



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2017; 4(4): 01-04
© 2017 IJPESH
www.kheljournal.com
Received: 01-05-2017
Accepted: 02-06-2017

Dr. S Jagadeeswari
Assistant Professor,
Department of Physical
Education and Sports,
Pondicherry University,
Kalapet, Pondicherry-14 India

Comparative study on flexibility among yoga and Bharatanatyam practicing student

Dr. S Jagadeeswari

Abstract

The intention of the study was to compare the flexibility among Yoga and Bharatanatyam practicing students. To achieve this purpose of the study 20 Yoga practicing students were selected from Peace and Cure Yoga centre, Puducherry and 20 Bharatanatyam practicing students were selected from Sri Saravanan Dance School, Puducherry. Student's age ranged from 10 to 15. The nature and importance of this study was explained to the subjects and they were expressed their willingness to participate as subjects for this study. They were named into two groups which was Yoga practicing students (YPS) considered as Group I and Bharatanatyam practicing students (BPS) considered as group II. Speed is the criterion variable which was measured by 50 mts dash. Flexibility was measured by 'V' sit reach test. The collected data were statistically analysed by 't' test. The data were analyzed by using Statistical Package for the Social Sciences (SPSS). The level of confidence was fixed at 0.05 level of significance. From the results of the study it concluded that there is significant difference between YPS and BPS on flexibility. Thus, the result clearly indicates that the flexibility in the Yoga practicing students were better than the Bharatanatyam practicing students.

Keywords: Yoga, Bharatanatyam and flexibility

Introduction

Overview of Yoga

The Sanskrit word yoga has the literal meaning of "yoke", or "the act of yoking or harnessing", from the root word yuj. In Vedic Sanskrit, the term "yoga" besides its factual meaning, the yoking or harnessing of oxen or horses, already has a symbolic sense, where it takes the general implication of "employment, use, application, performance" (Gombrich, 1988) [1].

In the Yoga Sutras of Patanjali (2001) [2] there is a concise definition of Yogasanas : "STHIRAM SUKHAM AASANAM", meaning a position which is relaxed and stable Asanas are honed to build up the capacity to sit easily in one position for an amplified time frame, capacity important for contemplation. Raja yoga likens yogasana with a steady sitting stance. The Hatha Yogis, in any case, found that specific particular asanas, open vitality channels and psychic focuses. They found that creating control of the body through these practices empowered them to control the psyche and vitality. Yogasanas got to be devices to higher mindfulness, giving the steady establishment important to the investigation of the body, breath, mind and higher states. Hence, asana hone starts things out in writings, for example, Hatha Yoga Pradipika. In the yogic sacred writings it is said that there were initially 8,400,000 asanas, which speak to the 8,400,000 incarnations each individual must go through before achieving freedom from the cycle of birth and passing. These asanas spoke to a dynamic development from the least difficult type of life to the most intricate; that of a completely acknowledged individual. Down through the ages the immense rishis and yogis adjusted and lessened the quantity of asanas to the couple of hundred known today. Through their practice, it is conceivable to sidestep numerous transformative stages in one lifetime. Of these couple of hundred, just eighty-four most helpful are talked about in subtle element. The fundamental object of hatha yoga is to make parity between the associating exercises and procedures of the pranic and mental powers. When this is accomplished, the driving forces created wakeful SUSHUMNA NADI, the focal pathway in the spine, through which the kundalini shakti ascends to sahasrara chakra, in this way lighting up the higher focuses of human awareness.

Correspondence

Dr. S Jagadeeswari
Assistant Professor,
Department of Physical
Education and Sports,
Pondicherry University,
Kalapet, Pondicherry-14 India

Hatha yoga, in this manner, reinforces the body and enhances wellbeing as well as enacts and stirs the higher focuses in charge of the development of human awareness.

