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## Dr. P Ramesh

Assistant Professor, Vinayaka  
Mission's College of Physical  
Education, Vinayaka Mission's  
Research Foundation, Salem,  
Tamil Nadu, India

## Effect of integrated yoga modules on physiological variables among rural area male Kabaddi players

Dr. P Ramesh

### Abstract

The purpose of the study was to find out the Effect of integrated yoga modules on physiological variables among rural area male Kabaddi players, To achieve the purpose of these study thirty male kabaddi players were selected from rural area Kulappagoundan Patti, Theni district, Tamil Nadu, India, at random and their age ranges from 18 to 22years and all of them healthy and normal. They were divided in to two groups and designed as Experimental and Control group thirty male kabaddi players each. The experimental groups underwent a six weeks of training were given. The control group were not allowed to participate in any of the integrated yoga modules training programme. The collected data were analyzed by using statistical 'T' test The results of the study showed that integrated yoga modules can be an effective training programme to increase the physiological variables of male kabaddi players.

**Keywords:** integrated yoga module, psychological variables, rural area male kabaddi players

### Introduction

The basis of developing the integrated approach is ancient *Yoga* texts for total physical, mental, emotional, social, and spiritual levels development (Lokeswarananda, & Taittiriya, 1996; Nagarathna, & Nagendra, 2003). The techniques include physical practices (Kriyās, Āsanās, a healthy Yogic diet), breathing practices with body movements and Pranayama, meditation, lectures on Yoga, stress management, and life-style change through notional corrections for blissful awareness under all circumstances (action in relaxation) (Amaranath, Nagendra, & Deshpande, 2016) <sup>[4]</sup>.

### Kabaddi

In India kabadi is major sports, which is played all over the India. This game is also getting a good status in Asian sports. This game is classified as a team game. Sport is a medium through which a player develops both physical and mental abilities and finally it results into a conscious method of doing what ever one does most effectively, whereas in other arts we utilize mental and physical abilities partially.

Psychological major pressure of holding cent make one to control mind and movement. Psychologically he has to concentrate on his reaction time with estimate energy and space. His physical movement are linked with the close movement of his opponent, in coordination with his teammates.

Socially the game of Kabaddi may be grouped in the form of combative but it is normally game of challenge between single person [The raider] and the group of seven players. In short Kabbadi game requires some mental [psychological] and some physiology skills. In mental skills self confidence, negative energy control, attention control, concentration, toughness, coordination, killer instinct, sportman sprit, making strategy, decision, making, team sprit etc. On the other hand in physiological skills speed power [strength], endurance, flexibility, swift action, and proper coordination between hand eyes and limbs. If your body is flexible then only you can kick, swiral grapple with ankle legs and things. Here more than speed acceleration is paramount; strong leg muscles give more punch to the player. Agility and stamina are also very essentialy.

In Kabadi raider role is very important. A good raider must be brave attacking and mentally tough. He should have full confidence about his ability and skills.

### Corresponding Author:

#### Dr. P Ramesh

Assistant Professor, Vinayaka  
Mission's College of Physical  
Education, Vinayaka Mission's  
Research Foundation, Salem,  
Tamil Nadu, India

In Indian heritage yoga is a science helps to develop the above skills, which are physical and psychological. The yoga is defined as “yoga chittavruti niroddrona”. Some Asanas, Pranayam, Dhana and some Kriyas will helps to develop both skills.

### Methodology

The purpose of the study was to find out the Effect of integrated yoga modules on physiological variables among rural area male kabaddi players, To achieve the purpose of these study thirty male kabaddi players were selected from rural area Kulappagoundan Patti, Theni district, Tamilnadu, India, at random and their age ranges from 18 to 22years and all of them healthy and normal. They were divided in to two groups and designed as Experimental and Control group thirty male kabaddi players each. The experimental groups

underwent a six weeks of training were given. The control group were not allowed to participate in any of the integrated yoga modules training programme. The collected data were analyzed by using statistical ‘T’ test The results of the study showed that integrated yoga modules can be an effective training programme to increase the physiological variables of male kabaddi players.

