



EFFECT OF YOGA TRAINING ON AGILITY AND FLEXIBILITY OF FEMALES STUDENTS BY SELECTED ASANAS

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ABSTRACT:

The purpose of the present study was to find out Effect of Yoga training on agility and flexibility of females students by selected Asanas. For the goal of these investigation forty female students from S P M T M College, Chikhli. They were selected into two groups of fifteen participants each. The age groups of the 18 to 20 years were recruited, with their consent. For the purpose of the study variables were considered for this study as agility and flexibility. It was measured by using the standard test items of agility measured by 6 X 10 Meters Shuttle Run and flexibility measured by sit and reach test. The training periods of experimental groups were six weeks, five days per week with duration of 60 minutes. Control group did not undergo any training programme rather than their routine work. The yoga class was conducted every day in the morning between 6.00 am to 7.00 am. The data was analyzed using Paired 't' test to compare the before and after training values of both the groups. P value of less than 0.05 was accepted as indicating significant difference between the compared values. It was concluded from the results that the agility and flexibility in the pre programme group was insignificant but the post programme experimental group shown a significant improvement due to six week of Yoga training programme.

KEYWORDS:

HATHA YOGA, AGILITY, FLEXIBILITY, ASANAS.

INTRODUCTION:-

Yoga is a way of life. It is an integrated system of education for the body, mind and inner spirit. This art of right living was perfected and practiced in India thousands of years ago but, as yoga deals with universal truths, its teachings are valid today as they were in the ancient times. Yoga is a practical aid, does not belong to one religion and its techniques could be practiced by the Buddhists, Jews, Christians, Muslims, Hindus and the Atheists alike. Yoga is union with all. [1]

In order to purify the mind, it is necessary for the body as a whole to undergo a process of absolute purification. Hatha yoga is also known as the science of purification, not just one type of purification but six types. The body has to be cleaned in six different ways for six different impurities. When you clear the body of these impurities, the nadis function and the energy blocks are released. Then the energies move like wave frequencies throughout the channels within the physical structure, moving right up to the brain. The main objective of hatha yoga is to create an absolute balance of the interacting activities and processes of the physical body, mind and energy. When this balance is created, the impulses generated give a call of awakening to the central force (sushumna nadi) which is responsible for the evolution of human consciousness. If hatha yoga is not used for this purpose, its true objective is lost.[2]

METHODOLOGY:-

For the goal of these investigation forty female students from S P M T M College, Chikhli. They were selected into two groups of fifteen participants each. The age groups of

the 18 to 20 years were recruited, with their consent. For the purpose of the study variables were considered for this study as agility and flexibility. It was measured by using the standard test items of agility measured by 6 X 10 Meters Shuttle Run and flexibility measured by sit and reach test. The training periods of experimental groups were six weeks, five days per week with duration of 60 minutes. Control group did not undergo any training programme rather than their routine work. The yoga class was conducted every day in the morning between 6.00 am to 7.00 am. The following practices were performed every day. Surya namaskar, Pranayam, Asanas: Halasana, Chakrasana, Janu sirasana, Bhujangasana, Saravangasana, Dhanurasana, Makarasana, Yoga Mudhra, Supta Vajrasana, Pada Hasthasana, Konasana, Navasana, Bakasana, Matayasana, Trikonasana and Savasana.

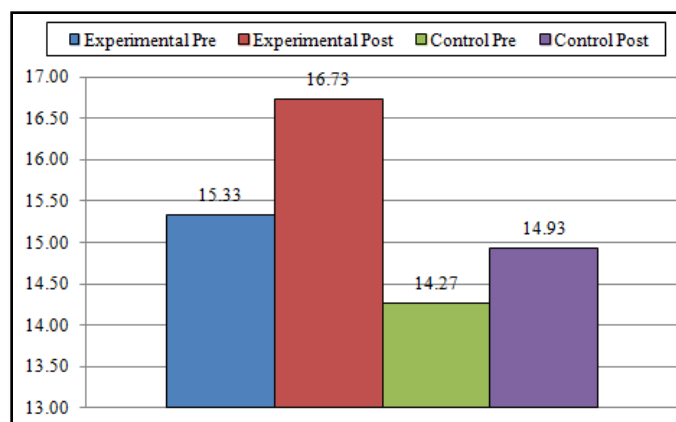
ANALYSIS OF DATA:-

The before and after scores on agility and flexibility obtained for both the experimental and control groups were treated statistically to assess the effect of the practice. The data was analyzed using Paired 't' test to compare the before and after training values of both the groups. P value of less than 0.05 was accepted as indicating significant difference between the compared values.

TABLE-1: COMPARISON OF AGILITY BETWEEN PRE AND POST TEST OF EXPERIMENTAL AND CONTROL GROUPS

Group	Test	Mean	SD	Ot	df	Tt
Experimental	Pre	16.873	0.597	10.335*	14	2.145
	Post	16.413	0.641			
Control	Pre	16.880	0.641	1.656	14	2.145
	Post	16.673	0.763			

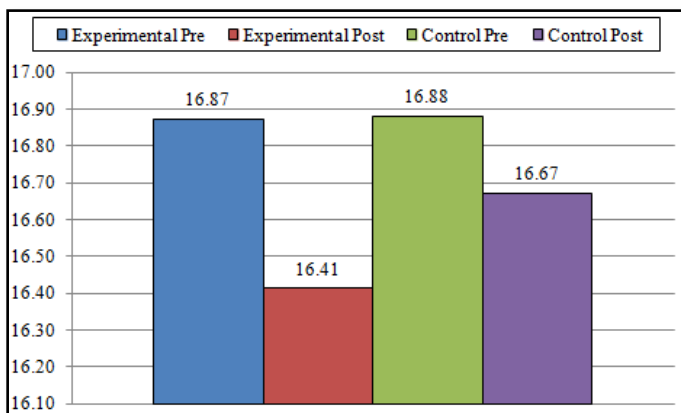
Table-1 shows the pre and post comparison of agility for the experimental and control groups. In the experimental group the mean pre value of 16.873 reduced to 16.413 in the post condition, the mean difference being found to be highly significant ($p < 0.05$). In the control group the pre mean pre mean value of 16.880 reduced to 16.673 in the post condition, the mean difference being statistically not significant.



GRAPH-2: MEAN VALUE OF FLEXIBILITY BETWEEN PRE AND POST TEST OF EXPERIMENTAL AND CONTROL GROUPS

CONCLUSION:-

This study findings show those six weeks of yoga training can significantly improve agility and flexibility in young healthy female individuals. More specifically, yoga training seems to decrease shuttle run time and increase flexibility. This investigation proposes that regular practice of yoga can get better health aspects of common health.



GRAPH-1: MEAN VALUE OF AGILITY BETWEEN PRE AND POST TEST OF EXPERIMENTAL AND CONTROL GROUPS

TABLE-2: COMPARISON OF FLEXIBILITY BETWEEN PRE AND POST TEST OF EXPERIMENTAL AND CONTROL GROUPS

Group	Test	Mean	SD	Ot	df	Tt
Experimental	Pre	15.333	2.350	3.862*	14	2.145
	Post	16.733	3.173			
Control	Pre	14.267	2.576	2.870	14	2.145
	Post	14.933	2.712			

Table-2 shows the pre and post comparison of agility for the experimental and control groups. In the experimental group the mean pre value of 15.333 incurred to 16.733 in the post condition, the mean difference being found to be highly significant ($p < 0.05$). In the control group the pre mean pre mean value of 14.267 incurred to 14.933 in the post condition, the mean difference being statistically not significant.

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