



IMPACT OF YOGA ASANAS ON SELECTED PHYSICAL COMPONENTS OF ANDHRA UNIVERSITY INTERCOLLEGIATE FOOTBALL PLAYERS.

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ABSTRACT:

The purpose of the study was to find out the impact of yoga asanas on selected physical components of Andhra university intercollegiate football players. It was hypothesized that there would be significant differences on selected physical fitness variables due to the impact of yoga asanas among Andhra university intercollegiate players. For the present study the 40 players from Andhra university intercollegiate players were selected at random and their age ranged from 18 to 23 years. For the present study pre-test – post-test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of twenty each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent yoga asanas and Group ‘B’ has not undergone any training. The data was collected before and after six weeks of training. The data was analysed by applying dependent ‘t test’. The level of significance was set at 0.05. The yogic asanas had positive impact on flexibility and muscular endurance among the Andhra university intercollegiate players.

KEY WORDS:

Yoga Asanas, Flexibility, Muscular Endurance, Football Intercollegiate Players.

INTRODUCTION:

YOGA:

Yoga translates to "yoke." It refers to the union of the individual soul with the Universal Spirit or God. Yoga is derived from the Sanskrit roots 'Yuj,' which implies joining, attaching, tying, and yoke and focusing one's attention. Although "yoga" has multiple meanings, it is etymologically defined as "wholeness." In the Bhagavad Gita, "samatva" has the same meaning. Other terms that signify roughly the same idea include homeostasis, equilibrium, balance, and harmonic development. The goal of yoga, in all of its forms, is to integrate the personality. Various strategies are utilised to aid in the establishment of such integration. These methods or practices, prescribed in yogic literature and taught in many lineages, are also known as yoga. 1976 (Gharote). Yoga is one of India's most precious offerings to the world. One of its valuable characteristics is that it builds a physical health reserve through a system of exercises known as asanas, which keeps the body clean and fit. Yoga exercises are vital for efficient blood circulation and the rapid removal of toxins, which are required for the smooth operation of all internal functions. Besides being beneficial to the physical body, yoga is also suitable for cerebral capabilities. Yamas or practices provide inner serenity and the ability to face upheavals and deal with challenges by calming the mind and brain. As a result, yoga plays a role in both ordinary practical life and more introspective, idealistic themes. Its valuable requirements should be met and appreciated (Iyengar, B.K.S., 1999).

The eight steps of yoga are all integrated: yama, niyama, pranayama, pratyahara, dharana, dhyana, and samathi. B.K. Iyengar (1999),

Yoga attempts to build a better world by following five universal commandments: ahimsa or nonviolence, freedom from greed, sati or honesty, charity, and freedom from desire. The five Niyama principles are cleanliness, satisfaction, austerity, studying oneself (body, mind, intellect, and ego), and devotion to God. The practice of postures (asana) and the careful practice of different sorts of postures Pranayama (breath control) is attentive and determined to practice breathing methods. Detachment from worldly pursuits (pratyahara) cultivates a non-attached body and mind. Dharana

(concentration) is the mental mastery of a subject. Meditation (dhyana) is progressing to a peaceful, meditative stage. The goal of trance (or) bliss (samati) is to become absorbed in (or) an element of the divine. B.K. Iyengar (1999).

According to Gandhi and Mahadev Desai (1972), yoking all the powers of body, intellect, emotion, and will entails yoga, which means the soul, enabling one to experience life equally in all dimensions. According to Indian culture or thought, human beings or everyone on this planet is governed by the Supreme Universal Spirit, i.e., Paramatma or God, of which the individual human soul, i.e., Jivatma, is a part. Yoga is the way to liberation (salvation) because it connects the soul to the Supreme

ASANAS:

Asana refers to maintaining a specific posture in order to bring stability to the body and peace to the mind. Asana exercise purifies the ducts, gives the body firmness, and gives the body and mind energy. Yogasanas are easy exercises that help maintain the health of the body's interior and external aspects. No activity can be adequately completed unless the body's interior and external components are in good health. The body and the mind are inextricably linked. The notion of "a good mind in a clean body" was held dear in ancient Greece. Asana's practice guards against physical disabilities and mental distractions. It is a complete body, mind, and spiritual equilibrium state. Asana is a condition of physical and mental stability, calm, serenity, and contentment. Yogasanas are practised to develop the ability to sit in one posture for long periods without discomfort, which is required during meditation.

FLEXIBILITY:

If you ask people why they exercise, most will stay to stay healthy, keep fit, or because it makes them feel good. Not a lot will mention flexibility as a goal, but it's a key part of maintaining your health and avoiding injury, especially as you age. The stretching you do in yoga is a great way to improve your flexibility. It's a commonly held misconception that you have to already be flexible to do yoga. In fact, the opposite is true: doing yoga regularly is a sure way to become more flexible. The ten poses below target the three major muscles groups where most people are lacking flexibility: hamstrings, hips, and shoulders. These three areas tend to get even tighter from sitting for long periods or even from other types of exercise, like running. Don't be in a rush to get through these poses. Many times you can feel several different phases of opening as you stay in a pose for longer. Don't expect overnight changes, however. For best results, do your stretches daily. The following poses are intended to give you some options to fit your current level of flexibility.

