



IMPACT OF YOGIC PRACTICES ON MUSCULAR STRENGTH AND FLEXIBILITY AMONG PHYSICAL EDUCATION MALE STUDENTS

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ABSTRACT

Yoga is a kind of work out in which you move your body into different positions in order to become fit and flexible to get better your inhalation and to relax your mind. The reason of the present study was to find out the impact of yogic practices on muscular strength and flexibility of male physical education students. To attain the purpose of the study, 30 male students were selected from department of physical education and sports sciences, Annamalai University which serves as subjects. The age group was ranged between 21 to 23 years .The selected subjects were divided into two groups, experimental group (N=15) and control group (N=15). The experimental group goes through special training programmer of Yogic practices, for three days in a week, for the period of six weeks. The control group was not given any special training programmer apart from their regular activities. The physical variable which was examined during study was muscular strength and flexibility. All the collected data was analyzed with the help of statistical procedure in which Standard Deviation, Mean and "t" ratio were employed. The level of significance was set at 0.05 level of confidence. The result of the study showed that the six weeks training program had showed significant improvement on muscular strength and flexibility of male physical education students.

KEYWORDS: Yogic practices, muscular strength, flexibility, Experimental group and Control group.

INTRODUCTION

India is identified as the soil of yogis and Seers, India's greatest and sole contribution to the world philosophy and culture. Yoga is the knowledge which raises the ability of the human brain to react to higher feelings and to perceive, catch and understand the infinite aware movements going or around us in the world. The word "Yoga" is generally associated with the term "Yogi", a Hindu Saint and sounds rather religious. However Hatha yoga which includes Pranayama. It is now being practiced by many people purely as a part of physical exercises devoid of religious or spiritual considerations. It is being used as an additional system to tone up the body and mind. There is no set of physical exercises that can equal yoga.

Yoga is the word which comes from the Sanskrit root "Yuj" which means "to join." Yoga is a skill that teaches us the practice of combination the individual soul and the highest Soul. Yoga is the skill of skills that disentangles the individual soul from the unusual world of sense-objects and links with the unrestricted, whose inborn attributes are Infinite Bliss, maximum Peace, huge Knowledge and absolute Joy. (Sri swami sivananda 1997)

Some other defined the word yoga is yoke. It means for uniting the individuality strength with the worldwide strength, or GOD. The word yoga is derived from the roots of Sanskrit Yuj which means to join, to

connect, to attach and yoke and to think on ones concentration. It also means union. Yoga is the true union of our determination with the determination of GOD (Ajmer singh 2013).

IMPORTANT TERMS IN YOGA

Asana -A pose or posture in yoga.

Dyana - Yoga word for meditation.

Hatha yoga - A shape of yoga with postures, inhalation methods and consideration.

Meditation - A practice of single-minded focus upon a sound, thing, dream, the breath, association or attentiveness itself in order to boost consciousness of the present moment, decrease pressure, encourage entertainment, and improve individual and spiritual growth.

Pranayama - practice of inhalation accurately and tremendously.

Yoga means the ability of oneness or agreement with internal human being. This unity comes after dissolving the duality of mind and substance into the final certainty. It is a skill by which the person approaches reality. The aim of each and every yoga practice is to get reality where the human being spirit identifies itself through the maximum soul or God. The approach towards Yoga and its acceptance has undergone a see changeover the last twenty years. This is true not only of our country where Yoga originated a thousand years ago, but also of far-flung countries all over the world.

PHYSICAL BENEFITS OF YOGA INCLUDES

Flexibility of a person can be improved

Muscle strength and tone of a person can be improved

Maintaining an impartial metabolism

Weight can be controlled this is.

Circulatory of a person can be improved.

The performance of the sports person can be improved

All type of injuries can be preventing through this.

MUSCULAR STRENGTH

The quantity of power of a muscle can make with a single maximal effort is called Muscular strength. The dimension of your muscle fibers and the ability of nerves to make active muscle fibers are associated to muscle strength. It is calculated during muscular reduction. Building muscle strength helps with body placement, makes performing each day actions easier, and increases metabolism.

