



Effect of Specific Yogic Practice on Selected Physical Variables among Male Kabaddi Players

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Abstract

The purpose of the study was to find out the effect of specific yogic practice on selected physical variables among kabaddi players. It was hypothesized that there would be significant differences on selected physical variables due to the effect of specific yogic practice among college kabaddi players. For the present study the 30 kabaddi players from Thanjavur District, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent specific yogic practice and Group 'B' has not undergone any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent 't' test. The level of significance was set at 0.05. The specific yogic practice group had positive impact on speed, muscular strength and explosive strength among college kabaddi players.

Keywords: Yogic Practice, Kabaddi, Speed, Muscular Strength, Explosive Strength.

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Introduction

Kabaddi is aptly known as the "game of the masses" due to its popularity, simple, easy to comprehend rules, and public appeal. The game calls for no sophisticated equipment what so ever, which makes it a very popular sport in the developing countries. Though it is basically an outdoor sport played on clay court, of late the game is being played on synthetic surface indoors with great success. The duration of the game is 45 minutes for men & junior boys with a 5minute break in between for the teams to change sides. In the case of women/girls & sub junior boys, the duration is 35 minutes with a 5inminute break in between. Kabaddi is a combative team game, played with absolutely no equipment, in a rectangular court, either out-doors or indoors with seven players on the ground in each side. Each side takes alternate chances at offence and defense. The basic idea of the game is to score points by raiding into the opponents' court and touching as many defense players as possible without getting caught on a single breath. During play, the players on the defensive side are called "Antis" while the player of the offense is called the "Raider". Kabaddi is perhaps the only combative sport in which attack is an individual attempt while defense is a group effort. The attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the

attack are declared 'out' if they do not succeed in catching, the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider (Prasad, 2002).

Yoga, the Indian science to control body and mind through meditation and self-control plays an integral part of Kabaddi. The raider has to enter the opponent's court chanting the word "Kabaddi" while holding his breath and has to continue to do so until he returns to his home court. This is known as 'Cant', which is closely related to "Pranayama" of yoga. While Pranayama is about with holding breath in order to exercise internal organs, cant is the means to with hold breath with vigorous physical activity. This is perhaps one of the few sports to combine yoga with hectic physical activity. The game calls for agility, good lung capacity, muscular co-ordination, presence of mind and quick responses. For a single player to take on seven opponents is no mean task, requires dare as well as an ability to concentrate and anticipate the opponent's moves (Prasad, 2002).

Methodology

The purpose of the study was to find out the effect of specific yogic practice on selected physical variables among kabaddi players. It was hypothesized that there would be significant differences on selected physical variables due to the effect of specific yogic practice among college kabaddi players. For the present

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study the 30 kabaddi players from Thanjavur District, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent specific yogic practice and Group ‘B’ has not undergone any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent ‘t’ test. The level of significance was set at 0.05.

Table I. Variables and Test

S.No	Variables	Tests
1	Speed	50 Yard Run
2	Muscular Strength	Pull Ups
3	Explosive Strength	Vertical Jump

Results

The findings pertaining to analysis of dependent ‘t’ test between experimental group and control group on selected physical variables among kabaddi players for pre-post test respectively have been presented in table II to III.

Table II. Significance of mean gains & losses between pre and post test scores on selected variables of specific yogic practice group (SYPG)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Speed	7.45	7.24	0.21	0.24	0.10	7.45*
2	Muscular Strength	18.24	22.31	4.07	1.13	0.47	4.70*
3	Explosive Strength	0.41	0.46	0.05	0.11	0.07	5.57*

* Significant at 0.05 level

Table I shows the obtained ‘t’ ratios for pre and post test mean difference in the selected variable of speed (7.45), muscular strength (4.70) and explosive strength (5.57). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (14) it was found to be statistically significant at 0.05 level of

confidence. It was observed that the mean gain and losses made from pre to post test were significantly improved in namely speed (0.21 p<0.05), muscular strength (4.07 p<0.05) and explosive strength (0.05 p<0.05) thus the formulated hypothesis was accepted.

Figure I. Comparisons of pre – test means and post – test means for experimental group in relation to physical variables

