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Effect of balancing yogic asanas on selected physical fitness components of school football players

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Abstract

Introduction: Physical fitness is the capacity to carry our reasonable way various forms of physical activities without being unduly tired and include qualities important to the individuals health and way being regular participation in vigorous exercise increase physical fitness is desirable for full productive life, sedentary living habits and poor physical fitness have a negative impact of both health and daily living. Yoga is way of life, an integrated system of education for the body, mind and spirit, this art of right living was perfected and part iced in India thousands of year ago, but since yoga. Deals with universals truths its teaching are as valid today were in ancient times. Yoga is practical by Buddhists, Christians, Muslims, Hindus and atheists alike. Yoga is union with all.

Objective of the study: The objective of this study was to know the effect of balancing yogic asanas training on specific physical fitness components of school male football players.

Materials and Methods: 60 male football players divided into two groups experimental and control group. Age of the subjects was ranged from 15-18 years.

Result: Control group was not found significantly improved in standing broad jump (0.17) and shuttle run (0) t value is indicated that the control group was not found significantly improved in agility & leg strength components. Experimental group was not found significantly improved in 600m R/W test (0.75), standing broad jump (0.17), and shuttle run (2.3). t value is indicated that the experimental group was not significantly improved in endurance, leg strength and agility components.

Conclusions: Experimental group were having greater improvement in comparison to control group. Significant difference was found in Bend knee sit ups and pull ups. Insignificant difference was found in 600 mts. Run/walk.

Keywords: Balancing asanas, Football, Fitness Components, and School Boys

1. Introduction

In yoga the physical exercise called "asana" are nonviolent and provide a gentle stretching that acts to lubricate the joints, muscles, ligaments, tendons, and other parts of the body, asana help to tone the nervous system, improve circulation release tension and increase flexibility. When performed in slow and relaxed manner, they are designed to develop to more than just the physical body. They also broaden the mental faculties and enhance the spiritual capabilities. Asana are designed promote a state of mental and physical well-being or good health, this may be define as the condition that is experienced when all the organs functions efficiently under the intelligent control of the mind. Asana have extraordinary capacity to overhaul, rejuvenated, and bring the entire system into a state of balance although they are performed by the physical body. Asana also have profound effects on the astral body. Asana initially focus on increasing and maintaining flexibility of the spine, toning and rejuvenating the nervous system. The gentle stretching, twisting and bending movements bring flexibility to other joints and muscles of arch supply of nutrients and oxygen to all the cells of body. Asana work in much the same way as acupuncture or shiatsu. But the yogic system of panic balancing is more suitable; to gain the benefit but once to feel the benefits they will last longer. The different poses put pressure on various points purifying and strengthens the nadirs. Yogic exercise includes wide range of practices. These practices provide the fractioned good health and vigor. To cope with the modern social problems, stress and tensions, the practice of yoga highly essential. For most of the people, yoga is a means of maintaining health and well-being in the increasing stressful society. If all the techniques mentioned above, he or she can achieve good and well-being. Yoga practices have succeeded as an alternative form of therapy in diseases such as asthma, diabetes, blood pressure, digestive disorders and other ailments of chronic nature. Thus practice of yoga helps the individual to lead a happy and healthy life. Salutation to the great saints His Holiness Patanjali [3].

These strengthen the arms and wrist and exercise the abdominal organs. They also make the body fill light and help attain a good bearing. Salamba Sirsasana, Niralamba Sarvangasana and Salamba Sarvangasana are some of the balancing asana According to Charles Corbin the physical fitness is the Entire human organism ability to function effectively. It is made up at least 11 components which contribute of total quality of life. Physical fitness is associated with a personal ability to work efficiently and enjoy leisure time to be healthy to resist hypo kinetic.

Hardayal Singh stated that the improvement and maintenance of specific physical fitness or condition is the main aim of sports training. Each sport requires different type level of specific fitness as a result different type of fitness training is requiring for different sports. Some sports like running requires a very high level of endurance and low level of other motor abilities, sports like shooting and archery do not required high of physical fitness.