FLEXIBILITY

The range of movement in a joint or series of joints and distance end to end in muscles that aggravated the joints to create a winding movement or activity are called the flexibility. Flexibility is different from individual to individual, basically depends upon physical conditions of the person and mostly in terms of differences in muscle extent of multi-joint muscles.

METHODOLOGY

The reason of the study was to find out the impact of yoga practice on muscular strength and flexibility of male physical education students. For this study 30 male students were chosen from, Annamalai University which serves as subjects. The selected subjects were separated into two equal groups namely Experimental group (N=15) and control group (N=15).The experimental group goes through special training programme for three days in week for the period of six weeks. The control group was not given any type of training expecting their daily activates. The pre data was collected before two days of straining the training and post data was collected after the end of six weeks training programme. To find out the differences among the groups “t” test was used as a statically tool.

EXPERIMENTAL PROCEDURE OF TRAINING DESIGN

S.No	Type of group	Type of training
1	EXPERIMENTAL	SPECIAL TRAINING
2	CONTROL	NO TRAINING

**VARIABLES TOOLS AND MEASUREMENT
PHYSICAL FITNESS VARIABLES**

S.NO	VARIABLES	TESTS	Unit of Measurement
1	MUSCULAR STRENGTH	PULS-UPS	No's
2	FLEXIBILITY	SIT AND REACH TEST	cm.

ANALYSIS OF THE DATA

The mean, standard deviation and “t” values on muscular strength have been analyzed and presented in the table I.

**Table-1
Mean Differences between the Pre test and Post Test Scores of Experimental and Control Groups on Muscular Strength**

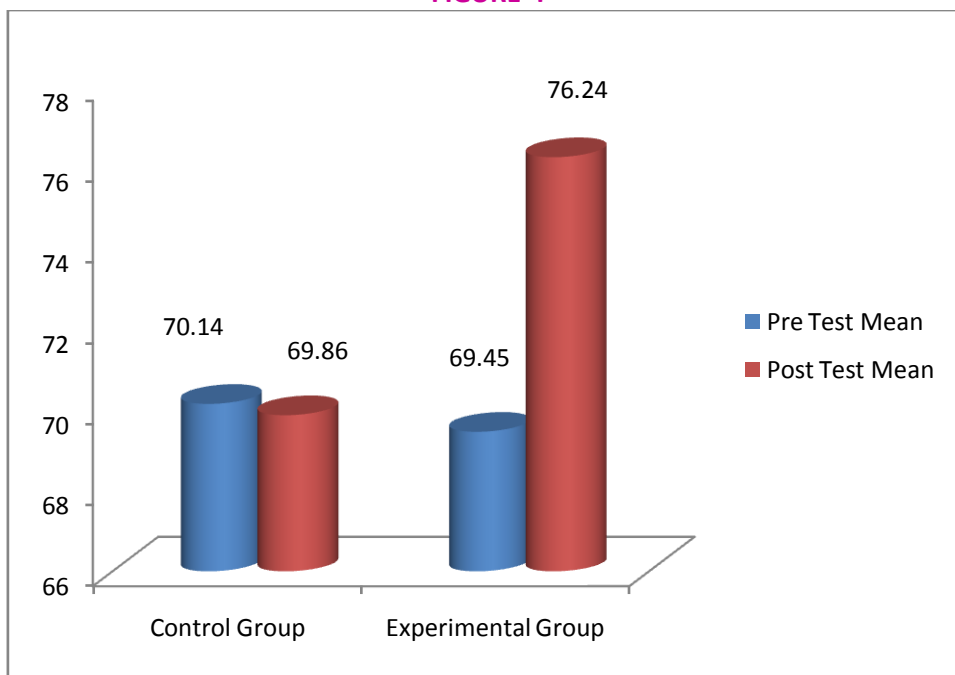
Test	Group	Mean	SD	MD	df	‘t’value
Pre test	C.G	70.14	6.18	0.28	28	0.142
Post test		69.86	6.27			
Pre test	E.G	69.45	5.23	6.79	28	4.80
Post test		76.24	6.24			

* Significant at 0.05 level, table value required for 0.05, Level of significant with df 1 and 28 is 4.20

The result which is clearly showed in table-I, and which indicate, that there is no significant difference between the pre and post test means values of control groups on muscular strength as the calculated’ value 0.142 was less than they require table value of 4.20 at 0.05 level of confidence. But In pre and post test mean values of experimental group, there was significant difference were found as the calculated “t” value 4.80 was greater than the require table value of 4.20 at 0.05 level of confidence. It was indicated that six weeks Yogic practices training has significant effect on muscular strength of experimental group as compared to control group.