### Dependent Variables

#### Physiological Variables

1. Resting pulse rate
2. Breath holding time

### Independent Variables

1. Integrated yoga modules

#### Selection of Tests

| Sl. No | Variables           | Tests               | Units of Measurement |
|--------|---------------------|---------------------|----------------------|
| 1      | Resting pulse Rate  | Radial Pulse        | Beats per minute     |
| 2      | Breath holding time | Nostril clip method | In Seconds           |

### Analysis of Data for significant improvement between pre and post-test of experimental and control groups on selected dependent variables

To examine if there were any statistically significant improvement of experimental and control groups on selected

dependent variables were discussed separately.

Presents pre and post-test means, and the results of the paired sample t-test of experimental group on selected dependent variables, Physiological variables.

#### Paired Sample ‘t’ test of experimental group on selected dependent variables

| Name of the Group  | Name of the Variable | Pre Test Mean $\pm$ SD | Post Test Mean $\pm$ SD | t test |
|--------------------|----------------------|------------------------|-------------------------|--------|
| Experimental Group | Resting heart rate   | 76.53                  | 2.50                    | 71.33  |
| Experimental Group | Breath holding time  | 38.80                  | 1.86                    | 47.67  |

\*Significant of.05 level. Table value required for significant with df 14 is 2.145

### Experimental Group

The dependent ‘t’ was computed on selected dependent variables. The results were presented in the above Table

Resting heart rate is 14.67

Breath holding time is 23.56 respectively.

All the ‘t’ values are significantly higher than the required table value of df 14 at 0.05 level of confidence was 2.145. The result of the study shows that experimental group significantly improved the performance of all the selected dependent variables.

#### Testing of Hypothesis

|                                   |   |          |
|-----------------------------------|---|----------|
| Null hypothesis ( $H_0$ )         | It was hypothesized that the experimental group would not show significant improvement on Physiological variable as a result of the 12 week integrated yoga module. | Rejected |
| Researcher's hypothesis ( $H_1$ ) | It was hypothesized that the experimental group would show significant improvement on physiological variable as a result of the 12 week integrated yoga module.     | Accepted |

#### Paired sample ‘t’ test of control group on selected dependent variables

| Name of the Group | Name of the Variable | Pre Test Mean $\pm$ SD | Post Test Mean $\pm$ SD | t test |
|-------------------|----------------------|------------------------|-------------------------|--------|
| Control Group     | Resting heart rate   | 76.56                  | 2.28                    | 76.38  |
| Control Group     | Breath holding time  | 38.50                  | 7.71                    | 38.75  |

\*Significant of.05 level. Table value required for significant with df 14 is 2.145.

### Control group

The paired sample ‘t’ was computed on selected dependent variables. The results were presented in the above Table

Resting heart rate is 0.82

Breath holding time is 0.62 respectively

All the ‘t’ values are significantly lesser than the required table value of df 24 at 0.05 level of confidence was 2.145. The result of the study shows that control group had not significantly improved the performance of all the selected dependent variables.