MUSCULAR ENDURANCE:

Muscular endurance is the ability of a muscle or muscle group to exert force to overcome a resistance many times. Often the resistance is the body itself. The measurement of muscular endurance is based on the number of repetitions performed. Muscular endurance is specific to the assessment. The ability to perform upper-body exercises many times is separate from the ability to perform lower-body or abdominal exercises many times. Muscular endurance tests include push-ups, pullups and dips for the upper body, and sit-ups for the abdominals. Lower-body endurance can be assessed with squats. Consult a personal trainer to get help assessing your strength, power and muscular endurance. A trainer can also help you set reasonable goals and provide you with a training plan for reaching them. Always consult your healthcare provider before beginning a new exercise program. Your doctor or other medical provider can assess your general health and tell you if the program is right for you.

HYPOTHESIS:

1. There would be a significant difference between yoga asana group and physical variable group among Andhra university intercollegiate football players.
2. There would be a significant improvement on physical variable group due to the impact yoga asana programme among Andhra university intercollegiate players.

STATEMENT OF THE PROBLEM:

The purpose of the study “IMPACT OF YOGA ASANAS ON SELECTED PHYSICAL COMPONENTS OF ANDHRA UNIVERSITY INTERCOLLEGAITE FOOTBALL PLAYERS”.

METHODOLOGY:

For the present study the 40 intercollegiate football players from Andhra university , Visakhapatnam, Andhra Pradesh were selected at random and their age ranged from 18 to 23 years. For the present study pre-test – post-test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of twenty each and named as Group „A“ and Group „B“. Group „A“ underwent yogi asanas practices and Group „B“ has not undergone any training. The data was collected before and after six weeks of training. The data was analysed by applying dependent „t test. The level of significance was set at 0.05.

TABLE 1
VARIABLES AND TESTS

| S.I NO. | VARIABLES | TESTS |
|---------|--------------------|--------------------|
| 1 | FLEXIBILTY | SIT AND REACH TEST |
| 2 | MUSCULAR ENDURANCE | BENT KNEE SIT UPS |

RESULTS:

The findings pertaining to analysis of dependent „t“ test between experimental group and control group on selected physical fitness variables of intercollegiate football players for pre-post-test respectively have been presented in table II to III.

TABLE 2

SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF YOGA ASANAS GROUP.

| S.I NO | VARIABLES | PRE-TEST MEAN | POST-TEST MEAN | MEAN DIFFERENCE | Std Dev | DM “σ” | ‘T’ RATIO |
|--------|--------------------|---------------|----------------|-----------------|---------|--------|-----------|
| 1 | FLEXIBILTY | 26.4 | 31.75 | 5.35 | 1.22 | 0.27 | 19.51 |
| 2 | MUSCULAR ENDURANCE | 35.25 | 41.3 | 6.05 | 2.81 | 0.63 | 9.59 |

FIGURE 1

COMPARISONS OF PRE – TEST MEANS AND POST – TEST MEANS FOR EXPERIMENTAL GROUP IN RELATION TO PHYSICAL FITNESS VARIABLES.