The pre test and post test mean values of experimental group and control group on muscular strength have been graphically presented in the figure-I.

FIGURE- I



The mean, standard deviation and “t” values on flexibility have been analyzed and presented in the table II.

TABLE II
Mean Differences between the Pre Test and Post Test Scores of Experimental and Control Groups on Flexibility

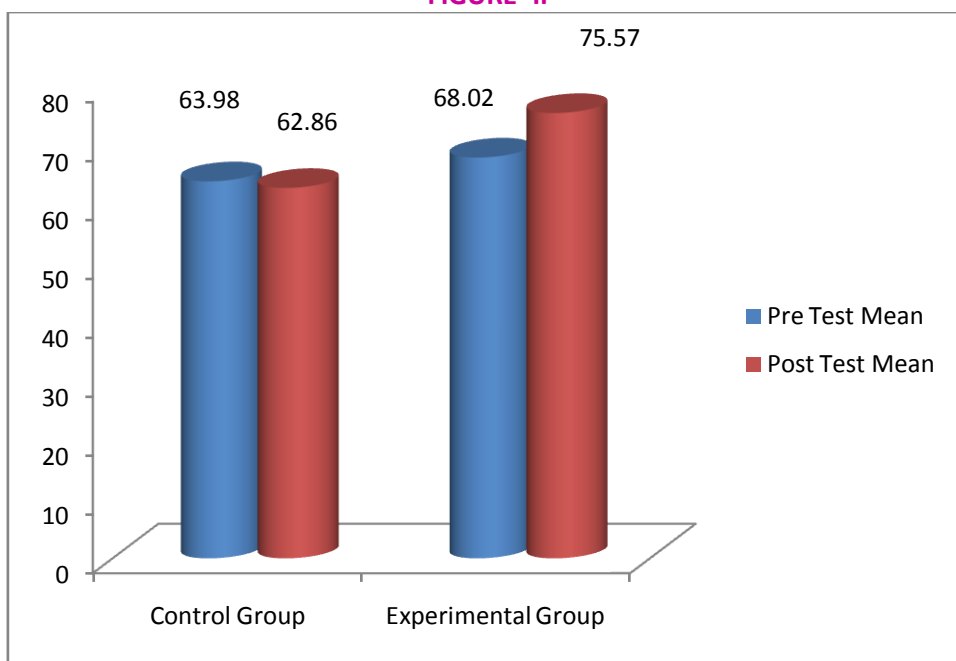
Test	Group	Mean	SD	MD	df	‘t’ value
Pre test	C.G	63.98	0.76	1.12	28	0.51
Post test		62.86	0.72			
Pre test	E.G	68.02	6.55	7.37	28	5.03
Post test		75.57	4.90			

* Significant at 0.05level, table value required for 0.05, level of significant with df 1 and 28 is 4.20

The result which is clearly showed in table-I, and which indicate table-II shows, that there is no significant difference between the pre and post test means values of control groups on flexibility as the calculated’ value 0.51 was less than they require table value of 4.20 at 0.05 level of confidence. But In pre and post test mean values of experimental group, there was significant difference were found as the calculated’ value 5.03 was greater than the require table value of 4.20 at 0.05 level of confidence. It was indicated that six weeks Yogic practices has significant effect on flexibility of experimental group as compared to control group.

The pre test and post test mean values of experimental group and control group on flexibility have been graphically presented in the figure- II.

FIGURE- II



CONCLUSION

From the analysis of the data following conclusion were drawn.

1. The present study shows that there are significant effects on muscular strength of physical education male students after the yoga practice of six weeks.
2. It was also concluded that there was significance effects on flexibility of physical education male students after the yoga practice of six weeks.
3. Control group did not show any significant difference entire whole course, because they did not attain ant type of training.

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