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Effect of yogic practices on performance of kabaddi players of Mumbai suburban

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Abstract

The present paper highlighting the impact of a yoga intervention programmed towards improvement of performance related fitness and skills of Kabaddi players. Under the physical education social, mental, emotional, physical development, skill related development, psychological all aspects came. Physical education guides the direction of life towards the goal. It is important that every person should know the knowledge and important of physical education in our life. From ancient period we are performing the yoga activities. Yoga helps us to improve our physical as well as psychological power or strength.

Keywords: Physical education, kabaddi, yoga

Introduction

Physical education is an essential and integral part of the total education program and makes significant contributions towards the achievement of desirable education and health outcomes through the medium of physical activity. Quality physical education programs promote the physical growth and development of children and while contributing to their general health and wellbeing. They are based on the planned of experiences in a wide variety of activities beginning with basic movement skills and progressing toward more complex sport and other forms of movement. Ultimately, they should help young people keep physically fit and enjoy many forms of physical activity during the childhood and continuing throughout life.

It is highly institutionalized form of sport and differs from sport in general in as far greater emphasis in laid on perfection of skills, formal training and coaching and participation in competitive with premium on winning.

However physical education is nonverbal in nature and has the primary purpose of teaching gross motor skills rather than verbal oriented skills. "Perceptual development information feedback and communication play important role in the development of physical skills"

Today sports and physical education are considered as international disciplines because they develop international understanding and universal brotherhood. In the present politically conflicting times the sport is also considered as one of the major adhesive forces for developing world peace.

Objectives of physical education

Physical activity is a big component of the school curricula, as well as the curricula for colleges and universities. The growth of one's motor social skills, the promotion of the value of physical fitness and the promotion of budding talents are some of the essential goals of physical education. Take a peek at some of physical education's core targets.

Physical education is an essential aspect of every school program and every student waits for a lesson. Physical education is the regular schedule section that any student is eagerly waiting to attend, since it is the only official time that students will be interested in their favorite sports on the field. One of physical education's key goals is to incorporate this aspect of joy into the academic orientation of schools.

Physical education seeks to give students a daily time for some physical activity. Sports, games, exercise and, most importantly, a break from sedentary learning indoors are part of the physical fitness class, as it is often called.

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Problem and its relevance

Kabaddi is a game of skill, timing and power; it characteristically involves extended periods of play, often in challenging environmental conditions. There are several fitness components and skills required for the success in Kabaddi game. Further, the rise in professionalism in sport over the last two decades has had a ripple down effect to virtually every level of sport. No longer does it seem enough to have natural talent and to play sport simply for enjoyment. What is now required on top of talent is the development of this talent by various means available in the contemporary sporting world, and by fine-tuning these natural abilities so that the full potential of the sportsperson can be achieved. At the higher levels of professional sport this can involve a support team of coaches, managers, trainers, health, fitness and diet consultants and sport psychologists, but the person most responsible for coordinating, or at some levels, assuming, many of these responsibilities, is the coach. The nature of coaching has changed radically in this period, and continues to change at a rapid pace. The use of technology, science, medicine and psychology in training programs has become standard procedure and reveals a willingness by coaches to draw on a broad spectrum of tools to give their team or athlete the winning edge. Increasingly yoga is becoming one of these tools.

Objectives of the study

This investigation will be conducted with the following objectives

- To assess the selected attributes of performance related physical fitness of the kabaddi players.
- To assess cant ability and breath holding capacity which are the essential components needed for success in Kabaddi.
- To prepare specific yoga training module considering the enhancement of the selected performance related physical fitness and skills of the Kabaddi players.
- To conduct a controlled experiment for evaluating the efficacy of the specific yoga training module on the selected variables so as to exhibit top performance in Kabaddi.

Hypothesis

H₁: The yoga training module being developed may be reliable and valid for improving performance related physical fitness and skills of newcomer Kabaddi players.

H₂: The yoga training module may be effective in improving performance related physical fitness of the Kabaddi players.

