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EFFECT OF THREE MONTH YOGASANA PRACTICE ON SHOULDER STRENGTH, SPEED AND POWER OF CRICKETERS

Rajalakshmi D.
Research Scholar, Department of Studies in Physical Education Sports and Sciences, Akkamahadevi Women's University Vijayapur.

ABSTRACT :

The purpose of study was to determine the effects of three month yogasana practice on shoulder strength, speed and power of cricketers. Subjects and methods: the method of this study was experimental research and sample were 40 male cricketers of Bidar District (17-21). The results show that there were significant effects on shoulder strength, speed and power of yogasana practice.

KEYWORDS: Yogasana, Shoulder Strength, Speed And Power

INTRODUCTION:

In modern civilization, the impact of industrialization and technology can be visualized on every aspect of human life. This fast changing scenario has turned every individual into a living machine as his dependency on automated machines is growing with each passing day. It is due to the fact that he is always striving hard to make more-and-more money to surge ahead of others and to earn more luxuries for himself and his family. As a result, he is always living a life of immense tension and unwanted pressures. Money has become the prime mover of his life. It is everything for him viz; father, mother and even God. In such a drastic scenario he requires such activities which can enlighten his soul and bring an all-round development to his personality. Yoga, being a science of spirituality through meditation, can make him free from worldly sorrows, submerge him in the God, and get him eternal bliss. Also, regular practice of yoga can take him towards the higher echelons of health and fitness. Every individual can perform yogic exercises as they don't need any special infrastructure and equipments. They can be practiced wherever you get a space to sit freely and can be done indoors as-well-as outdoors. Maharishi Patanjali has given a new dimension to the orthodox yoga philosophy. He collected, coordinated and illustrated the basic principles of yoga in his classical work Yoga Sutras. He explained yoga as 'Chitta Vritti Nirodha' which means to free mind from any kind of modifications. According to Upanishads, yoga is the higher state of consciousness in which the activities of mind and intellect ceases to a stationary state and wisdom comes to a stand. "Yoga is a system of living with sense and science, of the realization of ultimate values and altruistic mission of life. Yoga involves a harmonious order of mind, matter and man. For any good performance in sports Physical fitness is must. Different sports require different types of fitness emphasizing on a particular fitness factor. However, general level of physical fitness is necessary for every sportsman. The law of use and disuse suggests that if you want to be fit, you must exercise. The routine of exercise differs from individual to individual according to purpose and capacity. Sportsmen also select different routine of exercise during the season of participation. But basic levels of physical fitness must be maintained even during off-season. This can be attained excellently by indulging in Yogic routine.

Yogic exercises deal with the vital organs of the body on which health depends. The precursor of physical fitness lies in the efficient working of the vital organs of the body and Yoga aims at it. Sharma and Tyagi, (2011) [7] investigated the effect of specific training programme on physiological and fitness components of Table tennis players. The result reveals that significant difference were on physiological (systolic blood pressure, pulse rate, and breathing holding rate) and fitness (speed and agility) components on the comparisons of means within the components on the comparisons of means within the control group. Rana (2007) [6], asserted that for sport person, Yoga can be a powerful enhancement in regular training exercises. Adding yoga in routine training programme helps develop strength, flexibility, range of motion, concentration, and cardiovascular health and reduce stress, tension. The most significant benefit of adding yoga of training programme is its effect on performance.

Methodology

To achieve the purpose of the study forty male subjects were selected from Bidar cricket academy between 17-21 years old. They were administered the training program of yogasana practice for three month that is; five day a week in the morning and evening time for one hour. The data pertaining for the criterion variable were taken before administering the training program of three month in relation to shoulder strength, speed and power. The standard tests were applied to collect data for above said variables. After completion of training a post-test data was taken on all the variables. The following tests were administered for data collection on selected variables.

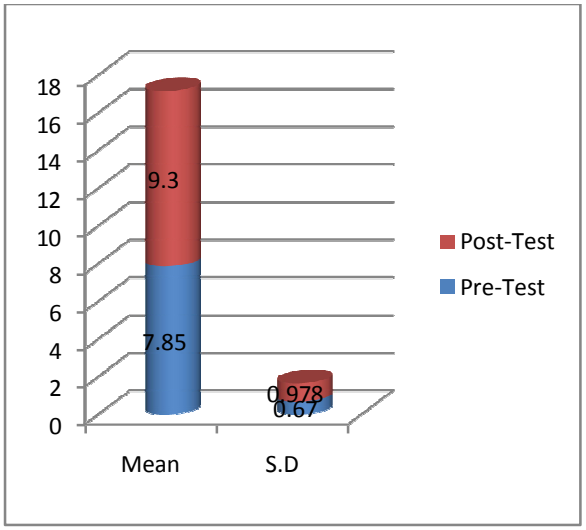
Pull-ups: to measure the shoulder strength.
50 meter dash: to measure the speed.
Standing Broad Jump: to measure the power.
Collected data was analyzed with the help of SPSS computer software. Mean, standard deviation, standard error of mean and‘t’ test was used to compare the pre-test and post-test data.

