

EFFECT OF FIVE WEEK ASANA TRAINING ON FLEXIBILITY OF WOMEN PLAYERS

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Yoga is also very important in our life, both yoga and sports are important for us. Yoga is a physical, mental and spiritual practice that originated in ancient India. The word yoga is derived from the Sanskrit root yuj, meaning "to yoke," or "to unite". The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness. The present study was under taken on 60 subjects (gymnastics, wrestling and Kabaddi women players). Which are equally divided experimental group (N-30) and controlled group (N-30) using sit and reach test for flexibility was measured by before and after the training period of five weeks. During experimental period it was observed by the researcher that the subjects belonging to experimental group practiced yogic activities for five weeks. Subject was shown significant improvement in their flexibility in comparison to the controlled group. Hence it is concluded yogic exercises for five weeks bring significant difference in flexibility.

Keywords: Yoga, Flexibility, Women and Players

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Introduction

In modern society, sports have a very important role to play. Sports competitions offer considerable opportunities to us to become stars and leaders. For the youths, the sports stars are better known than the leading politicians of a country. Along with sports, yoga is also very important in our life, both yoga and sports are important for us. Like sports, yoga is also a 5000-year-old heritage of Indian knowledge. Yoga is considered a symbol of ancient Indian art. Twenty first century has witnessed a landmark development in science and technology. Tension and competitive feeling increased. Every one desires good health and it is the ultimate objective of all those who want happiness in life.

Indian yoga is positive in life and considered important to keep energetic which means to unite or unite, by regular yoga practice, we remain physically and mentally healthy and by strengthening our immune system, many diseases can also be avoided. Along with it is increasing at the international level, so the first International Yoga Day was celebrated on 21st June 2015. In modern time, the importance of yoga has increased even more among the people, for peace of mind to avoid infection and to strengthen your immune system for this, yoga has been made a part of our life, along with sports, and yoga has special importance in human life as well. . The continuous, systematic and regular practice of Yoga is an effective tool to maintain good health and also helps eliminate all the dreadful diseases from the human body.

YOGA

Yoga is a physical, mental and spiritual practice that originated in ancient India. First codified by the sage Patanjali in its Yoga Sutras around 400 C.E, the practice was in fact handed down from teacher to student long before this text arose. Traditionally, this was a one-to-one transmission, but since yoga became popular in the West in the 20th century, group classes have become the norm. The word yoga is derived from the Sanskrit root *yuj*, meaning "to yoke," or "to unite". The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness.

ASANA (POSTURE)

The word asana is derived from the Sanskrit word 'Aas'

Which means 'existence', thus, state of existence is Asana or Position. Patanjali defines Asana as a Steady and Comfortable position so the first and third step that is taking the asana and releasing the asana should also be supporting to the definition. "Practice of Asanas may be called as an Exercise of a perfect scientific method". Asana is a specific position which opens the energy channels and psychic centres.

The father of yoga, Maharishi Patanjali, defines yoga as

"YOGASCHITTA VRITTI NIRODAH" meaning "CONTROL OF THE FLUCTUATIONS OF THE MIND."

Statement Of Problem

The Purpose of the study is to assess the 'Effect of five week Asana Training on flexibility of women Players'

Hypothesis

It was Hypothesized that Asana Training have effect on flexibility of women Players.

Delimitation

The present Study was delimited to Gymnastics, Wrestling and Kabaddi women players.

The present Study was delimited to 60 subjects.

The present Study was delimited to the players who have participated at national and inter university level.

The present Study was delimited to the players belong to Rohtak District, Haryana.

The present Study was delimited to the selected Asanas

(Tadasana, Trikonasana, Natrajasana, Paschimottanasana, Gomukhasana, Ardhamatsyendrasana, Halasana, chakrasana, setubandhasana, Bhujangasana, Shalabhasana, Dhanurasana).

Method & Procedure

To achieve the objective of this study, 60 players of National, Inter University level of Gymnastics, Kabaddi and Wrestling were selected from Maharani Kishori Jat kanya Mahavidyalya, Government College for Women, Vaish Mahila Mahavidyalaya and Saini Co-education College of Rohtak district..

All subjects belong to Rohtak district of Haryana., the average age of subject was 18-25 years. Where the control group enjoyed their usual daily life programme during experimental course. Flexibility were tested by Sit and Reach test before and after experiment period. The result of Flexibility of the controlled and experimental group were equated on the basis of respective mean, standard deviation, analysis of variance between two groups (t-Test) statistics was employed as the statistical treatment in order to find out the existence of the significance differences if any between the pretest and post test data of the experimental group on flexibility , pretest and posttest of controlled group and the post data between experimental and controlled group on flexibility.