H₃: The selected training may help to improve selected skill abilities of the Kabaddi players.

Delimitation of the study

Although this study has a large scope for the Kabaddi players participating at various levels of competition, it is not possible to tackle all these tasks single handedly due to paucity of funds and time. The present investigator, therefore, will delimit this research as follows:

- This study will be delimited to selected yoga postures and pranayama's to compose the yoga module specifically for novice baseball players.
- The study delimited to only Mumbai suburb kabaddi players.
- This study will be delimited to college level male Kabaddi players with age group 17 to 21 years.
- The major variables being dealt with will be the

components of performance related physical fitness and skills as required in Kabaddi.

Limitations of the study

Thirty minutes of Yoga training session may not be sufficient for the Kabaddi players to improve the selected variables. However, considering the time constraint the researcher will have to restrict the time duration for 30 minutes only.

The research would be at most eight weeks long, but this might not be enough to observe that the encounters may boost the performance or outlook of the new Kabaddi players.

Significance of the study

- The study may bring an excellent result showing improvement in selected components of performance related physical fitness as well as improvement in skills of the Kabaddi players.
- The newly designed training module of yoga, as a result of this study, may be beneficial for the male Kabaddi players playing at different levels of competitions.
- The coaches of this game may get a readymade newly designed yoga training module, as a result of this study, which may be included in their daily training schedule for preparation of the Kabaddi players playing at different levels of competitions.

Methodology**Research design**

An effect size is one in which one category is allocated to one specific variable (group), and one (closed) control group.

Group A: i.e., experimental group will undergo a training program on selected yoga practices and (plus) Kabaddi training and will participate in their normal everyday tasks throughout the toil routine. There is the schooling and preparation of a Yoga Guru for Kabaddi game which is implemented by a highly trained specialist.

Group B: i.e., control group has to undergo the Kabaddi training and participate in regular activities as per college routine. In the other side, and topic of the adapted community will engage in more outdoor practices whilst the subject of the healthy controls will perform meditation.

The experiment will be conducted in three phases

- Pre-Test
- During Treatment / Training
- Post Test

Breath holding capacity

The subjects are asked to relax physically and mentally in a cross-legged sitting posture. After a deep inhalation, the subjects are directed to hold the breath by closing mouth and nostrils. Time taken to hold the breath is measured in seconds.

Cant ability test

In Kabaddi, the raiders go to the opponent's court by articulation of a word "kabaddi kabaddi kabaddi" repeatedly and continuously in a single breath for a longer period of time. This is called cant ability of a Kabaddi player.

Description / procedure

The subject will stand and after a signal 'ready' the subject starts articulating "kabaddi kabaddi kabaddi" in one breath for a possible longer period of time. The researcher took care that the cant is performed in one single breath and no inhalation is allowed in between.

Scoring

Obviously, the duration of time (in secs.) one can articulate the word “kabaddi kabaddi kabaddi” repeatedly and continuously in one single breath is measured.

Analysis and interpretation of data

The present study was conducted to see the impact of a yoga intervention programme towards improvement of performance related fitness and skills of Kabaddi players. And, in the next part, after reviewing the data collected, quantitative tools were used to accomplish the mission. The data is displayed in this manner by utilizing tables. The phase-wise findings and theoretical explanations have been provided, with all different stages in the method flowing from the previous step. The findings were debated and further endorsed with clear logic for the results to be confident and set. Since the groups were not equated the data pertaining to the variables of the study have been examined by an analysis of covariance for each variable separately in order to determine the difference. The level of significance to test the t-ratio, obtained by analysis of covariance was fixed at 0.05 level of confidence.

