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Effect of yogic asanas on flexibility football boys players

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Abstract

Yoga is an art of life. It is a science of life. It is a kind of exercise to attain spiritual of growth. It is truly a boon from our ancestors. The ancient practice of postures, breathing and meditation is gaining a lot of attention and flexibility. Hence the present study was undertaken. The purpose of this study was to find out the effect of yogasana practice on flexibility among college Football boys players. For this purpose, 24 subject aged 18 to 21 years were selected from Interuniversity Boys Football team at SGBAU, Amravati. The subjects were selected purposely using single group design method. The pre & posttest experimental techniques with selected yogic Asanas practices were taken for the study. The selected criterion variable namely flexibility was assumed by using sit & reach test. The data of study was analyzed by using 't-test'. The result of study after 6 weeks were found to be significant at 0.05 level confidence. The result clearly shows that the yogic Asanas practices have impact on flexibility Football Boys players.

Keywords: yogic asanas, flexibility

Introduction

"Yoga is not an ancient myth buried in oblivion. It is the most valuable in oblivion. It is the essential need of today and culture of tomorrow". Swami Satyananda Saraswati
The importance of flexibility on muscles is still unclear. However two possible explanations have been proposed. The first explanation is that increased flexibility leads to less muscle resistance from contraction & tension which leads to less energy expended during activity (shier 2005)

A period of exercise often induces feelings of rejuvenation energy & alertness. Through examining the cause & effect of these feelings it has been found that exercise positively influences physical and mental health as well as mental capabilities. Heckler & Croce) 1992.

Flexibility is important for everyone & helps to perform better in day today life. Many people do not find much difficulty in focusing flexibility now a days. But there are people who need special attention and care to concentrate & focus as well as remember things in daily life. Yoga Poses stretches your muscle and increase range of motion with regular practice.

Studies have revealed that yogasana for flexibility helps people to over come the good feelings on their work and achievement. It has been observed that there was significant increase in motivation & concentration among people who attend yogasana classes and performed certain specific asanas.

Methodology

The investigator selected 24 Football Boys players who were participated in Intercollegiate. The study was conducted during the year 2021-2022. The age group of subject was ranged between 18 to 21 years. The subjects were selected purposely using single group research design method.

The pre & posttests with experimental technique of yogic Asanas practices were taken for the study. The yogic Asanas practice programme was carried out for 5 days per week during morning session at 7 to 8 am for 6 weeks. The selected criterion variable namely flexibility was assumed by using sit & reach test. The experimental treatment analysis of test was to collect data. The significance was fixed at 0.05 level of confidence.

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The list of exercises and training duration for yogic exercises are given in details in table – 1.

Yogic Asanas Programme Schedule

Preparatory Exercises (5 min)			
Asana	I and II Weeks	III and IV weeks	V and VI Weeks
Flexibility			
Bhujangasana Hastapadasana Halasana Paschimottanasana	2- Repetitions 30 Sec –Recovery	3-Repetitions 30 Sec - Recovery	4- Repetitions 30 Sec - Recovery
Shavasana- Relaxation (10 min)			

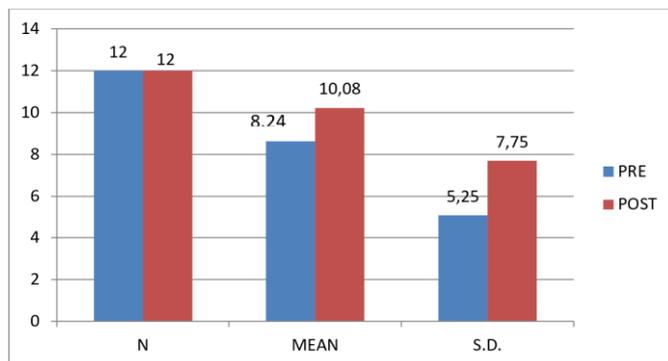
Analysis of Data

Shows the statistical information of comparison between effect of yogic Asanas programme on flexibility level in pre-test & post-test result of Football Boys players.

Table 1: Flexibility Result

Variable	Test	N	Mean	s.d.	Df	t-Table value	t-Ratio
Flexibili	Pre	12	8.24	5.25	23	1.025	2.030
	Post	12	10.08	7.75			

Table shows the mean score, standard Deviation, Degree of freedom & t-value at 0.05 level of yoga programme with respect to flexibility of pre & post test, they have obtained the mean value are 8.24&10.08 standard deviation are 5.25 & 7.75 Degree of freedom is 23t –calculated value is 2.030 & t-Table value is 1.025 Calculated t-value is grater than t-Table value at 0.05 levels. Therefore researcher rejected the null hypothesis & accepted the H1 hypothesis. (See fig.1)



Flexibility type & Post Test's Graphical Chart

Conclusion

After the analysis of collected data by using t-test the following finding for present research study came to existence. This means that is significant difference between effect of yoga Sana programme on flexibility level in pretest and post test results of Football Boys Players.

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