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EFFECT OF YOGA ASANA PRACTICE ON PHYSICAL FITNESS COMPONENTS OF ATHLETES

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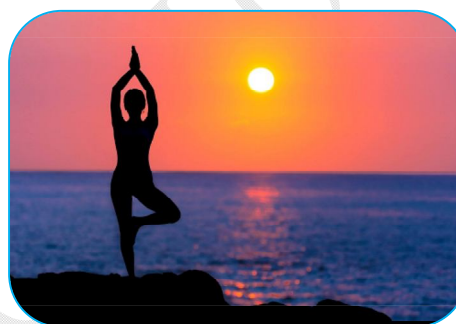
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ABSTRACT:

The yoga is the one of the most ancient and scientific practice of through the body and mind of human beings. Yoga asana practice is also influence on the health among the people of the society in positive way. Yoga is being used as medicinal method to heal the many health related problems of psychological, physiological and physical factors among the people of the society.

The present research study focused on the effect of practicing yoga asana's to establish the good level of physical fitness among athletes of Gulbarga university, the investigator intended to know the effect of yoga asana practice on the physical fitness components, like, speed, strength and endurance among the athletes of gulbarga university, the major objectives of the study – to find out the effect of yoga asana practice on the physical fitness components of the athletes of the study, to compare the pre and post physical fitness components of the athletes, the hypothesis stated that there would be effect of yoga asanas on physical fitness of athletes, the investigator had selected fifty athletes through the simple random method of sampling, all the athletes with same age and gender. The pre tests conducted and taken the results and after twenty days yoga asanas practice the post test conducted for the same sample of the study to prove the hypothesis of the research study. the basic statistical techniques mean, SD, t tests were used in analysis of the data.



KEYWORDS: Yoga asana, Physical fitness.

INTRODUCTION

Yoga has gained tremendously in popularity during the last few years and today. Over 30 million people are practicing yoga on a regular basis. Yoga is the most rapidly growing health movement of today despite having existed for thousands of years already. People attitudes towards health, spirituality and

way of life in our society has hanged quite dramatically as people are looking for answers for their everyday problems. In these chaotic (confused) times, our environment is fighting for survival and we humans suffer more and more from physical and psychological stress with new diseases developing while old ones, that we thought we

could handle with an vengeance in the midst of our society. We can't always control these developments, but we can learn to face them and to this end, yoga is a good invention. In the previous descriptions/ version regarding yoga of this chapter it has been cleared that yoga is most important exercising pattern in the modern

society to make the healthy, physical fit, emotionally balance, mental fitness and socially soundness of the citizens. Besides this, it cannot be ignored that peacefulness of the mind, spirituality and the meditation of the human being is also being developed, to releasing the mental disorder and to eradicate the evils of the society. It is pertinent to maintain here that, yoga play the vital and pivot role for the harmonious development of the human being and to make sound and strong citizens of the country. It also touches the other some aspects like to attain Moksha and to merging the soul in the nature which cannot be developed by other present modern educational systems of the world.

PHYSICAL FITNESS

The physical fitness components are most important factor in the sports field, the speed, endurance, agility; flexibility and strength are the more valuable in the sports participation and performance in the sports competitions.

METHOD

The present study focused on the effect of yoga asanas on the physical fitness components of athletes of Gulbarga University, the investigator conducted the pre test of physical fitness on speed, endurance and strength among the sample of the study than given yoga asana practice to the same ample for twenty days and again conducted the physical fitness components. The investigator compared the pre and post tests result to find out the effect of yoga asana on physical fitness components of athletes.

The objectives

- To know the effect of yoga asana on the physical fitness components of athletes
- To provide the four weeks yoga asana practice for sample of the study
- To test the physical fitness components of athletes in pre and post tests
- To compare the pre and post tests results of physical fitness components among athletes

The hypothesis

- There would be effect of yoga asana practice on physical fitness components of athletes
- There would be significant effect of yoga asana on physical fitness component among athletes

Sample

The research investigator selected the fifty athletes for the study from the Gulbarga university jurisdiction, the sample were given the brief instructions about the study and collected the physical fitness components data of pre and post tests.

Tools

The following tests were used in the study,

- 100 meters dash for speed test
- Endurance tests 12 minute walk & run
- pull up test for Strength

Statistical tests

- Mean
- Standard deviation
- T test

These tools were used to find out the research result

DATA ANALYSIS

The table showing the pre and post physical fitness components among athletes

| Components | | N | Mean | SD | T value |
|------------|-----------|----|---------|--------|---------|
| Speed | Pre Test | 50 | 13.92 | 1.11 | 3.156* |
| | Post Test | 50 | 13.04 | .734 | |
| Endurance | Pre test | 50 | 1922.72 | 300/98 | 2.793** |
| | Post test | 50 | 2215.98 | 197/16 | |
| Strength | Pre test | 50 | 12.40 | 2.82 | 4.593** |
| | Post test | 50 | 15.24 | 1.73 | |

Significant at 0.01 and 0.05 levels

The table showing that the yoga asana practice impact on the physical fitness of athletes of the Gulbarga University. The investigator compared the pre and post speed performance of the athletes and found the difference but not significant at 0.01 levels, the yoga practice for a long period may influence on the speed component of the athletes. The speed measure in pre test the mean is 13.92, standard deviation is 1.11 after post test it is 13.04 mean score and 0.734 is standard deviation, the t value is 3.156*, yoga asana practice impact on speed,

There is significant effect of yoga practice on endurance of the athletes, the pre and post results of the tests showing that there is significant effect of yoga on endurance of athletes. In pre test mean score is 1922.72, in post test the mean score is 2215.98, the t value is 2.793** significant at 0.01 levels.

The yoga practice also affected on the strength component of athletes of the study, the mean score of strength in pre test is 12.40 after the post test the same sample strength component changed and the mean score is 15.24, the calculated t value is 4.593** which is significant at 0.01 levels/

FINDINGS

The present study showing the effect of yoga asana practice on the physical fitness components of athletes, the investigator tried to find out the positive effect of yoga on physical fitness components.

- ❖ The yoga practice has not effected on speed components of the athletes, there is difference in mean scores but statistical not significant.
- ❖ The yoga asana practice has effected on the endurance component of the sample of the study,
- ❖ The yoga asana practice also has the positive effect in enhancing the strength among the athletes.

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