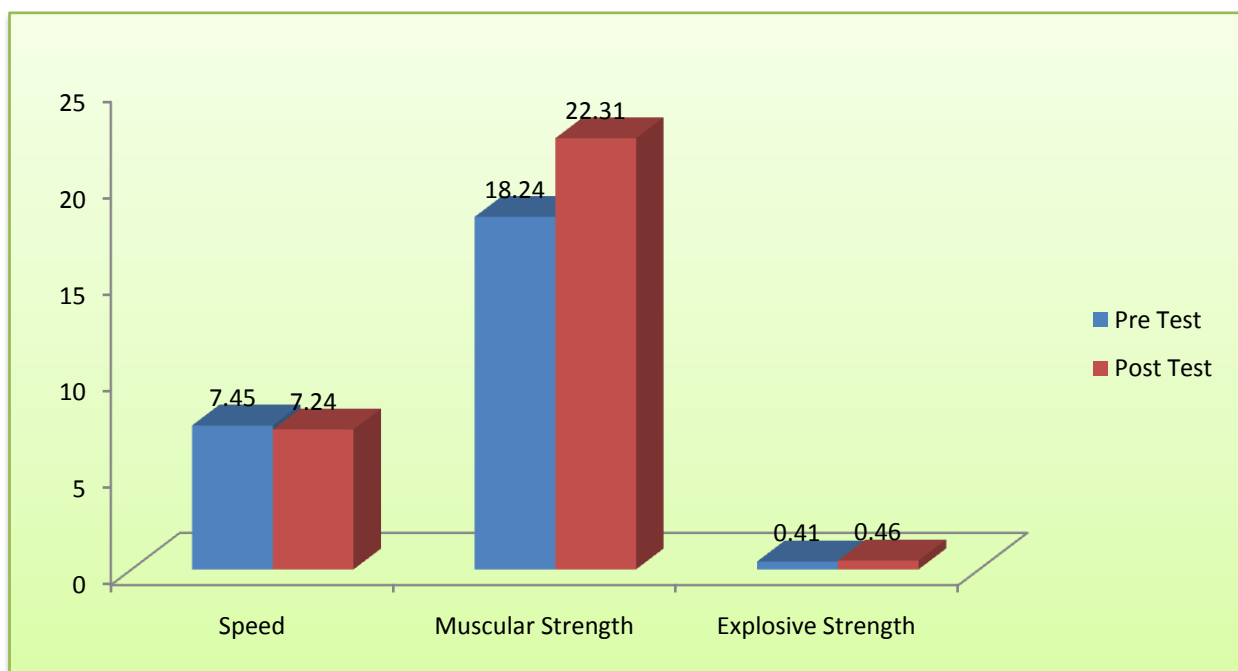


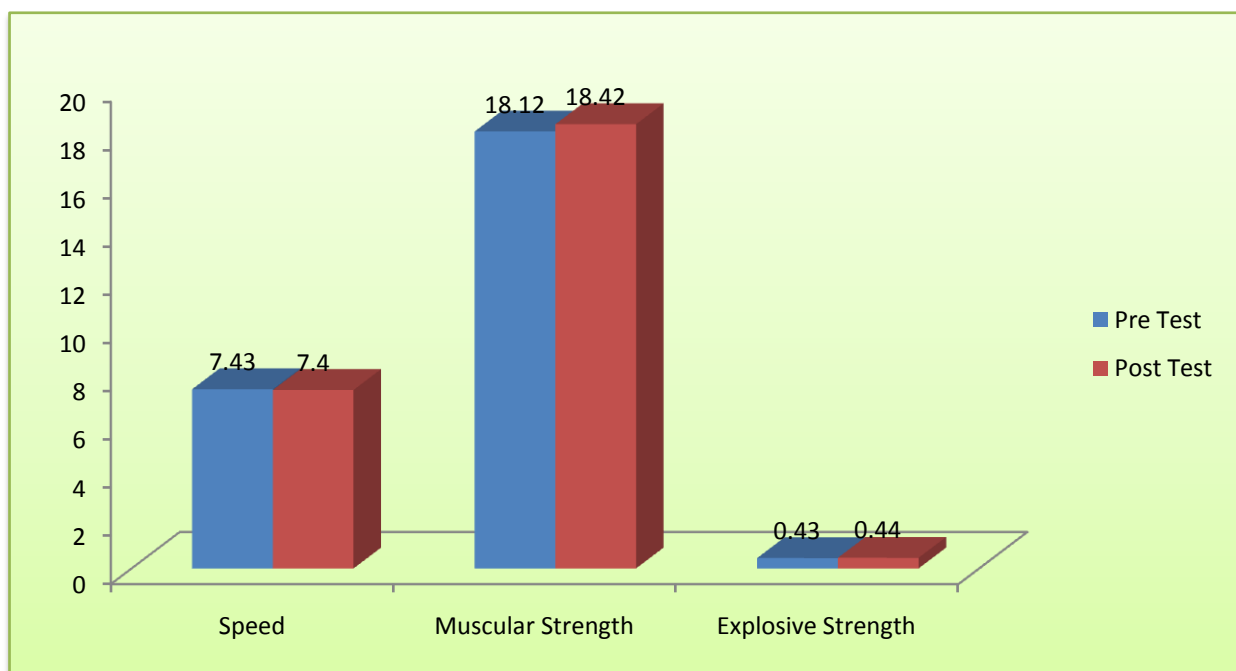
Table II. Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Control Group (CG)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (\pm)	σ DM	't' Ratio
1	Speed	7.43	7.40	0.03	0.09	0.04	1.34
2	Muscular Strength	18.12	18.42	0.30	1.02	0.74	1.78
3	Explosive Strength	0.43	0.44	0.01	0.04	0.01	0.54

* Significant at 0.05 level

Table II shows the obtained 't' ratios for pre and post test mean difference in the selected variable of speed (1.34), muscular strength (1.78) and explosive strength (0.54). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (14) it was found to be statistically significant at 0.05 level of

confidence. It was observed that the mean gain and losses made from pre to post test were significantly improved in namely speed (0.03 $p < 0.05$), muscular strength (0.30 $p < 0.05$) and explosive strength (0.01 $p < 0.05$) thus the formulated hypothesis was accepted.

Figure II. Comparisons of pre – test means and post – test means for control group in relation to physical variables

In case of physical variables i.e. speed, muscular strength and explosive strength the results between pre and post test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular specific yogic practice which may also bring sudden spurt in physical variables in kabaddi players. The findings of the present study have strongly indicates that interval training of twelve weeks have significant effect on selected physical variables i.e., speed, muscular strength and explosive strength of kabaddi players. Hence the hypothesis earlier set that specific yogic practice would have been significant effect on selected physical variables in light of the same the hypothesis was accepted.

Conclusions

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The specific yogic practice group had positive impact on speed, muscular strength and explosive strength among college kabaddi players.
2. The experimental group showed better improvement on speed, muscular strength and explosive strength among kabaddi players than the control group.

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