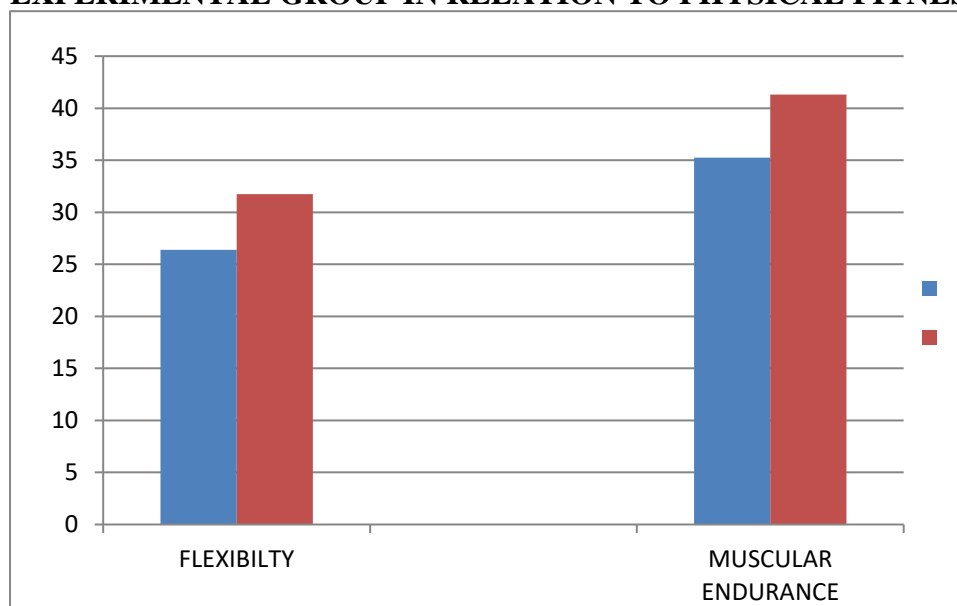


Table II shows the obtained „t“ ratios for pre and post-test mean difference in the selected variable of flexibility (19.51) and muscular endurance (9.59). The obtained ratios when compared with the table value of 2.09 of the degrees of freedom (1, 19) it was found to be statistically significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post-test were significantly improved in physical fitness variables namely flexibility (5.35, $p < 0.05$) and muscular endurance (6.05, $p < 0.05$) thus the formulated hypothesis is accepted.

TABLE 3

SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST- TEST SCORES ON SELECTED VARIABLES OF CONTROL GROUP.

| S.I NO | VARIABLES | PRE-TEST MEAN | POST-TEST MEAN | MEAN DIFFERENCE | Std Dev | DM | T' RATIO |
|--------|--------------------|---------------|----------------|-----------------|---------|------|----------|
| 1 | FLEXIBILITY | 26.5 | 26.9 | 0.4 | 1.31 | 0.29 | 1.36 |
| 2 | MUSCULAR ENDURANCE | 35 | 34.75 | 0.25 | 1.55 | 0.34 | 0.72 |

FIGURE 2

COMPARISONS OF PRE – TEST MEANS AND POST – TEST MEANS FOR CONTROL GROUP IN RELATION TO PHYSICAL FITNESS VARIABLES.

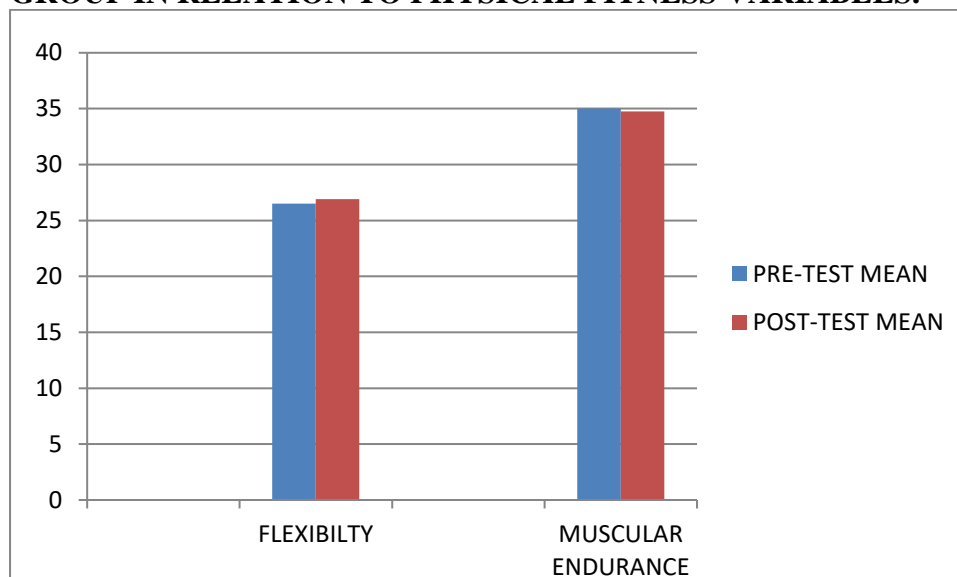


Table III shows the obtained ‘T’ ratios for pre and post-test mean difference in the selected variable of flexibility (1.36) and muscular endurance (0.72). The obtained ratios when compared with the table value of 2.09 of the degrees of freedom (1, 19) it was found to be statistically insignificant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post-test were not significantly improved in physical fitness variables flexibility (0.40, $p > 0.05$) and muscular endurance (0.25, $p > 0.05$).

DISCUSSIONS AND FINDINGS:

In case of physical fitness variables i.e. flexibility and muscular endurance the results between pre and post-test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular yoga asana practices which may also bring sudden spurt in physical fitness variables in intercollegiate football players. The findings of the present study have strongly indicates that yogic practices have significant effect on selected physical fitness variables i.e., flexibility and muscular endurance of intercollegiate football players. Hence the hypothesis earlier set that yoga asana practices programme would have been significant effect on selected physical fitness variables in light of the same the hypothesis was accepted.



CONCLUSIONS:

On the basis of findings the following conclusions were drawn within the limitation of the present study.

1. The yoga asana practices had positive impact on flexibility and muscular endurance among the Andhra university intercollegiate football players.
2. The experimental group showed better improvement on flexibility and muscular endurance of Andhra university intercollegiate football players than the control group.

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