Overview of Bharatanatyam

Bharatanatyam (bha/expression, ra/rhythm, ta/beat, and natya/dance) is an interdisciplinary dance frame that started in the state of Tamil Nadu in south India. It is a co-curricular activity that is familiar to people of Asian Indian origin. This dance is not addressed in the US school curriculum because Asian Indian students are a minority in America and dance education in general is neglected in our educational system. According to Risner (2010) [3], "... I became more and more miffed that so little attention is paid to the status and well being of postsecondary dance education in the United States" (p. 133). Overall dance education is not venerated in our school curriculum and Bharatanatyam is not visible in US schools although many Asian Indian people utilize this style of dance to teach their young adults. A Bharatanatyam dancer is a transnational translator, who shows Asian Indian students about their way of life, religion, history, legacy, and writing through the medium of move. Risner (2010) [3] rightly posits that, "Historically, dance and dance education has shared important social bonds with their communities, both by definition and out of necessity" (p. 127). Bharatanatyam, learned using socio-cultural instruction teaches valuable social and language skills incidentally along with helping Asian Indian students use this dance form as transnational literacy. O'Shea (2003) [4] claims that, "The dance form works as, in Arjun Appadurai's (1996) [5] terms, purposeful social preparations for non-occupant Indians in spots as Los Angeles, Singapore, and Manchester" (p. 178).

Objectives of the Study

- The intention of the study is to compare the difference on flexibility and balance among Yoga and Bharatanatyam practicing students.
- The intention of the study is to promote the importance of Yoga and Bharatanatyam among children.

Statement of the Problem

The problem was stated as "Comparative study on flexibility and balance among Yoga and Bharatanatyam students".

The point of the study was,

- To discover the relationship between Yoga and Bharatanatyam on flexibility.
- To compare flexibility among Yoga and Bharatanatyam students.

Hypothesis

In the light of the various scholarly literature reviewed, deliberations with subject experts and on my own comprehension of the problem, the following hypotheses were framed.

- First hypothesis is there would be significant difference on flexibility among Yoga and Bharatanatyam students.
- Second hypothesis is the yoga practicing students would be superior in flexibility than the Bharatanatyam practicing students.

Review of Related literature

Chen *et al.*, (2009) [6] had examined the trends on "The Effect of Yoga Exercise Intervention on Health Related Physical Fitness in School-Age Asthmatic Children". The study

utilized a quasi-experimental research design in which 31 intentional youngsters (exercise group 16; control group 15) aged 7 to 12 years were purposely tested from public elementary school in Taipei County. The yoga exercise system was rehearsed by the activity group three times each week for a successive 7 week term. Every hour long yoga session included 10 minutes of warm-up and breathing activities, 40 minutes of yoga stances, and 10 minutes of cool down activities. Wellness scores were evaluated at pre-exercise (pattern) and at the seventh and ninth week after intercession finish. A sum of 30 subjects (exercise bunch 16; control bunch 14) finished development. Results invented by GEE analysis showed that yoga exercise indeed improved BMI, flexibility, and muscular endurance. After 2 weeks of self-practice at home, yoga exercise continued to improve flexibility.

Moses (1972) [7] conducted a study to investigate the effect of yoga on flexibility, vital capacity and breathe holding time and found significant improvement in all these factors.

Conducted a study to find out the "Effect of selected yogic practices and aerobic exercises on somato type components and its relationship with health related physical fitness and biochemical variables". 45 college male students were selected randomly from in the Government boy's hostel, laws pet, Pondicherry. Their age ranges from 18 - 25 years. They were alienated into 3 groups namely Control group, Yogic group and Aerobic group. The training time frame the yogic group and the aerobic group experienced fourteen weeks of training on their separate project. The yogic group was prepared on asanas and pranayama. The aerobic group was skilled on aerobic exercises with rhythmic music with various kinds of aerobic type movements. The progressive load method was used up to 14 weeks for the respective groups. The working out was given during for 5 days a week. The data pertaining to pre test and post test of experimental variables were resulting through the following methods. Health related physical fitness component flexibility was enhanced through his study.