Comparison of mean gains in flexibility test of kabaddi players

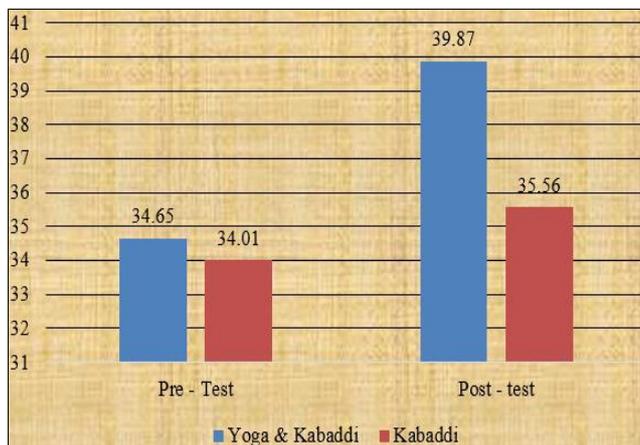


Fig 1: Mean performance in flexibility test

Thus the hypothesis H₁: “The yoga training module being developed may be reliable and valid for improving performance related physical fitness and skills of novice Kabaddi players” has been accepted.

Comparison of mean gains in speed test of kabaddi players

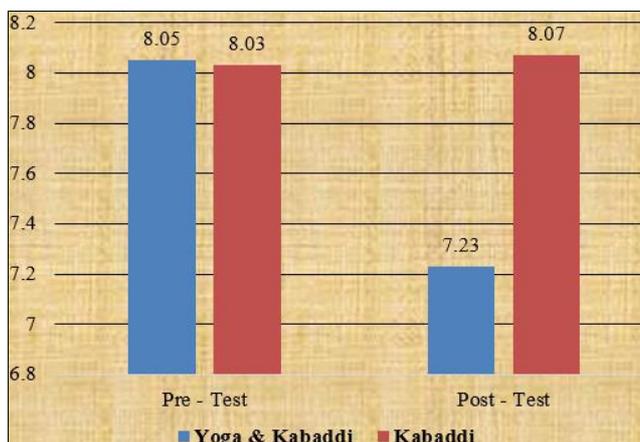


Fig 2: Mean performance in speed test

Thus the hypothesis H₂: “The yoga training module may be effective in improving performance related physical fitness of the Kabaddi players” has been accepted.

Comparison of mean gains in breath holding capacity test of kabaddi players

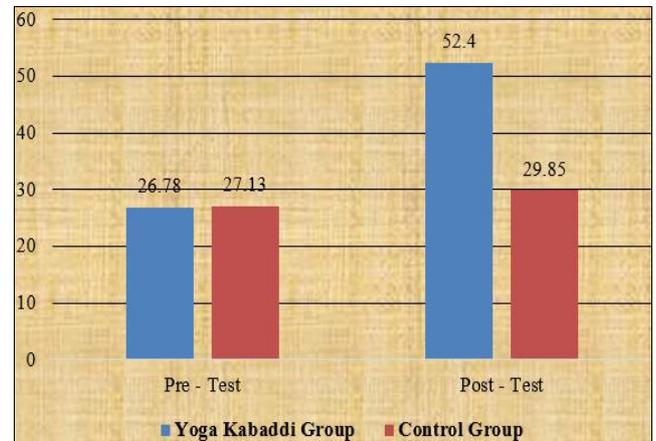


Fig 3: Mean performance in breath holding capacity test

Thus the hypothesis H₁: “The yoga training module being developed may be reliable and valid for improving performance related physical fitness and skills of novice Kabaddi players” has been accepted.

Comparison of mean gains in cant ability test of kabaddi players

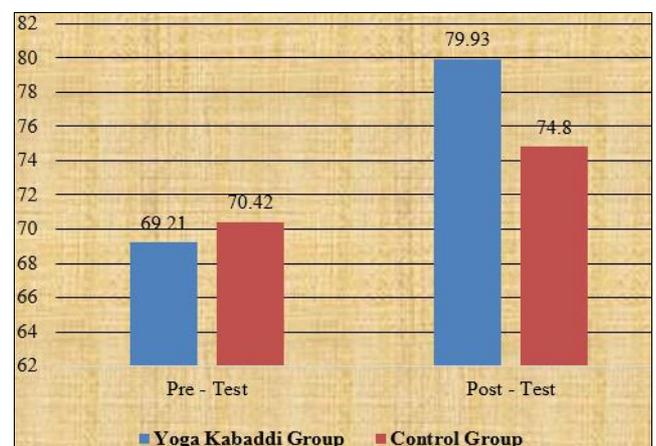


Fig 4: Mean performance in cant ability test

Thus the hypothesis H₃: “The selected training may help to improve selected skill abilities of the Kabaddi players” has been accepted

