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# REVIEW OF RESEARCH

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## THE EFFECTS OF TEN WEEKS SELECTED YOGA ASANAS PRACTICE ON ANKLE FLEXIBILITY AMONG HIGH SCHOOL GIRLS

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### ABSTRACT: -

**Y**ogasanas are simple actions for keeping the internal and external parts of the body in good health. The main purpose of this present study was to find the effect of selected yoga asana practice on ankle flexibility among high school girls. To achieve the objective of the study 15 high school girls were randomly selected as subjects. To find out the flexibility level of the subjects' static flexibility test-Ankle was administered. The statistical technique *t* test was performed on pre-test and post-test data.

**KEYWORDS:** static flexibility test-Ankle , Yogic asana , physical fitness.

### INTRODUCTION :

Yogic asana are holding the body in a particular position to bring stability to the body and poise to the mind. The practice of asana brings purity in tubular channels, vitality to the body and mind and firmness to the body. Practicing of yoga many benefits has outcome in various aspects of physical fitness. Flexibility is the ability to perform a joint action through a range of movement. Stretching exercises are required to prepare the athletes by developing flexibility and it help to allow technical development and also help to prevent injuries. Flexibility is a necessary prerequisite for maximal development of movement force and speed. Greater range of movement enables the muscle to develop more force and speed. It allows movements with minimum of muscle tension and internal resistance. It, therefore, has a energy saving effect. Good flexibility, therefore, helps in achieving higher movement economy.

### METHODS:

The purpose of the study was to investigate the effects of ten weeks selected asana practice on ankle flexibility among high school girls. To achieve this purpose fifteen (n=15) high school girls were selected. Simple random method was used to select the subjects. Before starting of this practice the objective of the study was



clearly explained to the subjects. The test was conducted before and after ten weeks of yoga practice. The static flexibility test –ankle was conducted and measurement was taken in inches. The practice was given five days in a week and approximately 80 minutes of one session. Some of the Meditative, sitting , standing and lying asana were selected for example; padmasana, vajrasana, gomukasana, garudasana, sputa-vajrasana etc.,

### ANALYSIS AND INTERPRETATION OF DATA:

The statistical technique 't' test was performed on pre-test and post-test data at 0.05 level of significance.

**RESULTS:**

The data collected to achieve the objective of the study was analyzed and results are presented in the following table.

**Table showing the mean value, standard deviation and t value of ankle flexibility of the high school girls**

	N	Mean	Std. Deviation	t
Pre-test	20	20.40	4.53242	6.81
Post-test	20	22	4.45614	

\* Significance at 0.05 level

It is clear from the above table that 't' value of ankle flexibility was 6.81 which is greater than the critical value of t value. And hence it was found significance difference between pre-test and post-test at 0.05 level of confidence.

**CONCLUSION:**

**On the basis of the findings, the following conclusions have been drawn**

1. There is significant difference was observed in ankle flexibility of the subjects. Hence the effective yogic exercises for minimum ten weeks will deferrer in ankle flexibility in high school girls.
2. Sports teachers, coaches can use the yogasana as a mean with the other means of flexibility development to improve ankle flexibility for high school girls.

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