Classical Dance, as practiced in India, has a long history of the oral tradition. However it is important to note that along with this very significant oral tradition, there exists a parallel unconscious 'documentation' of dance that strongly authenticates the oral tradition. The teaching, instruction and performance practices of the classical dances in India have been carefully passed from one generation to the next through the oral tradition. Though based on Sanskrit texts like the *Natyashastra*, *Sangita Ratnakara* and *Abhinaya Darpanam*, the specific technicalities of the dance and the interpretation of the content continued to be in the hands of the professional families. They were the dancers, musicians and teachers who actually practiced the dance form. But when one looks beyond the texts, examining the other visual and literary art forms that were contemporary to the dance texts, we have a wealth of an amazing amount of indirect documentation of the dance that corresponds to what is written in the texts. Scholars such as Dr Kapila Vatsyayan have already done monumental, pioneering work in researching the inter-relationships between the different artistic forms. They have conclusively established the significant links between the same. *Vishnudharmottara Purana* very clearly stages the inter-dependence of the arts leading to one philosophical thought underlying all Indian art forms (Shah, 2005) [9].

Methodology

Purpose: The intention of the study was to compare the flexibility among Yoga and Bharatanatyam practicing students.

Selection of Subjects: To achieve this purpose of the study 20 Yoga practicing students were selected from Peace and Cure Yoga centre, Puducherry and 20 Bharatanatyam practicing students were selected from Sri Saravanan Dance School, Puducherry. Student’s age ranged from 10 to 15.

Procedure: The nature and importance of this study was explained to the subjects and they were expressed their willingness to participate as subjects for this study. They were named into two groups which was Yoga practicing students (YPS) considered as Group I and Bharatanatyam practicing students (BPS) considered as group II.

Selection of Variables: Flexibility is the criterion variable. Flexibility was measured by ‘V’ sit reach test.

Statistical Analysis: The collected data were statistically analyzed by ‘t’ test. The data was analyzed using SPSS statistical package. The level of confidence was fixed at 0.05 level of significance.

Test Administration

Flexibility (V Sit Reach Test)

Purpose

This test measures the flexibility of the lower back and hamstring muscles. The test is fundamentally the same as the sit and reach test, however no box is required. This taking after portrays the strategies for the V-Sit as utilized as a part of the President’s Challenge Fitness Awards, which is another option to their sit and reach test.

Equipment Required

A tape for denoting the ground, marker pen, and ruler were utilized for this study. With the tape check a straight line two feet long on the floor as the benchmark, and an estimation line opposite to the midpoint of the pattern augmenting two feet on every side. Utilize the marker pen to show each half-crawl along the estimation line - the point where the gauge and measuring line meet is the zero point.

Procedure

The subject evacuates their shoes and sits on floor with the measuring line between their legs with the soles of their feet set instantly behind the pattern, heels 8-12" separated. The thumbs are fastened with the goal that hands are as one, palms confronting down and set on measuring line. With the legs held level by an accomplice, the subject gradually comes to forward beyond what many would consider possible, keeping the fingers on standard and feet flexed. After three practice tries, the understudy holds the fourth reach for three seconds while that separation is recorded. Ensure there are no jerky developments and that the fingertips stay level and the legs level.

Scoring

The score is recorded to the closest half inch as the separation before (negative) or past (positive) the standard (Barry 1988).

Data Analysis and Interpretation

Analysis of Flexibility

Table I: ‘T’ Table on Flexibility among Yoga and Bharatanatyam Students

Group	Mean	Standard deviation	Standard Error mean	‘t’ Ratio
Yoga	101.2	9.1398	3.68	4.85*
Bharatanatyam	83.35	13.152		

* Significant at 0.05 level of confidence with degrees of freedom 19. The table value is 2.093.

Table I shows that the mean of Yoga and Bharatanatyam students were 101.2 and 83.35 respectively. The calculated ‘t’ value for Yoga and Bharatanatyam students was is 4.85 which was higher than the required table value of 2.093 at 0.05 level. The means of Group 1 and Group 2 are significantly different at $p < 0.05$. The calculated t exceeds the critical value ($4.8503 > 2.093$), this indicates that there was a significant difference among Yoga and Bharatanatyam students on flexibility.

