the groups at different stages.

Table II. Analysis of covariance for pre and post tests data on flexibility of yogic practices group and control group.

	YOGIC PRACTICES GROUP	CONTROL GROUP	SOURCE OF VARIANCE	SUM OF SQUARES	df	MEAN SQUARES	OBTAINED F
Pre Test Mean	20.75	20.30	Between	2.02	1	2.02	0.36
			Within	211.95	38	5.58	
Post Test Mean	24.75	20.35	Between	193.60	1	193.60	76.39*
			Within	96.30	38	2.53	
Adjusted Mean	24.74	20.36	Between	189.99	1	189.99	73.33*
			Within	95.86	37	2.59	
Mean Diff	4.00	0.05					

*significant.

Table value for df 1 and 38 was 3.21 Table value for df 1 and 37 was 3.22.

The obtained adjusted mean values were presented through bar diagram in figure I.

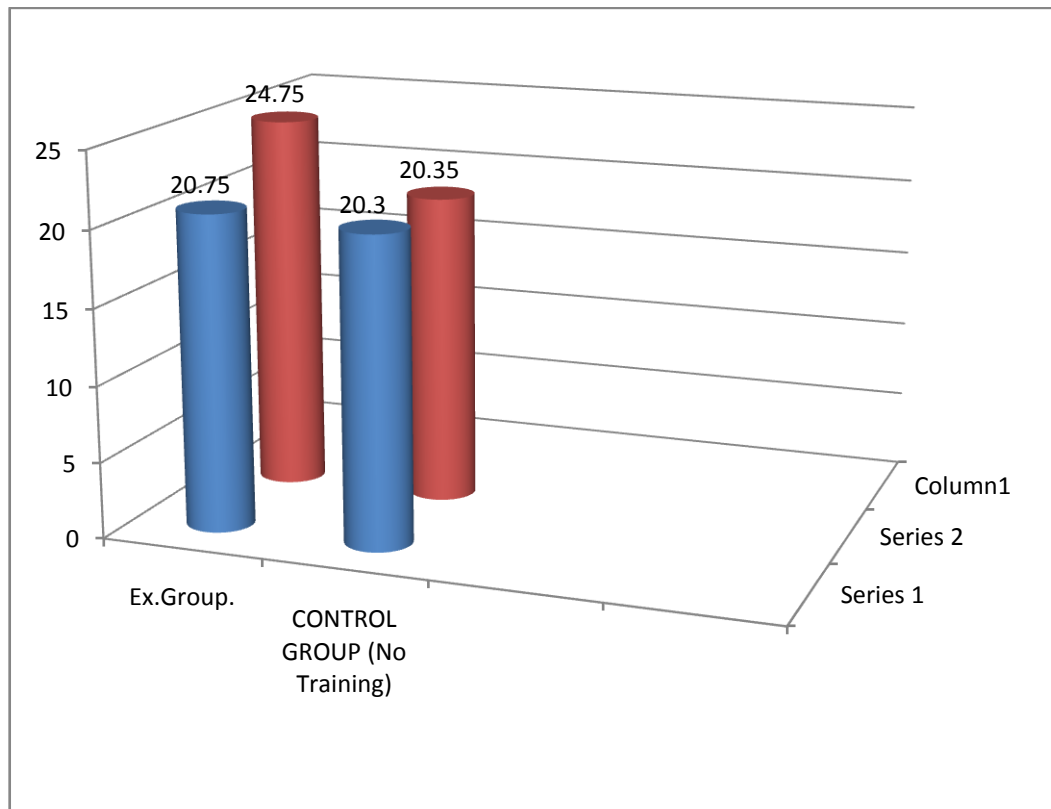


Figure 1. Bar diagram on ordered pre and post means of flexibility

Discussions on the Findings of Flexibility

Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 73.33 was greater than the required value of 3.22. And hence it was accepted that the Yogic practices training significantly improved the wellbeing of state level cricket players of the state level cricket players. The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Yogic practices group and control group on internet addiction level. This proved that due to 8 weeks Yogic practices wellbeing of state level cricket players was significantly improved of state level cricket players .

Results

The data pertaining to the variables under the study was examined by analysis of covariance for each criterion variables separately in order to determine the differences, if any between the groups at different stages.

Conclusions

It was observed that the pre-test results, it was noticed that there was no significant differences between control and experimental groups. While the post test results of control and experimental groups had been analyzed statistically and revealed that, there was a significant mean difference in favor of experimental

groups.

In the analysis of co-variance the flexibility among control and experimental groups, a significant difference was seen and which source light on the applicable effect of eight weeks of yogic practices. From the statistical analysis it is clear that both training programmes had its own effects. Yogic practices showed more effects in flexibility when compared to and control group.

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