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Review Of Research



EFFECT OF YOGIC EXERCISES ON FLEXIBILITY OF WOMEN



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ABSTRACT

Women are said to be the weaker sex. This is truly said in terms of physical strength. In olden days women tended to stay indoors, whereas men used to toil outdoors. Looking after the house, children, used to be their responsibility which are tasks no less as compared to working outside. Thus women in these ancient periods used to stay fit and fine.

KEYWORDS :Yogic Exercises , Flexibility Of Women, ancient periods .

INTRODUCTION

The same cannot be said to the women of this modern era. A majority of them opt for working outside in order to be independent and earn

themselves. Today's lifestyle has proved to be sedentary, not involving any physical work. Working condition are mostly desk jobs that require women to be seated in one place for long hours, thus decreasing movements and increases health problems.

Yoga helps women to keep up their health and ward off health problems. In addition to various health issues women have to deal with pain related to menstruation child birth. Yoga gives them the tolerance to bear and increases their pain threshold. It also helps women to gain back their previous body structure after child birth. Modern women are very conscious about their figures and yoga helps them to stay in shape increasing their confidence and gaining personality.

FLEXIBILITY

Stretch ability and elasticity are the special qualities of the muscles and ligaments by which these can be stretched and can regain their normal length without any adverse effect on the concerned tissues.

Flexibility is the capacity of a muscle to extend without any damage. Flexibility is measured by determining the range of movement at a joint. It has important inter-relationship with other

performance factors. It therefore determines the other factors to a loss to great extent.

METHODOLOGY

The procedure adopted in the present research work is related to the selection of subjects, selection of variables and Statistical Techniques.

SELECTION OF SUBJECTS

The Purpose of the study was to find out the “Effect of Yogic Exercises on Flexibility of Women”. To achieve this purpose 60 Women in the age group ranging from 18 to 22 years studying in Smt.Bangaramma sajjan Arts and Commerce College for Women, Vijayapura Karnataka state were selected randomly as subjects were divided into two equal group of thirty each known as Experimental group and Control group.

SELECTION OF VARIABLES

The investigator reviewed through the available relevant related literature and discussed with the experts in the field and also discussed with the research guide before selection of variables for the present research work. The researcher used the availability of technique based on the data researcher done the analysis regarding feasibility, Reliability and the outcome of the results were taken care of before finalizing the variable. The variable selected for the present research work Flexibility.

SELECTION OF VARIABLES

- Independent Variables
- Dependent Variables

INDEPENDENT VARIABLES

- Sitting Asanas - Padmasana, Vajrasana, Vakrasana, Paschimottanasana.
- Standing Asanas -Tadasana, Vrikshasana, Garudasana, Trikonasana.
- Supine Asanas - Shavasana, Naukasana, Halasana, Sarvangasana, Chakrasana.
- Proline Asanas - Makarasana, Bhujanagasana, Dhanurasana, Shalabhasana
- DEPENDENT VARIABLES

Flexibility

STATISTICAL TECHNIQUES

yogic exercises training the statistical procedures which was used to find out the significant development of Flexibility performance between the two groups. By using analysis of covariance (ANCOVA) procedure. The statistical procedure was carried out by using SPSS, 15.0 Packages.

ANALYSIS AND INTERPRETATION OF DATA

The purpose of the study was to find out the “Effect of Yogic Exercises on Health Related Fitness of Women” for the present research study the data were gathered and put into analysis and interpretation were made and discuss the find out results are presented in this chapter.

Table No 1.1 Analysis of Covariance Performance of Flexibility.