Findings

Findings on morphological variables of kabaddi players

- “No significant difference was evident in body height between “Kabaddi practice plus yoga training” and “only Kabaddi practice” groups ($t = 0.15, p > 0.05$).
- “Kabaddi practice plus yoga training” showed significant reduction than the “Kabaddi practice Gr.” in controlling body weight of the Kabaddi players ($t = 0.24, p < 0.05$).
- “Kabaddi practice plus yoga training” showed significant improvement in body mass index as compared to the “Kabaddi practice Gr” of the Kabaddi players ($t = 0.24, p < 0.05$).

Findings on performance related fitness variables of kabaddi players

- "Kabaddi practice plus yoga" demonstrated great dominance in enhancing aerobic stamina over the kabaddi practice ($t = 0.22, p < 0.05$).
- The Kabaddi activity plus yoga practice demonstrated substantial dominance in improved versatility over the 'Kabaddi practice' ($t = 0.37, p < 0.05$).
- Kabaddi practice plus yoga preparation demonstrated substantial superstructure in raise abdominal muscles ($t = 0.20, p < 0.05$) relative to "Kabaddi practices only."
- "The practice of Kabaddi plus yoga training" displayed substantial dominance over "the practice of Kabaddi in enhancing the Kabaddi players explosive power" ($t = 0.26, p < 0.05$).
- "Kabaddi practice plus yoga training" was greatly preferable to the rushing "Kabaddi practice" ($t = 0.23, p < 0.05$).
- "Kabaddi practice plus yoga training" has demonstrated substantial dominance in the enhancement in Endurance over the "Kabaddi practice" ($t = 0.26, p < 0.05$).

Findings on kabaddi skill variables of kabaddi players

- "Kabaddi practice plus yoga training" showed significant superiority over the Kabaddi practice only in improving pitching ability of Kabaddi players ($t = 0.26, p < 0.05$).
- "Kabaddi practice plus yoga training" showed significant superiority over Kabaddi I practice group in improving fielding performance ($t = 0.29, p < 0.05$).
- "Kabaddi practice plus yoga training" helped to improve Hitting performance which was significantly superior to the "Kabaddi practice" ($t = 0.36, p < 0.05$).
- "Kabaddi practice plus yoga training" showed significant superiority over "Kabaddi practice" in improving Base running performance ($t = 0.29, p < 0.05$).
- Kabaddi practice plus yoga group showed significant superiority over the Kabaddi practice group in improving throwing performance ($t = 0.27, p < 0.05$).

Conclusion

The present investigation, within limitations, draws the following conclusion

- For an 8 week yoga training may help improve the physical health of the Kabaddi players' performance.
- Significant improvement in skills of Kabaddi players is evident, who practiced yoga for a period of 8 weeks.
- Yoga is an integrated study of human Psychological, biological and Physiological action of co-relationship.
- The goal of this research is to figure out how Inexperienced Kabaddi Player performs in the Yoga method.
- Kabaddi is a game which originated in India, and has now become an International game. Kabaddi is played in college, school, state-level, national-level and International level.
- Further, the players need to have body strength, stamina, agility, grip strength, endurance, mental-physical coordination, breath holding capacity and game strategy.

Recommendation

The present investigation draws the following recommendation:

- Yoga training program, as designed in this investigation, is useful exclusive for the state level male players of

Kabaddi this study recommends for incorporation of this yoga program for a minimum period of 8 weeks in the training schedule of the state level Kabaddi players.

- Though separate studies are necessary for Kabaddi's female players, the results of this research are extremely significant.
- Further studies for the players of other games in the similar direction are also recommended.

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