



EFFECT OF SELECTED ASANAS ON BALANCE ABILITY OF PHYSICAL EDUCATION STUDENTS

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ABSTRACT:

The purpose of the study was to determine the effect of selected asanas on balance ability of Degree College of Physical Education, Amravati those who were in bachelor in physical education and sport. For the study 30 male students were selected (15 control group and 15 treatment group) and age of the students was ranging from 18 to 24 years were selected randomly as the subject. The data were collected before the start of 2 weeks selected asana training program (pre-test) and immediately after 2 weeks selected asana training program (post-test) by Bass stick Test. To determine the asana effects on balance ability paired sample t-test was employed. The level of significance was set 0.05. The findings of statistical analysis revealed that there was significant improvement in balance ability of treatment group due to the selected asana.

KEYWORDS:

ASANAS, ABILITY, PHYSICAL EDUCATION, SPORTS.

INTRODUCTION

Yoga means the experience on oneness or unity with inner being. This unity comes after dissolving the quality of mind and matter into the supreme reality. Asana means holding the body in a particular posture to bring stability to the body and poise to the mind. The practice of asana brings firmness to the body and vitality to the body and the mind. So, yoga leads to improve balance. Balance is the ability of a sports person to maintain equilibrium of the body both in static and dynamic condition. All the body movements are depending on the balance ability.

SIGNIFICANCE OF THE STUDY

- i. The study would be helping the students to know their balance ability.
- ii. The result of the study would highlight the effect of selected asanas on the balance ability.

HYPOTHESIS

It was hypothesized that there would be significant effect of selected asanas on balance ability.

METHODOLOGY

30 male students 15 control group and 15 treatment group of Degree College of Physical Education, Amravati, age was ranging from 18 to 24 years were selected randomly as the subject for the purpose of the study. Asana were restricted to sarvangasana, vrikshasana, uttakasana, trikona asana, tadasana, hala asana, dhanur asana, shawa asana. The dependent variable was chosen as balance. Balance measured by Bass Stick Test and score was recorded in second. A total period of 2-week training program with the selected asana administered on the treatment group but no special treatment was given to the control group.

TRAINING PROGRAM

The training program of 2 weeks, five days in a week. The training was given in the morning and evening for 1 hour. No special treatment was given to the control group.

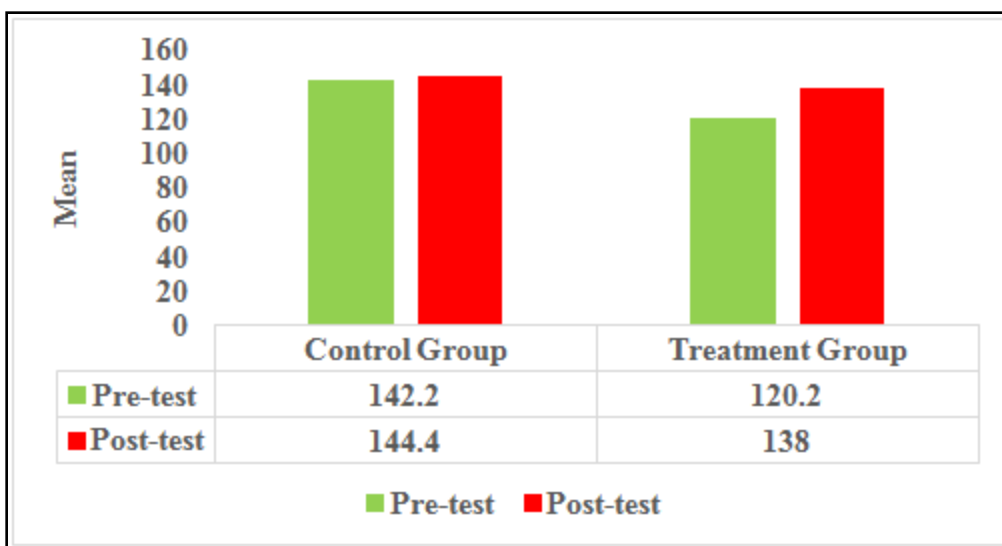
**TABLE - 1
SUMMARY OF MEAN, STANDARD DEVIATION, AND T-RATIO FOR THE DATA ON BALANCE OF PRE-AND POST-TEST OF CONTROL AND TREATMENT GROUP**

Control Group		Treatment Group		Control Group		Treatment Group		MD	SE	t-ratio
Pre-test		Group Pre-test		Post-test		Group Post-test				
Mean	SD	Mean	SD	Mean	SD	Mean	SD			
142.2	35.1			144.4	34.3			2.20	6.37	.34@
		120.2	34.6			138	26.5	17.73	4.42	4*

@ Not significant at 0.05 level

Tabulated $t_{0.05(14)} = 2.14$

* Significant at 0.05 level



PRE AND POST TEST DATA OF CONTROL AND TREATMENT GROUP ON BALANCE ABILITY

RESULT

To determine the effect of selected asana on balance ability of students paired samples t-test were employed. The level of significant was set at 0.05 for testing the hypothesis. Findings of table no.1 reveal that there was no significant mean difference in balance between the mean of pre-and post test of control group as the calculated t-ratio of .34@ is lower than the tabulated t-ratio value of 2.14 significant difference was observed in pre-and post test of treatment group as the calculated t-ratio of 4* is higher than the tabulated t-ratio value of 2.14 at 0.05 level from 14 degrees of freedom.

DISCUSSION

The findings of table no. 1 reveal that there was significant improvement in balance ability of pre-and post-treatment group. This was due to 2 weeks of selected asanas training, it may be attributed to the fact that selected asanas given to the selected students increase their balance ability.

CONCLUSION

Significant difference was found in balance ability of treatment group due to asanas.

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