The yogic training consists of the following selected yoga asanas. Surya Namskara for warm-up activity.

Enclosed as Annexure 01

Asana Training Programme

Enclosed as Annexure 03 & 04

Result and Analysis

The mean difference of pretest scores of experiential group and control group and differences exhibited by these groups after the experimental periods of five weeks treatment condition were analysed by "t" test are represented in the following tables.

Table 1: Mean, Standard Deviation and 't' ratio of flexibility between control and experimental group before training

Enclosed as Annexure 04

The table 1 shows that the mean score of control and experimental groups before training are 38.83 and 39.30 respectively. The 't' value comes out to be 0.949 which is not significant at any level of significance. It shows that there is no significant difference in flexibility between control and experimental groups of woman sportspersons. It is concluded that there is no significant difference in flexibility between control and experimental group sports women. The sports women of both the group almost have same type of flexibility.

Table 2: Mean, Standard Deviation and 't' ratio of flexibility between control and experimental groups after 5 weeks training of Asanas

Enclosed as Annexure 05

The table 2 shows that the mean score of control and experimental groups after 5 weeks training of Asanas are 38.63 and 45.33 respectively. The 't' value comes out to be 8.099 which is significant at 0.01 level of significance. It shows that there is a significant difference in flexibility between sportswomen belonged to control and experimental groups after 5 weeks training of Asanas are 38.63 and 45.33 respectively. The women sportspersons of experimental group were found to have more flexibility after 5 weeks training of Asanas than the sports women belonged to control group. It is concluded that 5 week training of Asana made the subjects more flexible.

Conclusion

Thus it may be concluded with justification that yogic exercises undertaken for this study for 5 weeks duration results in development of flexibility of women sports. Such types of yogic activities may be taken in account of endurance development programme, development programme to develop the other component of physical fitness of the individual sports man and as well as sports mans related to other team games.

- Flexibility would be increased by given the experiential treatment of selected asanas.
- The training in the yogic exercises would be found superior to develop the flexibility of women sports.
- Physical education teachers may include asana in their training programme in order bring about the desire benefits in the development of flexibility and other component of physical fitness.

Annexure

Annexure 01

The yogic training consists of the following selected yoga asanas. Surya Namskara for warm-up activity.

Asana Position	Selected Asanas
Standing position	1.Tadasana,2.Trikonasana,3.Natrajasana
Sitting position	4.Paschimottanasana, 5.Gomukhasana, 6.Ardha Matsyendrasana
Supine	7.Halāsana,8.Chakrasana,9.Setubandhasana
Prone	10.Bhujangāsana,11.Shalabhasana,12.Dhanurasana

Annexure 02 & 03

Asana Training Programme

Days	Tadasana	Trikonasana	Natrajasana	Paschimottanasana	Gomukhasana	Ardha Matsyendrasana	Halāsana	Chakrasana	Setubandhasana	Bhujangāsana	Shalabhasana	Dhanurasana	Sets
Monday	30s	30s	30s	30s	30s	30s	30s	30s	30s	30s	30s	30s	4
Wednesday	30s	30s	30s	30s	30s	30s	30s	30s	30s	30s	30s	30s	4
Friday	30s	30s	30s	30s	30s	30s	30s	30s	30s	30s	30s	30s	4

Note:- Total Recovery time -24 minutes, Target time -48 minutes

Days	Tadasana	Trikonasana	Natrajasana	Paschimottanasana	Gomukhasana	Ardha Matsyendrasana	Halāsana	Chakrasana	Setubandhasana	Bhujangāsana	Shalabhasana	Dhanurasana	Sets
Monday	45s	45s	45s	45s	45s	45s	45s	45s	45s	45s	45s	45s	4
Wednesday	45s	45s	45s	45s	45s	45s	45s	45s	45s	45s	45s	45s	4
Friday	45s	45s	45s	45s	45s	45s	45s	45s	45s	45s	45s	45s	4

Note:- Total Recovery time -24 minutes, Target time -60 minutes

Annexure 04

Table 1: Mean, Standard Deviation and 't' ratio of flexibility between control and experimental group before training

	Groups	N	Mean	Std. Deviation	't' ratio
Before training	Control group	30	38.83	1.94	0.949 ^{NS}
	Experimental group	30	39.30	1.85	

NS = Not significant

Annexure 05

Table 2: Mean, Standard Deviation and 't' ratio of flexibility between control and experimental groups after 5 weeks training of Asanas

	Groups	N	Mean	Std. Deviation	't' ratio
After Training	Control group	30	38.63	2.65	8.099 ^{**}
	Experimental group	30	43.53	1.98	

** = Significant at 0.01 level

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