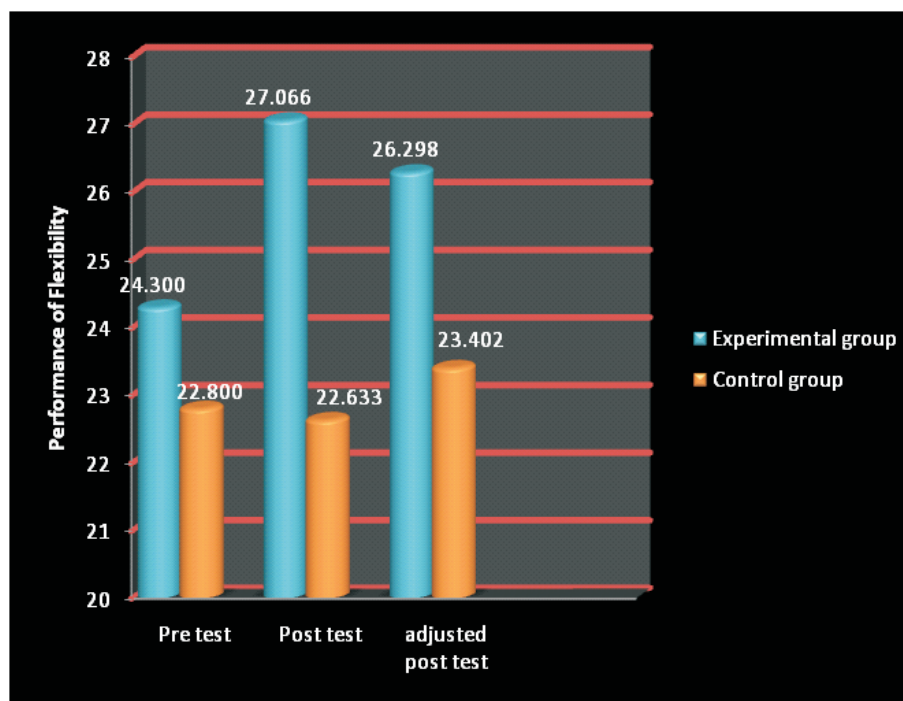
Variable	Test		Experiment Group	Control group	sov	Sum of square	df	Mean square	F- ratio
Flexibility	Pre test	Mean	24.3000	22.8000	B	33.750	1	33.750	0.800
		S D	6.36884	6.61972	W	2447.100	58	42.191	
	Post test	Mean	27.0667	22.6333	B	294.817	1	294.817	6.534*
		S D	6.62770	6.80509	W	2616.833	58	45.118	
	Adjusted post test	Mean	26.298	23.402	B	124.133	1	124.133	147.232*
		S D	0.168	0.168	W	48.057	57	0.843	

The level of Significant is 0.05 = table value 4.01.

The pre - test mean values on Flexibility for the Experimental group and Control group is 24.3000 and 22.8000 respectively. The F ratio is 0.800. This reveals that there is no Statistical difference between the Experimental group and Control group on Flexibility before the Commencement of yogic Exercises training. It is inferred that the random Selection of the Subjects for the two groups are Successful.

The post-test Mean values on Flexibility for the Experimental group and Control group is 27.0667 and 22.6333 respectively. The F ratio is 6.534. The adjusted post test mean values of Experimental group and Control group is 26.298 and 23.402 respectively. The F ratio is 147.232. The result of the Study indicates that the calculated values are higher than table value in post -test and adjusted post-test. The post test Flexibility Performance is more than the pre test Flexibility Performance. These are significant difference between the Experimental group and the Control group on Flexibility.

The Flexibility performance has been displayed in figure 1.1 (a).

Figure 4.4 (d) Pre test, Post test and adjusted Post test Performance of Flexibility.

The above figure 1.1 (a) indicates that the post test values of Experimental group and adjusted post test significantly improved the performance of Flexibility and also the post test values of Flexibility were higher than the pre test values due to 16 weeks of yogic Exercises training. The Control group pre test and post test performance Flexibility shows no improvement.

SUMMARY

The purpose of the study was to investigate the Effect of Yogic Exercise on Flexibility. The 16 weeks of yogic Exercises training was given for 60 Women Subjects. Before the Yogic Exercises training the researcher conducted pre test performance on Flexibility. Soon after the completion of 16 weeks yogic Exercises training post test Flexibility performance was measured. The results of post test performances of Flexibility indicated significant improvement.

CONCLUSIONS

- Sixteen weeks of Yogic Exercises training has shown significant improvement on Flexibility of subjects.

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