



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIIF): 5.38
IJPESH 2024; 11(4): 248-249
© 2024 IJPESH
www.kheljournal.com
Received: 02-04-2024
Accepted: 06-05-2024

Chandrashekara HN
Ph.D. Research Scholar, DOS in
Physical Education and Sports
Sciences, University of Mysore,
Mysore, Karnataka, India

Dr. C Venkatesh
Professor and Research Guide
DOS in Physical Education and
Sports Sciences, University of
Mysore, Mysore, Karnataka,
India

Corresponding Author:
Chandrashekara HN
Ph.D. Research Scholar, DOS in
Physical Education and Sports
Sciences, University of Mysore,
Mysore, Karnataka, India

Effectiveness of Yogasana practice on flexibility of junior male cricket players

Chandrashekara HN and Dr. C Venkatesh

Abstract

The main purpose of the present investigation was to find out the Effectiveness of yogasana practice on Flexibility of junior Male cricket players only. In the present study selection of variables, collection of data and design of the study have been presented. For the purpose of the present study was delimited to Mysore City junior Male cricket players only. The sample size for the study was sixty (60) junior male cricket players from Mysore were selected at random as subjects. The selected subjects' age ranged between 16 to 19 years. The study is formulated as pre-test and post-test random group design, in which sixty (60) cricket players will be divided in to two equal groups. The experimental group I is allocated for Selected Yogasana Practice (n=30, SYP) (EXP.I) for twelve weeks and group-II served up as control group (n=30, CG) did not undergo any programmes. The dependent 't'- ratio is used to find out the significant impact on Flexibility criterion variable and also analysis of covariance (ANCOVA) is used to find out the significant differences, if any among adjusted post-test means of experimental group on variable. In all the cases .05 level of confidence is fixed as a level of confidence to test the hypotheses.

Keywords: Yogasana, flexibility, cricket

Introduction

People naturally strive to excel in various sports, aiming to achieve top positions for personal glory and represent their countries globally. This drive often leads to increased motivation, inspiration, and stimulation among athletes and the public alike. But, systematic and scientific training methods are crucial to reach the pinnacle of sports performance. These methods involve meticulous planning and dedicated effort, ensuring athletes can maximize their skills, strength, speed, and other abilities necessary to outperform competitors from around the world. Games and sports have been integral to human civilization throughout history. They have served as a means of survival, pleasure, and significant cultural and social activities. They originated as essential activities for survival, such as hunting for food and defending against threats. Over time, they evolved into structured forms of recreation and competition. As a result, they are deeply embedded in various cultures worldwide. They reflect cultural values, traditions, and beliefs and often serve as a way to pass down cultural heritage from one generation to the next.

Yoga benefits for sports

It's clear that yoga postures, or asanas, offer a multitude of benefits across various sports and activities. Here's a summary of how yoga complements different sports:

1. Yoga asanas systematically work on major and minor muscle groups, enhancing strength, flexibility, and balance. They also promote deep breathing, which improves oxygenation of cells and supports overall physical well-being.
2. Asanas complement these activities by balancing muscular development, increasing flexibility, and reducing the risk of injuries. Yoga helps maintain joint lubrication and overall body suppleness.
3. Yoga strengthens muscles, improves balance, and enhances mental alertness and concentration - crucial for skiing where agility and balance are key.
4. Asanas address one-sided muscle development, release tension, and improve flexibility and balance, which can benefit cricketers in achieving more fluid movements and better performance.

5. Breathing techniques learned in yoga help cricketers breathe more efficiently and relaxed during exercise, enhancing endurance and performance.
6. Yoga aids in relaxation, energy replenishment, and mental clarity after intense games. It also improves joint mobility, making movements more fluid and responsive.

Overall, yoga's holistic approach - combining physical postures, breathing techniques, and mental focus - makes it a valuable complement to sports and physical activities, promoting both physical health and mental well-being.

Methodology

The main purpose of the present investigation was to find out the Effectiveness of yogasana practice on Flexibility of junior Male cricket players only. In the present chapter, selection of variable, collection of data and design of the study have been presented for the purpose of the present study was delimited to Mysore City junior Male cricket players only. The sample size for the study was sixty (60) junior male cricket players from Mysore who were selected at random as subjects. The selected subjects' age ranged between 16 to 19 years. The study was formulated as pre-test and post-test random group design, in which sixty (60) cricket players were divided in to two equal groups. The experimental group I is allocated for Selected Yogasana Practice (n=30, SYP) (EXP.I) for 12 weeks and group-II served up as control group (n=30, CG) which did not undergo any programmes.

Analysis of data and result of the study

To facilitate the effectiveness of yogasana practice on flexibility of junior Male cricket players, sixty (60) junior male cricket players from Mysore were selected at random as subjects. The selected subjects were investigated and the data were collected as explained in the chapter Methodology. The collected data were tabulated accordingly and the data were analyzed. To compare the effectiveness of yogasana practice on flexibility of junior Male cricket players, Pearson's Correlation has been used by using the SPSS Application.

Main Findings and Discussion

The results obtained in study after statistical analysis of the data showed that there was an improvement in flexibility among junior male Cricket Players after completing selected yogasana practice of twelve week duration.

In the study, it could be observed that as mentioned in the hypothesis, the junior male cricket players had better positive need satisfaction upon completion of selected yogasana practice of twelve weeks, as they scored better in acceptance, cooperation, identification and dominance variables that represent positive need satisfaction. The results also tend to show that there was decrease of the negative need satisfaction among junior male cricket players after completing selected yogasana practice program of twelve week duration, as they scored better in rejection, isolation, differentiation and submission variables. The hypothesis stated that the selected yogasana practice of twelve week duration significantly improved the flexibility.

VI Conclusions

Based on the study, the effectiveness of a 12-week yogasana practice on flexibility among junior male cricket players was statistically analysed. The results indicated a significant improvement in flexibility after completing the 12-week yogasana practice. This suggests that the yogasana practice

had a positive effect on the flexibility of the junior male cricket players over the 12-week period.

References

1. Gayatri C, Sarah Sarojini G. International Journal of Physical Education, Sports and Health. 2022;9(1):49-52.
2. Florin C, Rizescu C, Georgescu A. The motric structure and dynamic of handball. Ovidius University Annals, Series Physical Education and Sport / Science, Movement and Health. 2012;12(2):293-297.
3. Chandrashekar K. Yoga for health. KhelSathiya Kendra Publication; c2007. p. 117-9.
4. Chu D. Jumping Into Plyometrics. 2nd ed. Champaign, IL: Human Kinetics; c1998.
5. Howley ET, Franks BD. Health fitness instructor's handbook. 3rd ed. Human Kinetics; c1997. p. 23.
6. Barrow HM, McGee R. A Practical Approach to Measurement in Physical Education. 3rd ed. Philadelphia: Lea & Feigner; c1979. p. 66.
7. Cassidy T, Jones RL, Potrac P. Understanding Sports Coaching: The Social, Cultural and Pedagogical Foundations of Coaching Practice; c2008.
8. Radu FL, Abalasei BA. 101 Team Handball. Bloomsbury Publishing; c2015. p. 15-6.
9. Fleck SJ, Kraemer WJ. Resistance training: Basic principles. Phys Sportsmed. 1998;16(3):160-171.
10. Gorostiaga EM, Granados C, Ibanez J, Gonzalez-Badillo JJ, Izquierdo M. Effects of an entire season on physical fitness changes in elite male handball players. Med Sci Sports Exerc. 2006;38:357-66.
11. Baltzell A. Mindfulness Meditation Training For Tennis Players [Master's thesis]. Boston: St. Bonaventure University; c2015.