

Vol. 7, Issue 5, February 2018

ISSN 2249-894X

# REVIEW OF RESEARCH

*An International Multidisciplinary Peer Reviewed & Refereed Journal*

**Impact Factor: 5.2331**

**UGC Approved Journal No. 48514**

## **Chief Editors**

Dr. Ashok Yakkaldevi  
Ecaterina Patrascu  
Kamani Perera

## **Associate Editors**

Dr. T. Manichander  
Sanjeev Kumar Mishra



## EFFECT OF YOGASANA AND PHYSICAL EXERCISES ON FLEXIBILITY OF WOMAN

Kum. Chennamma D. Chilamur<sup>1</sup> and Dr. D. M. Jyoti<sup>2</sup>

<sup>1</sup>Research scholar , Department of studies in Physical Education and Sports Science,  
K.S.W. University, Vijayapura.

<sup>2</sup>Research Guide ,Department of studies in Physical Education and Sports Science,  
K.S.W. University, Vijayapura.

### ABSTRACT:

**T**he purpose of the study was to find out “Effect of Yogasana and Physical Exercises on Flexibility of Woman” To achieve this purpose 60 female students in the age group 14-16 years studying in Secondary School girls Vijayapura, Karnataka were selected as subjects. Shows that the Experimental Group's mean performance value of Flexibility of Pre-test is 19.63 and the Post-test is 20.04 the Post-test Flexibility performance is less than Pre-test Flexibility performance and also the t value is more than the table value. Hence it indicates significant development of Flexibility. Whereas the Control Groups mean of Flexibility performance of pre and Post-test values are 17.96 and 17.77 respectively. The t-value is less than the table value. Hence the Pre and Post-test values indicate insignificant. On the basis of the results it was concluded that 8 weeks of Yogic Exercises training significantly improved the Flexibility performance of subjects.

**KEYWORDS:** Yogasana and Physical Exercises, Flexibility, Methodology, Summary, and Conclusion.

### INTRODUCTION:

Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind. Yoga is a philosophy which first developed in India, in which physical exercises and meditation are believed to help people to become calmer and united in spirit with God. The term yoga comes from a Sanskrit word which means yoke or union. Traditionally, yoga is a method joining the individual self with the Divine, Universal Spirit, or Cosmic Consciousness. Physical and mental exercises are designed to help achieve this goal, also called self-transcendence or enlightenment. On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy. On the mental level, yoga uses breathing techniques (pranayama) and meditation (dyana) to quiet, clarify, and discipline the mind. However, experts are quick to point out that yoga is not a religion, but a way of living with health and peace of mind as its aims.



Yoga and exercise are not the same. Today, most fitness programs teach exercises, Yoga asanas, pranayama, Tai Chi, aerobics, martial arts, etc or a combination of these. Though all of these are aimed at maintaining and improving health, few understand the difference between the Yoga asanas and other forms of fitness methods. Exercises are aimed at building your muscles and physical strength and endurance. Exercises involve repetition of certain movements aimed at building a certain group of muscles, thereby increasing the muscle weight and improving strength of those body parts. It increases the blood

supply to those parts. Most exercises increase your breath rate and heart rate. You consume more oxygen during exercises than when you are doing your daily routine activities.

### METHODOLOGY:

The methodology adopted in the present study related with selection of subjects, selection of variable, and selection of test.

### SELECTION OF SUBJECTS:

The purpose of the study was to find out “Effect of Yogasana and Physical Exercises on Flexibility of Woman” To achieve this purpose 60 female students in the age group 16-19 years studying in A.R.S.I Arts, science and commerce college for girls Vijayapura, Karnataka were selected as subjects.

### SELECTION OF VARIABLES:

1. Padmasan
2. Paschimottanasana
3. Tadasana
4. Naukasan
5. Dhanurasana
6. Bhujanagasana

### Selection of Test

Sl. No	Test	Measurement
1	Flexibility	Sit and Reach

### Analysis and Interpretation of Data

The purpose of the study was to measure the “Effect of Yogasana and Physical Exercises on Flexibility of Woman” To achieve this purpose the data collected for the study were put into analysis and results of which are presented in the Table.

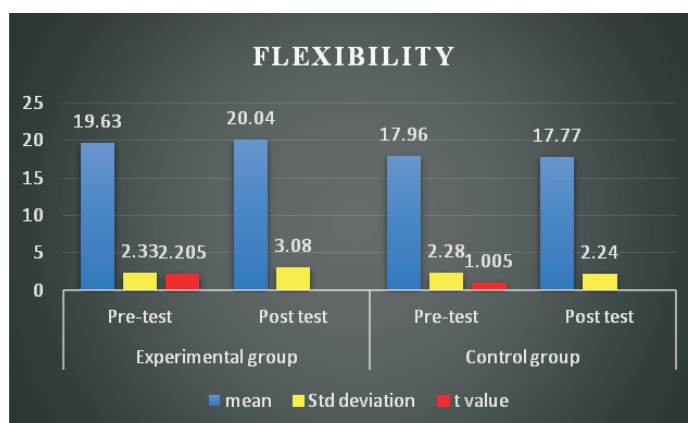
**Table-1 Showing the Pre-test and Post-test performance of Flexibility.**

Group	Test	Mean	Std Deviation	t-Value
Experimental Group	Pre-test	19.63	2.33	2.205
	Post test	20.04	3.08	
Control Group	Pre-test	17.96	2.28	1.005
	Post-test	17.77	2.24	

The level of significant is 0.05

Table: Shows that the Experimental Group’s mean performance value of Flexibility of Pre-test is 19.63 and the Post-test is 20.04 the Post-test Flexibility performance is less than Pre-test Flexibility performance and also the t value is more than the table value. Hence it indicates significant development of Flexibility. Whereas the Control Groups mean of Flexibility performance of Pre and Post-test values are 17.96 and 17.77 respectively. The t value is less than the table value. Hence the Pre and Post-test values indicate insignificant.

Figure: Showing the Pre-test and Post improved the Flexibility performance of woman



The above figure clearly indicates that the 12 weeks Yogasana and Physical Exercises training performance is drastically improvement is the Flexibility of the woman.

### SUMMARY

The purpose of this study was to find out the “Effect of Yogasana and Physical Exercises on Flexibility of Woman” To achieve this purpose 12 weeks Exercises training was given to selected female subjects. To know the Effect of yoga training on the physical fitness performance Level of the Flexibility was used for Pre-test and Post-test of the subjects. The result shows that 12 weeks Yogasana and Physical Exercises training develops Flexibility.

### CONCLUSION

On the basis of the results it was concluded that 12 weeks of Yogasana and Physical Exercises training significantly improved the Flexibility performance of subjects.

### REFERENCES:

1. Savanna Yoga Vedanta Center, the Savanna Companion to Yoga, Fireside Books, Simon and Schuster, New York, 1983.
2. Iyengar B.K.S (2001), Yoga – The path of Holistic Health, Dorling Kindersley Limited, Great Britain.
3. Johnson Barry L. and Jack K. Nelson (1982), Practical Measurement of Evaluation in Physical Education (3ed) Delhi: Surjeet Publications
4. Benedetti M, Innes K, Taylor A, Rodeheaver p, BOXer j, Wright H, Krrigan D. Effect of a Gentle Iyenger yoga Program on Gait in the Elderly: an Exploratory study. arch phy med Rehabil. 2005, 86 (9):1830-1837
5. Nagarathna R, Nagendra HR. 1st ed. Bangalore: Swami Vivekananda yoga prakashana 2001. yoga for anxiety and depression.