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Consequences of coalesce of yogic practice and dynamic sports vision tutelage on defensive movement

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Abstract

The main attempt of the study was to determine the consequences of coalesce of yogic practice and dynamic sports vision tutelage on defensive movement. To achieve the purpose Sixty (N=60) women basketball players who had competed in state level basketball tournaments in Tamil Nadu sports council tutelage centre of school state of Tamil Nadu, India were chosen at random as subjects for the study. They were between the ages of 14 and 16. The individuals were randomized at random into four groups of fifteen people each (n=15). Group-I underwent Yogic practices, group-II underwent Dynamic sports vision tutelage, group-III underwent Coalesce of yogic practices and dynamic Sports vision tutelage and group-IV acted as Control. All the subjects were fully informed regarding the nature of the experimental methodology and the subjects gave their consent to participate in this investigation. Defensive Movement only selected as dependent variable and it was assessed through AAHPERD Basketball Skill Test Battery (1984). The data on the specified criterion variables obtained from the four groups prior to and immediately after the training programme were statistically evaluated by using Analysis of Covariance (ANCOVA). Scheffe's test was used as a post hoc test to identify which of the paired mean differences was significant whenever the 'F' ratio for adjusted post test means was determined to be significant in all circumstances. A level of confidence of 05 was chosen to test the hypotheses. Defensive Movement was greatly enhanced in the experimental groups of Yogic practices, Dynamic sports vision tutelage, and Coalesce of yogic practices and dynamic Sports vision tutelage. Coalesce of yogic practices and dynamic Sports vision tutelage group was better than Yogic practices group and dynamic sports vision tutelage group.

Keywords: Coalesce, yogic practice, dynamic vision tutelage, defensive movement

Introduction

Preamble

Yoga has also been described as wisdom in work or skillful living amongst activities, harmony and moderation. Yoga is not for him who gorges too much, nor for him who starves himself. It is not for him who sleeps too much, nor for him who stays awake. By moderation in eating and walking, yoga destroys all pain and sorrow.

Visual reaction time is the time interval between the application of the visual stimulus and the motor response. It is a physical skill closely related to human performance. It represents the level of neuro-muscular coordination in which the body through different physical, chemical and mechanical processes decodes visual stimuli which travel via afferent pathways and reach the brain as sensory stimuli (Pain and Hibbs 2007) [5].

Sports vision as such includes specific visual determinants which precisely coordinates a player's activity during the game. It has been seen that successful athletes generally have better skill, accuracy and spatio-temporal constraints on visual information acquisition. As such if two similar athletes meet in competition and one has a better trained visual system, the athletes with enhanced visual system will perform better (Loran and Griffiths 2001) [4].

Movement's pattern used by the defensive player like, shuffle, front sprint, back sprint e.c.t for preventing the opponent to score or gaining advantage. In other word maneuvering the defensive movement by a defensive player for getting advantage over the offense.

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Methodology

The attempt of the Findings was Carried out by sixty (N=60) women basketball players who had competed in state level basketball tournaments in Tamil Nadu sports council tutelage centre of school state of Tamil Nadu, India were selected randomly as subjects. Their age ranged from 14 to 16 years. The Selected subjects were assigned at random into four groups of fifteen each (n=15). Group-I underwent Yogic practices, group-II underwent Dynamic sports vision tutelage, group- III underwent Coalesce of yogic practices and dynamic Sports vision tutelage and group-IV acted as Control. All the subjects were fully informed regarding the nature of the experimental methodology and the subjects gave their consent to participate in this investigation. Defensive Movement was selected as dependent variable and it was assessed through

AAHPERD Basketball Skill Test Battery (1984).

The data collected from the four groups prior to and immediately after the tutelage programme on the selected criterion factors were statistically analyzed with Analysis of Covariance (ANCOVA). Whenever the 'F' ratio for adjusted post test means was found to be significant, Scheffe's test was followed, as a post hoc test to determine which of the paired mean differences was significant. In all the cases .05 level of confidence was fixed as a level of confidence to test the hypotheses.

Analysis of the data

The Analysis of covariance (ANCOVA) on Defensive Movement of Experimental Groups and Control group have been analyzed and presented in Table -1.

Table 1: Values of Analysis of Covariance for Experimental Groups and Control Group on Defensive Movement

Test	Adjusted Post test Means				Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
	Yogic Practice Group	Dynamic Vision Tutelage Group	Yogic Practice and Dynamic Vision Tutelage group	Control Group					
Pre Test	41.13	41.20	41.07	41.20	Between With in	0.13 84.80	3 56	0.04 1.51	0.03
Post Test	39.93	38.20	37.53	41.27	Between With in	128.73 154.00	3 56	42.91 2.75	15.60*
Adjusted Post Test	39.93	38.12	37.59	41.27	Between With in	127.70 93.77	5 55	42.57 1.70	24.97*

* Significant at.05 level of confidence

(The table value required for Significance at 0.05 levels with df 3 and 56 is 2.76 & 3 and 55 is 2.77)

Table-1 shows that the pre test mean value of Defensive Movement for yogic practice group, Dynamic Vision tutelage group, Coalesce of yogic practice and Dynamic Vision tutelage group and Control group is 41.13, 41.20, 41.07 & 41.20 respectively. The obtained F-ratio of 0.03 for the pre test mean is lesser than the table value of 2.76 for df 3 and 56 required for significance at 0.05 level of confidence.

The post test mean value of Defensive Movement for yogic practice group, Dynamic Vision tutelage group, Coalesce of yogic practice and Dynamic Vision tutelage group and Control group is 39.93, 38.20, 37.53 & 41.27 respectively. The obtained F-ratio of 15.60 for the post test mean is more than the table value of 2.76 for df 3 and 56 required for significance at 0.05 level of confidence.