The physical fitness sum of total five motor abilities namely strength, speed, endurance, flexibility and co-coordinative abilities. These five motor abilities and their complex forms (e.g. strength, endurance, explosive strength endurance, explosive strength etc) are the basic prerequisites for human motor actions. Each sport required a different type of fitness training is required for different sports. Some sports like distance running required a very high level of endurance but a low level of other abilities. In this context a study was done on

male football player’s foe six weeks, to study effect of balancing yogic asanas on selected fitness components of school boys.

Materials and Methods

Male football player’s age 15 to 18 years were selected for the present study. All subjects were football players divided into two group, as experimental group and control group. The balancing yogic asanas training was given to experimental group for six weeks, the control group was not provide any training.

Experimental design

1. The pre and posttest of selected test items of AAHPER youth physical fitness test were conducted on all the subjects of experimental group and control group.
2. The six weeks balancing yogic training program for the experimental group were conducted on five days in a week.
3. The duration of practice was one hour per day in morning session according to the feasibility. (Table no. 3)
4. Control group subject were not participant in balancing asanas training program but they were allowed to do some other activities which were in the curriculum of the school.

Table 1: Six weeks Balancing Yogic Asanas Training Programme 1 Week to 6 Weeks. Total Workout for 60 minutes per day

S.no.	Activities	Time	Sets	Total duration
1	General warm up and specific warm up (Stretching)	5	1	05 min.
2	Bakasana	2.5	2	05 min.
3	Utthita padmasana	2.5	2	05 min.
4	Naukasana	2.5	2	05 min.
5	Mayurasana	2.5	2	05 min.
6	Tadasana	2.5	2	05 min.
7	Vrikshasana	2.5	2	05 min.
8	Garudasana	2.5	2	05 min.
9	Padma bakasana	2.5	2	05 min.
10	Padma mayurasana	2.5	2	05 min.
11	Shirshasana	2.5	2	05 min.
12	Shavasana, Rest	5	1	05 min.

Total duration of programme is 60 minutes

Results, Discussion and Conclusions

The data pertaining to each of the related AAHPER test was analyzed by Descriptive Statistics; and comparison was made

by independent t-test. The statistical analysis of data has been presented in this chapter.

Table 2: One tailed “t” ratio for control group

Test	N	Pre-test mean	Post-test mean	D.M	Pre S.D	Post S.D.	T-ratio
Pull-ups	30	4.76	3.06	1.70	1.35	.96	6.11*
Bent knee sit-ups	30	27.33	24.73	2.60	17.40	15.44	2.48*
Shuttle- run	30	10.61	10.67	0.06	0.74	0.81	0.24
Standing Broad Jump	30	1.54	1.71	0.17	0.23	0.20	4.57*
600 Mts. Run/Walk	30	2.69	2.75	0.06	0.04	0.04	1.08

*significant at .05 level, “t”.05 (58) = 2.02

Table-2 clearly imparts knowledge that three components of control group significantly improved at 0.05 level yielding. The calculated “t” value for Pull ups (6.11), sit ups (2.48) and standing broad jump (4.57) from table-1 are found statistically significant. The “t” value is found significant because calculated value is more than tabulated value. Subsequent to the finding of significant - t value it is indicated that the control group is shows significant improve in leg strength, abdominal muscle strength and hand strength components.

Table- 2 clearly imparts knowledge that control group is not found significantly improved in 600 Mts. R/W (1.08) and shuttle run (0.24) t value is indicated that the control group is not founded significantly improved the endurance & agility components.

The graphical representation of pre and posttest means of control group for pull ups, bent knee sit ups, shuttle run, standing broad jump and 600 meters run/walk are presented in figure 1.

