



ISSN: 2249-894X  
 IMPACT FACTOR : 5.7631 (UIF)  
 UGC APPROVED JOURNAL NO. 48514  
 VOLUME - 8 | ISSUE - 8 | MAY - 2019



## IMPACT OF YOGA ASANA PRACTICE ON FLEXIBILITY AMONG ATHLETES

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### ABSTRACT:

Flexibility is the ability to stretch the muscles and also support the moment of the body, the flexibility ability reduce the chance of muscle and bone damage while engaged in the rapid moments in sports activities.

The research investigator tried to focus his attention on the yoga asanas which help to increase the muscular and trunk flexibility ability, the investigator selected some specific

asanas for the sample of the study to enhance the ability. The study objectives to measure the flexibility of the athletes before the pre test and after the test the investigator conducted yoga camp for the same sample for four weeks and also planned to regulate the various asanas in the camp. The research stated hypothesis that there would be impact of yoga practice on the flexibility ability among the athletes. Fifty athletes were selected to conduct the investigation, the same sample facilitated the yoga camp for four weeks, the pre and post tests were made to find out the impact of yoga on flexibility of athletes. The basic statistical techniques like, mean, SD, and t tests were used to find out the findings of the study.

**KEYWORDS:** Yoga asana, flexibility.

### INTRODUCTION: MEANING AND CONCEPT OF YOGA:

The word 'yoga' has many etymologically, it means integration. The term Samatva of Bahgaradgita conveys the same meaning certain other terms like hemostatic equilibrium, balance, harmonious development etc. more or less suggest the something. The word yoga has been derived from the root "Yuj". It means to join two thing is known as Yoga. 'Joining Prana and Apana.' Prana is situated in

the heart and Apana is situated in Anus. Joining these and talking then to Sahasra Chakra is known as yoga. 'Joining Shakti with Shiva' 'Joining Soul with God.' 'Joining moon with sun.' The science which gives us knowledge about all these is called the science of yoga.<sup>1</sup> The Geeta defines<sup>2</sup> yoga as the eventless of temper "Sidhyasidhayoh Samo Bhuta Samatvan yoga uchyate"

### DEFINITION OF YOGA:

According to Patanjali<sup>3</sup> "Yogashchitta vritinirodha" i.e. withdrawal of sense organ from the worldly objects and their control is yoga. Therefore, it can

be said that control of sensory and motor organs and mind, is called yoga.

According to Geeta<sup>4</sup> "Yoga karamsukaushlam" To get excellence and the perfectness in any Karama is yoga. Patanjali has attempted to define the term "yoga" therefore carries the sense of purposeful action, an action undertaken in order to achieve a specific end.

### METHOD

The present study focused on the impact of yoga asana practice on the flexibility ability among the athletes of the study. the research investigator conducted

pre and post tests of flexibility and also facilitated the yoga asana practice camp for four weeks for the same athletes.

**OBJECTIVES**

- To measure the flexibility of the athletes in pre tests
- To facilitate the four weeks yoga practice for the athletes
- To find out the impact of yoga practice on the flexibility of the athletes

**THE HYPOTHESIS**

- There would be impact of yoga practice on the flexibility ability among the athletes
- There would be significance difference in flexibility of the athletes after the yoga practice for four weeks

**The sample**

The research investigator had selected the fifty male athletes who were engaged in the athletic events, the simple random method was used in the selection of the sample for the study, the sample were given the complete instruction of the study by the investigator. The sample were practiced the yoga asana's according to the plan of investigator for four weeks than post test was conducted to measure the flexibility.

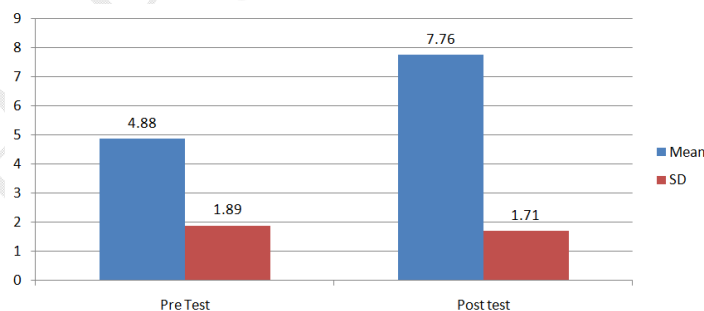
**Tools**

Specific yoga asana for the enhancement of flexibility used the mats and other yoga instruction books to make increase the knowledge of the practice among athletes. Sit and reach tests used in the study, the scale table also used to measure the flexibility of the sample, the flexibility measuring scale is in centimeters.

**DATA ANALYSIS AND INTERPRETATION**

Sample	N	MEAN	SD	T Value
Pre tests	50	4.88	1.89	5.432**
Post test	50	7.76	1.71	

\*\*Significant at 0.01 levels



The table showing the impact of yoga asana on the flexibility ability among athletes, in the pre test of flexibility the mean score is 4.88, the standard deviation is 1.89, the post test mean score is 7.76, the standard deviation is 1.71 and the calculated t value is 5.432\*\* which is significant at 0.01 levels.

**FINDINGS**

The research study showing the positive impact of yoga asana on the flexibility among athletes of the study. the pre and post test results are significantly difference in nature which showing the impact of the yoga on flexibility.

- There is significant positive impact of yoga practice on flexibility of athletes

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- There is effect of four weeks yoga practice on the flexibility of athletes
  - The study showing that yoga asana practice can influence the flexibility ability among athletes.

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