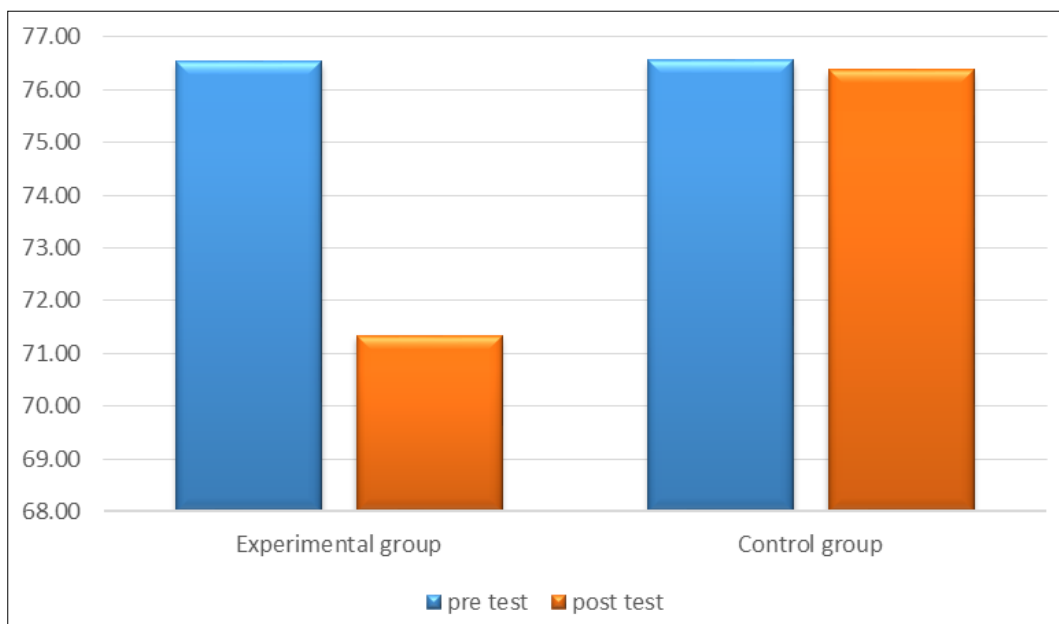
#### Testing of Hypothesis

|                           |  |          |
|---------------------------|--|----------|
| Null hypothesis ( $H_0$ ) | It was hypothesized that the control group would not show significant improvement between pre and post tests on physiological variables. | Accepted |
|---------------------------|--|----------|

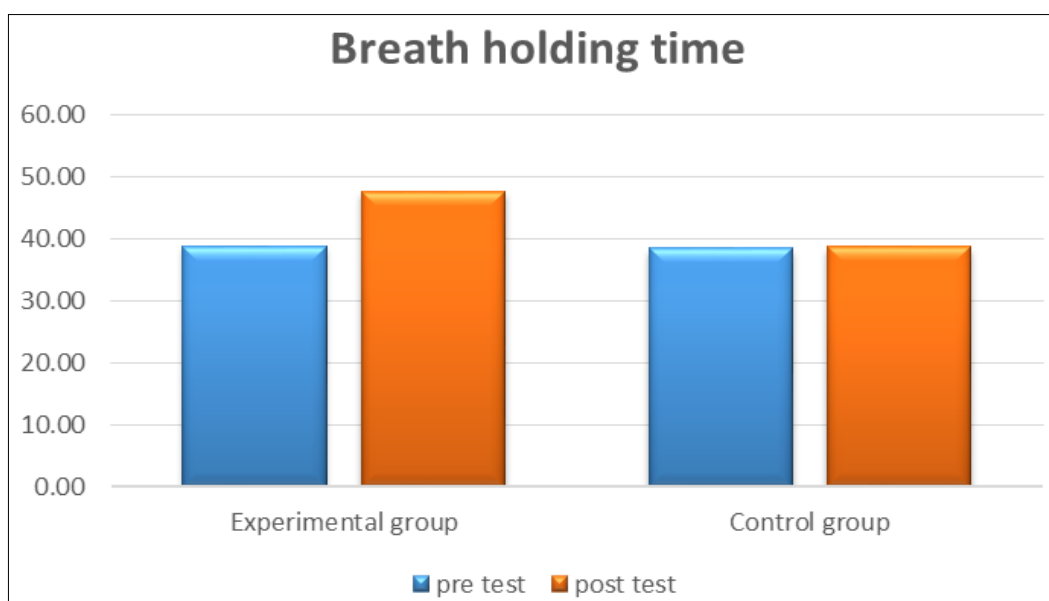
The results of the study shows that all selected dependent variables physiological variables had no significantly improve the performance between pre and post tests. Hence, the researcher's hypothesis was rejected and the null hypothesis

was accepted.

Pre-test and Post-test mean of dependent variables on Experimental group and control group were given.



**Fig 1:** Mean values of Pre-test and post-test of resting heart rate on experimental and control groups.



**Fig 2:** Mean values of Pre-test and post-test of Stress on experimental and control groups.

### Physiological

The experimental group had achieved significant improvement on physiological variables such as resting heart rate and breath holding time due to the effect of integrated yoga module training.

Also there is a significance improvement difference between experimental and control group on physiological variables such as resting heart rate and breath holding time.

### Conclusions

1. There was a significant improvement among experimental group on resting pulse rate due to the effect of six week of integrated yoga module.
2. There was a significant improvement among experimental group on breath holding time due to the effect of six week of integrated yoga module.

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