Results

The following section of the report presents tables given a view of outcome of the study. The value of paired statistic is given below in tables.

Table 1: DESCRIPTIVE STATISTICS OF PRE –YOGA V/S POST- YOGA GROUP OF CRICKETERS IN RELATION TO SHOULDER STRENGTH

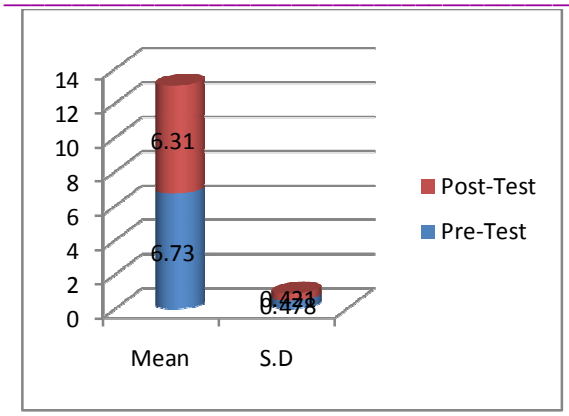
Group	Mean	S.D	SED	t	df
Pre-Test	7.85	.670	.150	6.175	19
Post-Test	9.30	.978	.218		



The table: 1 shows that mean, standard deviation, standard error of mean with regard to pre data on shoulder strength were recorded 7.85, .670 and .150 respectively where in case of post data the same were recorded as 9.30, .978 and .218 respectively and ‘t’ ratio 6.175 was found significant at 0.05 level.

Table 2: DESCRIPTIVE STATISTICS OF PRE –YOGA V/S POST- YOGA GROUP OF CRICKETERS IN RELATION TO SPEED

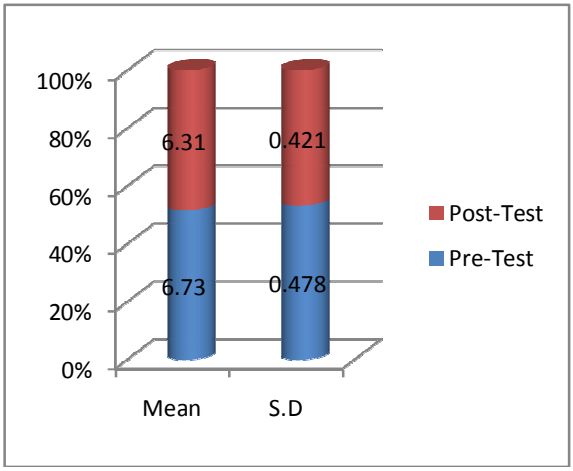
Group	Mean	S.D	SED	t	df
Pre-Test	6.73	.478	.106	11.301	19
Post-Test	6.31	.421	.094		



The table: 2 indicates that mean, standard deviation, standard error of mean with regard to pre data on speed were recorded 6.73, .478 and .106 respectively where in case of post data the same were recorded as 6.31, .421 and .094 respectively and 't' ratio 11.301 was found significant at 0.05 level.

Table 3: Descriptive statistics of pre –yoga v/s post- yoga group of cricketers in relation to power

Group	Mean	S.D	SED	t	df
Pre-Test	6.73	.478	.106	11.301	19
Post-Test	6.31	.421	.094		



The table: 3 indicates that mean, standard deviation, standard error of mean with regard to pre data on power were recorded 1.86, .280 and .062 respectively where in case of post data the same were recorded as 2.18, .092 and .020 respectively and 't' ratio 4.660 was found significant at 0.05 level.

CONCLUSION

On the basis of the results obtained the following conclusions are drawn:

1. 1 There is a significant improvement in the shoulder strength of cricketers after three month yogasana practices. Hence, the hypothesis is accepted.
2. 2 There is a significant improvement in the speed of cricketers after three month yogasana practices. Therefore, the hypothesis is accepted.
3. 3 There is a significant improvement in the power of cricketers after three month yogasana practices. Therefore, the hypothesis is accepted.

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