



EFFECT OF YOGIC PRACTICES ON SELECTED PHYSICAL AND PHYSIOLOGICAL VARIABLES OF MEN KHO-KHO PLAYERS

Mr. Nitin Jangam¹ and Dr. SK. MD. Ataula (M. K. Jagirdar)²

¹Ph.D Research Student

²(Research Guide) , Asst. Prof & Head Of Department Of Physical Education ,
Milia Arts & Science College, Beed.

ABSTRACT :

The high level of physical fitness comes from years of daily experience in a selected variety of Yogic practice. Man needs yogic practice for growth and development. To perform the daily activities in a more efficient manner, condition of muscles, their strength and endurance are essential to man. The game of Kho-Kho, it needs strength, much more endurance. The purpose of the study was to find out the effect of 02 week yogic practices on selected Physical and Physiological variables. 20 men Kho-Kho players were selected as subjects, at the age group of 18 to 25, the selected subjects were divided into 2 groups of 10 subjects each group. For this study group I served as Experimental group and group II acted as Control group. The collected and analyzed statistically, in all the cases the level of confidence is fixed at 0.05 for significance.



KEYWORDS : Yogic practice, Asanas, Physical, Physiological, Kho-Kho.

INTRODUCTION :

Man needs yogic practice for growth and development. To perform the daily activities in a more efficient manner, condition of muscles, their strength and endurance are essential to man. Every human being participates in some kind of Yogasanas or physical exercise during the course of his life. This exercise may assume different forms for different individuals. It may be practicing of various yogic poses, walking, jogging, cycling, working in a factory, participation in games and sports etc. Regular participation in Yogic programmes markedly influences physical, physiological and mental fitness of an individual. Physical fitness is the ability to carry out tasks without undue fatigue. Physical fitness is a state of physiologic well being that is achieved through a combination of good diet, regular physical exercise, and other practices that promote good health. The game of Kho-Kho is each associate degree art and science. It involves techniques of running, Chasing, Defending, Diving, Pole Dive, Dodging, cardiopulmonary exercise and Flexibility; of these activities have usually to be performed at nice speed.

STATEMENT OF PROBLEM

Study of the Effect of Yoga Program on High School Students

THE NEED AND SIGNIFICANCE OF THE STUDY

- i) The result of study may provide an authentic understanding of practicing Yoga.
- ii) The results of the study may highlight the effect of practicing selected Yoga on physical fitness of the Kho- Kho players.
- iii) The study may find out the use of simple technique to improve the capacity of Kho- Kho players.
- iv) The study may find out the use of simple technique to improve the physical fitness of Kho- Kho players.
- v) The study may also find and prove the physical capacities of the individual through Yoga treatment.

OBJECTIVES OF STUDY

- To prepare the Yoga program for the Kho- Kho players.
- To determine the effect of Yoga on Physical fitness of the Kho- Kho players.
- To determine the effect of Yoga on health status of the Kho- Kho players.
- To study the effect of Yogic practice on Resting Pulse Rate, Resting Respiratory Rate, Muscular Endurance and Speed of the Kho- Kho players

SCOPE AND LIMITATIONS:

- i) The study is delimited to only students of the High school.
- ii) The study is delimited to the students of age group from 18-25 years.
- iii) The study is delimited to Yoga treatment for one week duration only.
- iv) The study is delimited for 6 days in a week. The study is delimited the treatment of Yoga which will be applied in the morning time 7.00 to 8.00 am.

HYPOTHESES OF THE STUDY

Research Hypotheses

There is significant difference between the performance of the students in Physical fitness from control and experimental group in post-test.

Null hypothesis 01

There is no significant difference between the performance of the students in Physical fitness from control and experimental group in Physical fitness post-test .

RESEARCH METHODOLOGY

A] Research Method

According to the objectives, researcher used Experimental research method for the present research.

B] Research Design

Researcher selected Two equivalent group pre and post test design was used for the present research.

C] Sampling

The purpose of the study was to find out the effect of 02 week yogic practices on selected Physical and Physiological variables. 20 men Football players were selected as subjects, at the age group of 18 to 25, who are belongs to Vaintey Viodyalaya, Nifad District: Nashik. The selected subjects were divided into 2 groups of 10 subjects each group. Group I acted as experimental group and group II served as control group. Researcher selected 20 students with purposive sampling method for the present study and prepared two equivalent groups. In each group 10 students were there with simple randomization method.