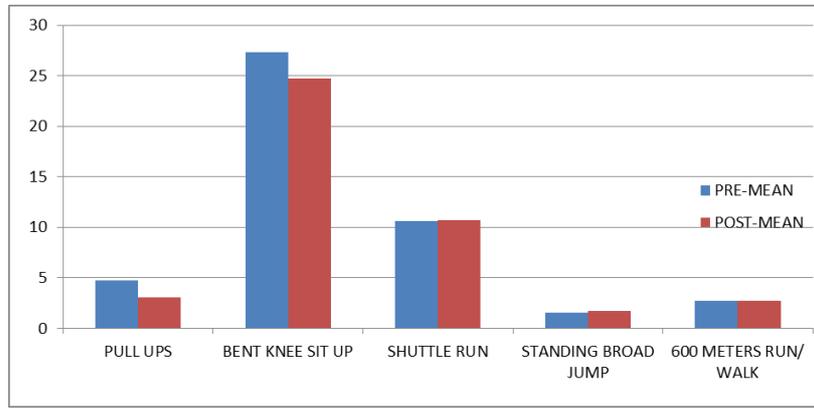


Fig 1

Table 3: One tailed “t” ratio for experimental group

Test	N	Pre-test mean	Post-test mean	D.M	Pre S.D.	Post S.D.	t-ratio
Pull- ups	30	3.16	5.23	-2.07	1.24	4.18	4.85*
Bent knee Sit-ups	30	26.66	29.10	-2.44	12.78	11.74	2.69*
Shuttle Run	30	10.46	10.71	-0.25	3.42	0.36	0.71
Standing broad jump	30	1.57	1.60	-0.03	0.01	0.01	0.80
600mts Run/walk	30	2.70	2.69	0.01	0.04	0.03	0.19

*significant at .05 level. “t”.05 (58) = 2.02

Table-3 clearly imparts knowledge that two components of experimental group significantly improved at 0.05 level yielding. The calculated “t” value for pull-ups (4.85), bent knee sit-ups (2.69) from table-2 are statistically significant. The value is found significant because calculated value is more than tabulated value. Subsequent to the finding of significant t value, it is indicated that the experimental group is also significantly improve the abdominal muscle strength and hand strength components.

Table-3 clearly imparts knowledge that experimental group is not found significantly improved in 600m R/W test (0.19), standing broad jump (0.80), and shuttle run (0.71). T value is indicated that the control group is not significantly improved the endurance, leg strength and agility components.

The graphical representation of pre and posttest means of experimental group for pull ups, bent knee sit ups, shuttle run, standing broad jump and 600 meters run/walk are presented in figure 2.

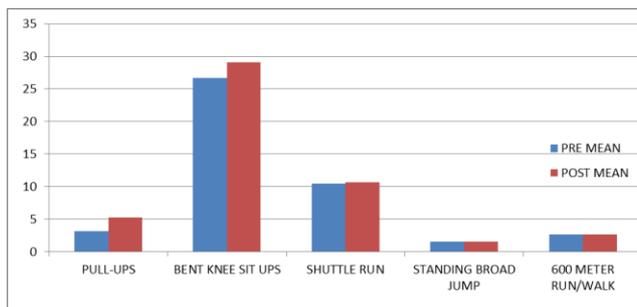


Fig 2

Discussion of Findings

The six weeks program of yogic balancing asana was mainly the comprised the actual performing asana. No emphasis was given on specific training of various fitness components only selected asana which was useful for teaching skill and technique of asana were used during training of various program. The AAPHER youth fitness test was applied & conducted to find the improvement paired. One tailed ‘t’ test was applied between the pretest and posttest. Means of each

test scores in order to find out improvement in between experimental group and control group. To the finding of significant – t value it is indicated that the experimental group is significantly improves the abdominal muscle strength and hand strength. Is not significantly improved the endurance, leg strength, and agility. The analysis of data reveals that the experimental group trained by balancing Yogic asana showed significant gains in the experimental variables viz., bent knee sit ups and pull ups. No significant difference in standing broad jump, 600meter R/W and shuttle run. Control group also showed significant gain in sit ups, 600 meter R/W and pull ups but on the other variable viz. Shuttle run and standing broad jump no significant gain was found.

Conclusions

1. Experimental group improved significantly in the performance of pull-ups & bent knee sit ups. No significance improvement was found in 600 meter R/W, shuttle run & standing broad jump.
2. Yogic balancing asana training insignificantly improved the performance of experimental group in 600 meter run i.e. endurance capacity in comparison to control group.
3. Therefore it is revealed that the short time training program of yogic balancing asana is helpful to improve the abdominal muscle strength & hand strength components, but for improvement in leg strength, agility and endurance capacity long duration training programme may be more effective.

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