Further the table-1 shows that the adjusted post test mean value of Defensive Movement for yogic practice group, Dynamic Vision tutelage group, Coalesce of yogic practice and Dynamic Vision tutelage group and Control group is 39.93, 38.12, 37.59 & 41.27 respectively. The obtained F-ratio of 24.97 for the adjusted post test mean is more than the table value of 2.77 for df 3 and 55 required for significance at 0.05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post test means of Experimental groups on the decrease of Defensive Movement. To determine which of the paired means had a significant difference, Scheffe's test was applied as Post hoc test and the results are presented in Table-2.

Table 2: The Scheffe's test for the differences between the adjusted post tests paired means on Defensive Movement

Certain Variables	Adjusted Post test Means				Mean Difference	Confidence Interval
	Yogic Practice Group	Dynamic Vision Tutelage Group	Yogic Practice and Dynamic Vision Tutelage group	Control Group		
Defensive Movement	39.93	38.14			1.79*	1.37
	39.93		37.59		2.34*	1.37
	39.93			41.27	1.33*	1.37
		38.14	37.59		0.55	1.37
		38.14		41.27	3.12*	1.37
			37.59	41.27	3.68*	1.37

* Significant at.05 level of confidence

Table-2 shows that the adjusted post test mean differences on Defensive Movement between yogic practice group and dynamic vision tutelage group, yogic practice group and Coalesce of yogic practice and Dynamic Vision tutelage group, yogic practices and control group, dynamic vision tutelage group and coalesce of yogic practice and Dynamic Vision tutelage group, dynamic vision tutelage group and control group and coalesce of yogic practice and Dynamic Vision tutelage group and Control group are 1.79, 2.34, 1.33, 0.55, 3.12 & 3.68 respectively and they are greater than the confidence interval value 1.37, which shows significant

differences at 0.05 level of confidence.

Further the table-2 shows that the adjusted post test mean differences on Defensive Movement between dynamic vision tutelage group and coalesce of yogic practice and Dynamic Vision tutelage group is 0.55, which is lesser than the confidence interval value 1.37, which shows there is no significant differences at 0.05 level of confidence.

The study further have revealed that there is a significant difference in Defensive Movement between the adjusted post test means yogic practice group and dynamic vision tutelage group, yogic practice group and Coalesce of yogic practice

and Dynamic Vision tutelage group, dynamic vision tutelage group and Coalesce of yogic practice and Dynamic Vision tutelage group, dynamic vision tutelage group and control group and Coalesce of yogic practice and Dynamic Vision tutelage group and Control group. Further the results showed there is no significant difference in Defensive Movement between the adjusted post test means of dynamic vision tutelage group and coalesce of yogic practice and Dynamic Vision tutelage group.

However, the decrease in Defensive Movement was

significantly higher for Coalesce yogic practice and Dynamic Vision tutelage group than other Experimental groups.

It may be concluded that the Coalesce of yogic practice and Dynamic Vision tutelage group has exhibited better than the other experimental groups in increasing Defensive Movement.

The mean values of experimental groups and control group on Defensive Movement is graphically represented in the Figure -1.

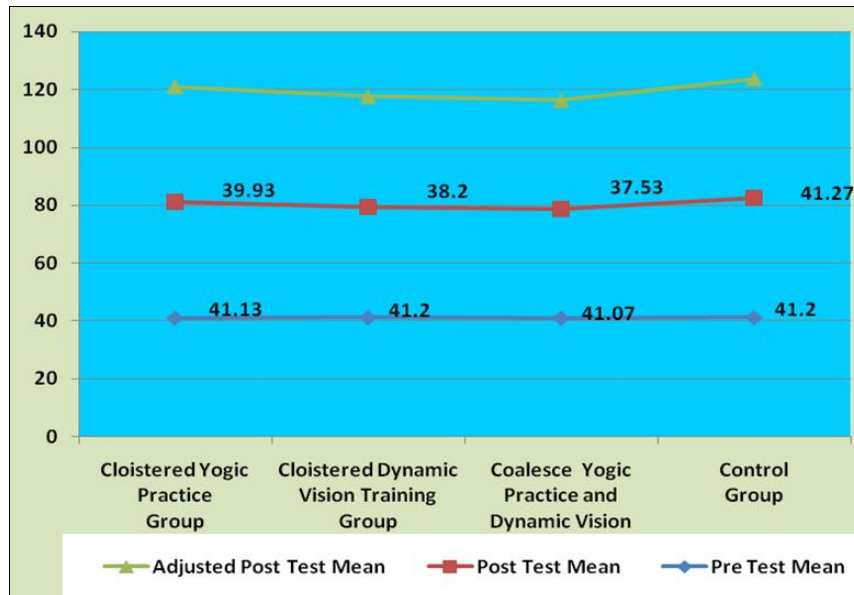


Fig 1: Bar Diagram on ordered means of Defensive Movement (Scores in Seconds)

Conclusion

From the analysis of the data the following conclusions were found:

Significant differences in achievement were found between yogic practice group, Dynamic Vision Tutelage group, coalesce of yogic practice and Dynamic Vision Tutelage group and Control group in the selected criterion variable such as Defensive Movement.

The Experimental groups namely, yogic practice group, Dynamic Vision Tutelage group & coalesce of yogic practice and Dynamic Vision Tutelage group had significantly improved in Defensive Movement.

The Coalesce of yogic practice and Dynamic Vision Tutelage group was found to be better than the yogic practice group, Dynamic Vision Tutelage group and Control group in the performance of Defensive Movement.

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