D] Research tool

Different fitness tests were used to study the effect of Yogic practices. Researcher measured the physical fitness of the students with standardized fitness test.

E] Statistical tools

Mean and 't' test were used as Statistical tools for the analysis and interpretation of the data.

Research Procedure

In the present study, the researcher used the Yoga program to develop the students' Physical fitness. The researcher prepared program by discussing it with subject experts and according to own experience. These Physical fitness Yogic practices were used to develop the students' Physical fitness and this program is tested experimentally.

The data was analyzed with the help of statistical and non-statistical measures. The techniques of 't' test, was used to test the hypotheses. The researcher tabulated the collected data and calculated the t-values to compare achievement of workers from control and experimental group. The t-values obtained were consolidated with the help of t-matrix, which are given as follows.

CRITERION MEASURES

Table 1
The following Criterion Measures were adopted to measure the test

Sr.No	VARIABLES	TEST ITEM	UNITS OF MEASUREMENTS
1	Cardio Vascular Endurance	12 minutes Run/Walk	In meters
2	Muscular Endurance	Knee bend sit-ups	In minutes
3	Agility	Shuttle run	In Seconds
4	Speed	50 mtrs. Dash	In seconds
5	Resting Respiratory Rate	To Record the Heart beats	In minutes
6	Resting Pulse Rate	To Record the number of Respirations	In minutes
7	Vital Capacity	To measure Lung Volume	In minutes

Table 2: Showing the summary of Means and T-Test for the Pre-test and Post-test data on Resting Pulse Rate (Scores in minutes)

Group	Test	Mean	Mean Difference	Standard Deviation	Obtained -t
Control	Pre-Test	79.16	0.54	6.53	0.68
	Post - Test	79.70			
Experimental	Pre-Test	80.13	10.00	11.20	*7.63
	Post - Test	70.13			

Table 3: Showing the summary of Means and T-Test for the Pre-test and Post-test data on Respiratory Rate (Scores in minutes)

Group	Test	Mean	Mean Difference	Standard Deviation	Obtained -t
Control	Pre-Test	25.0	0.20	1.41	0.50
	Post - Test	25.20			
Experimental	Pre-Test	25.58	3.65	3.09	*7.52
	Post - Test	21.93			

Table 4: Showing the summary of Means and T-Test for the Pre-test and Post-test data on Vital Capacity (Scores in minutes)

Group	Test	Mean	Mean Difference	Standard Deviation	Obtained -t
Control	Pre-Test	1584.4	11.37	225.05	0.82
	Post – Test	1595.8			
Experimental	Pre-Test	1293.3	255.45	261.91	*9.28
	Post – Test	1548.7			

Table 5: Showing the summary of Means and T-Test for the Pre-test and Post-test data on Muscular Endurance (Scores in minutes)

Group	Test	Mean	Mean Difference	Standard Deviation	Obtained -t
Control	Pre-Test	21.91	0.58	4.40	0.54
	Post – Test	22.49			
Experimental	Pre-Test	25.11	6.58	6.48	*2.77
	Post – Test	31.69			

CONCLUSION

The result of the study indicated that there was a significant improvement on Resting Pulse Rate, Resting Respiratory Rate, Muscular Endurance and Speed.

REFERENCES

- Bushman B A, Flynn, M. G, Andres, F. F, Lambert C P, Taylor, M S, and Braun, W A (1997), "Effect of 4 wk Yogic practices on Running Performance", *Yoga and Science in Sports and Exercise*, 29: 694-699.
- Govindarajulu N, "The Importance of Health-related Physical Fitness Through Physical Activities", Paper Presented at the 3rd All India Physical Education Congress, Madras, 8-11, October, 1991.
- Edward L Fox and Denold K Mathews (1981), *The Physiological Basis of Physical Education and its Variables*, (Philadelphia: Saunders College Publishing, , p. 167.
- Ashutosh K, Methrotra K, and Fragale-Jackson J(1997). "Effects of Sustained Weight Loss and Exercise on Yoga in Obese Women", *J Sports Med Phys Fitness*, Dec;37(4):252-7.