



## A STUDY OF THE EFFECT OF YOGIC PRACTICE ON FITNESS COMPONENTS AGED BETWEEN 14 AND 16 YEAR OF SECONDARY LEVEL SCHOOL

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### ABSTRACT:

Yoga is the golden key which unlocks the door to peace, tranquility and joy. The paper is about the yogic practices an experimental study in 8 week schedule, training of yogic Exercise conducted that yogic exercise is useful for physical fitness. The yogic exercise imparted in this study for a period of 8 weeks was useful I improving the overall physical fitness as included for experiment. Eight weeks of yoga training enhance concentration, leading to better performance in school children, Yoga practices may reduce anxiety levels, potentially improving pre-game nerves and mental clarity during matches.

### KEYWORDS:

**YOGA**

### INTRODUCTION:

This is a discipline of systematic practice of different kinds of postures (Asana), breathing (Pranayam) and meditation, which primarily aims at providing health and physical fitness at psycho-physiological level

Yoga is an ancient practice that originated in India thousands of years ago. It combines physical postures, breath control, meditation, and ethical principles to promote physical and mental well-being. Over time, yoga has gained popularity worldwide for its numerous health benefits, including improved flexibility, strength, balance, mental focus, and stress reduction. While yoga is often associated with relaxation and mindfulness, it can also play a significant role in enhancing sports performance. By incorporating yoga into their training regimen, athletes can experience a range of advantages that can positively impact their performance on the field, court, or track. Several research studies have shown the benefits of yoga training in sports performance.

In this scientific, we have to examine the mystic claims critically, in field of physical education, and fitness, number of experiment have been conducted in yoga for the betterment of Individual the growth of human personality. Yoga of exercise, in relation to the physical fitness. Yoga is recognized as one of the most important and valuable heritage of India. Yogic practices getting popular are looked upon it systematic for Improvement of physical fitness "Yoga is not meant for the ordinates person .even not for the householder, but is only for a selected few. Yoga is associated with the idea of the supernatural or linked with miracles. Yoga is educated with mysticism black magic or various types of mortification .Yoga is only a system of therapy which can cure all diseases .Yoga is only

of system of philosophy dealing with metaphysical theories about the universe .Yoga is just a system of exercise."

In order to bring yoga to life and to really profit by it one must take it to heart in every senses of the word. "Teachers one now to develop one's latent power both mental and physical. Yoga develops strong will power and thought this control of emotions. Yoga expends in intellect develops spiritual consciousness and by the develop .Yoga promoters long life happiness unity.

#### • NEED AND IMPORTANCE :

Yoga can be a powerful tool for enhancing sports performance. Its benefits, including improved flexibility, strength, balance, mental focus, injury prevention, stress reduction, and breathing techniques, can positively impact athletes in various sports disciplines. However, it is important to tailor a yoga program to specific sports performance requirements and individual needs. By incorporating yoga into their training regimen, athletes can unlock their full potential and achieve peak performance on and off the field.

Yoga playas in important role in Indian philosophy it deals with the body and mind it is practical in real life. It deals with the characteristic of the realized yoginand three part of yoga namely janana bhakti and karma. It is a synthesis various ideas and practice of yoga. A healthy mind a and healthy body are great assets in the develop of healthy spiritual life. Personal health is a continual process of keeping one self strong spiritually, mentally, and physically.

**OBJECTIVES OF RESEARCH:**

- 1) To measure the selected physical fitness level of children age 14 and 16 years boys.
- 2) To study of effect of yogic exercises on physical fitness level.
- 3) To prepare yogic practices schedule for Boys age 14 to 16 years.
- 4) To measure the effect of yogic exercise on flexibility, freedom, from obesity strength endurance cordio, vascular endurance.

**HYPOTHESIS OF RESEARCH:**

- 1) There would be no significant improvement in selected physical fitness variables with regards to yogic exercises on flexibility.
- 2) There would be no significant improvement with regards to yogic exercise on muscular endurance.
- 3) There would be no significant improvement with regards to yogic exercise on cardiovascular endurance.
- 4) There would be no significant improvement with regards to significant difference with regulars to freedom from obesity.

**LIMITATION OF RESEARCH:**

This study was limited to the selected physical fitness of school children as measured selected yogic practice program was limited to the postures (As an as).The study was conducted an secondary level school boys only. The study was limited to the comparison of selected yogic practices. Experimental period consisted of Eight week only taking into consideration of the available subjects.

**METHOD OF RESEARCH WORK:**

**TABLE NO-1: MEAN GAINS OF MOTOR FITNESS COMPARES OF PRE AND POST TESTS OF CONTROL AND EXPERIMENTAL GROUPS.**

Variable	Groups	Mean Gain	Difference	SEM	-‘t’-	Significance
Sit Ups	Control vs Experimental	19.0/20.23	1.23	0.49	2.51	P<0.05
Sit And Reach	Control vs Experimental	18.4/19.5	1.10	0.41	2.68	P<0.05
Body Mass Index	Control vs Experimental	20.4/21.2	0.80	0.63	1.27	P>0.05
Harvard Step	Control vs Experimental	28.2/26.1	2.10	0.43	4.88	P<0.01

Will be no significant difference in the sit and reach on the control group and experimental group before and after the training programs has been refuted.

ii) There will be no significant difference in the stork stand on the control group and experimental group before and after the training programs not been accepted.

iii) There will be no significant difference in the halved step on the control group and experimental group before and after the training program has been rejected.

Present study conducted to collect the information in the context of utility of selected yogic as an for the developed of selected fitness components on boys aged 14 and 16 years. For this the researcher has chosen experimental method. Experimental design two groups were participated in this study group selected was done for population in secondary level student. The parallel group design classifying the subjects into experimental and controlled groups. Height and weight as well as their some of their physical abilities should be similar.

**SELECTION OF VARIABLES:**

To collect data at pre and post tests the research scholar has chosen the following variables

**i. DEPENDANT VARIABLE:**

More fitness is important factor essential I ever sport research work on these variable revaluated the yoga contributes to improve selected fitness component this is. The basis on which following variables have been incorporated in this present study and test were conducted for this study is a follows.

**ii. INDEPENDENT VARIABLES:**

A set of selected as an as formed the independent variables n the present study. They are listed below :-

- (a) Tadasana
- (b) Padmasana
- (c) Vajrasana
- (d) Shavasana
- (e) Bhujangasana
- (f) Sarvangasana
- (g) Trikonasana
- (h) Paschimottasana
- (i) Pawanmuktasana

**CONCLUSION:**

Within certain limitation the present experiment warrants the following conclusion

- ✓ The yogic exercise imparted in this study for a period of 8 weeks was useful I improving the overall physical fitness as included for experiment.
- ✓ Associated physical fitness variables of school children were also improved significantly as a

result of selected strength training exercises.

- ✓ Eight weeks of yoga training enhance concentration, leading to better performance in school children, Yoga practices may reduce anxiety levels, potentially improving pre-game nerves and mental clarity during matches.

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