Diagram Showing That the Mean Values of Yoga and Bharatanatyam Students on Flexibility (‘V’ Sit Reach)

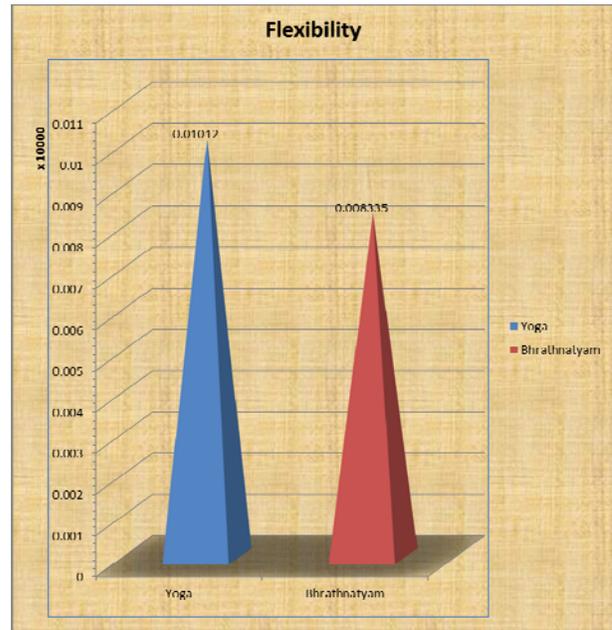


Fig 1

Discussion on Findings

The ultimate purpose of the research is to find out the significant difference on flexibility among Yoga and Bharatanatyam practicing student to monitor their physical fitness performance. Followings are the discussion and findings based on the analysis and interpretation of the research.

The outcome of the study is observed that there is significant different on flexibility in the means value among Yoga and Bharatanatyam group.

Chen *et al.*, (2009) [6] had inspected that there was an inclination for all thing particular wellness scores to increment after some time in the yogic activity group. The GEE investigation demonstrated that yoga practice to be sure enhanced flexibility. Following 2 weeks of self-practice at home, yoga exercise kept on enhancing flexibility. Moses

(1972) [7] conducted a study to investigate the effect of yoga on flexibility found significant improvement in all these factors.

Conclusion

Based on the limitation and delimitation of the present study, the following conclusions are drawn,

1. First hypothesis hypothesizes that there would be significant difference on flexibility among Yoga and Bharatanatyam students. The result of the study reveals that there is a significant change in flexibility among Yoga and Bharatanatyam students. Thus, the first hypothesis is accepted.
2. Second hypothesis hypothesizes that the yoga practicing students would be superior in flexibility than the Bharatanatyam practicing students. The result of the study concludes that the Yoga practicing students were higher than the Bharatanatyam practicing students in flexibility due to the regular, steady and prolonged practice of yaga asanas. Thus, the first hypothesis is accepted.

Reference

1. Gombrich RF, Gombrich R, Obeyesekere G. Buddhism transformed: religious change in Sri Lanka Motilal Banarsidass Publication, 1988, 8.
2. Yoga sutras of patanjali. Weiser Books, 2001.
3. Risner D. Dance education matters: Rebuilding postsecondary dance education for twenty-first century relevance and resonance. Journal of Dance Education. 2010; 10(4):95-110.
4. O'shea J. At Home in the World? The Bharatanatyam Dancer as Transnational Interpreter. TDR/ The Drama Review. 2003; 47(1):176-186.
5. Appadurai A. Modernity at large: cultural dimensions of globalization U of Minnesota Press, 1996, 1.
6. Chen TL, Mao HC, Lai CH, Li CY, Kuo CH. The Effect of Yoga Exercise Intervention on Health Related Physical Fitness in School-Age Asthmatic Children. Hu li za zhi The journal of nursing. 2009; 56(2):42-52.
7. Moses R. Effect of Yoga on flexibility and respiratory measures of vital capacity and breath holding time, 1972.
8. Ravikumar H. Effect of select yogic practices and aerobic exercises on somatotype components and its relationship with health related physical fitness and biochemical variables, 2012.
9. Shah P. Vishnudharmottara-Purana. Parimal, 2005.