



## EFFECT OF SPECIFIC TRAINING WITH AND WITHOUT YOGIC PRACTICES ON SPEED AMONG JUNIOR HANDBALL PLAYERS

### KEYWORDS

Specific Training, Yogic practices and speed.

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### ABSTRACT

The purpose of the study was to find the effect of specific training with and without yogic practices on speed among junior handball players. Forty five junior handball players were selected from Sivagangai District, and their age ranged between 16 to 19 years. The subjects were divided into three groups consists of 15, each namely two experimental groups and one control group. The experimental group-I underwent a specific training with yogic practices and experimental group-II underwent specific training programme for twelve weeks training programme. The control group was not taking any part of training during the course of the study. Speed was assessed by 50 mtr dash. Pre-test was taken before the training period and post- test was measured immediately after the twelve weeks training period. Analysis of Co-Variance (ANCOVA) technique and the level of significance was set at 0.05. Scheffe's test was used as a post hoc test to determine which of the paired mean differ significantly. The results revealed that there was a significant difference found on speed.

### INTRODUCTION

Sport as an activity offers an opportunity for self-knowledge, self-expression and fulfillment, personal achievement, skill acquisition and demonstration of ability, social interaction, enjoyment, good health and well-being. It promotes involvement, integration and responsibility in society and contributes to the development of society, especially when sports activities have been accepted as an integral part of the culture of every society in every nation.

Specific Training can help to improve strength, flexibility and stamina whereby the players can improve his performance in specific sports. For this sports specific training is in need to all about developing physical conditions to improve performance and skills at a particular sport. Also, understanding the needs of the game, training/practicing at the correct pace in order to meet sports requirements. "Sport-specific" is the new marketing buzzword when it comes to strength and conditioning programs for youth. Training that is specific to the demands of a particular sport does have merit at the higher levels, assuming the athlete is developmentally sound.

Yoga is a systematic and methodical process to control and develop the mind and body to attain good health, balance of mind and self-realization. Thought yoga has the potential power to make us healthy added to our vigor, still most people lack the knowledge of systematic practice of yoga. For this reason, the effective results of yogic practices cannot be determined perfectly. Many scientists, doctors, psychologists etc, all over the world are extensively studying the beneficial aspects of yoga which encourages us to attain positive health through yoga. The body will become light, and intellect will turn sharp and clear, memory will grow strong, will-power assumes firmness and rigidity, body fat and heart rate will be reduced, the belly will no longer project, the face will look serene, the eyes will grow bright and lustrous, the voice will turn sweet, an improve in static motor performance, personality development, lung capacity and respiratory, brain functions and physical fitness.

### OBJECTIVE OF THE STUDY

The objective of this study was to find out the effect of specific training with and without yogic practices on speed for 12 weeks among junior handball players.

### METHODOLOGY

For the present study, Forty five Junior handball players were selected from Sivagangai District, and their age ranged between 16 to 19 years. The subjects were divided into three groups consists of 15, each namely two experimental groups and one control group. The experimental group-I underwent a specific training with yogic practices and experimental group-II underwent specific training

programme for twelve weeks training programme Speed was assessed by 50 mtr dash. The data was collected before and after twelve weeks of training period. Analysis of Co-Variance (ANCOVA) technique and the level of significance was set at 0.05. Scheffe's test was used as a post hoc test to determine which of the paired mean differ significantly.

### RESULTS

**Table-I ANALYSIS OF CO-VARIANCE ON SPEED BETWEEN EXPERIMENTAL GROUPS I,II AND CONTROL GROUP OF JUNIOR HANDBALL PLAYERS**

Means	Experimental Group-I (STYP)	Experimental Group-II (STG)	Control Group (CG)	Source of Variance	Sum of Square	df	Mean Square	'F' ratio	Sig.
Pre Test	6.60	6.67	6.60	Between	0.052	2	0.026	0.28	0.760
SD ±	± 0.297	± 0.299	± 0.327	Within	3.994	42	0.095		
Post Test	6.18	6.20	6.61	Between	1.779	2	0.889	28.25	0.000
SD ±	± 0.072	± 0.082	± 0.286	Within	1.322	42	0.031		
Adjusted Post Test	6.18	6.20	6.61	Between	1.776	2	0.888	27.55*	0.000
				Within	1.322	41	0.032		

\*Significant at 0.05 level of confidence. (The table values required for significance at 0.05 level of confidence for 2 & 42 and 2 & 41 are 3.22 and 3.23 respectively).

The above table = I reveals that the pre-test mean values of specific training with yogic practice, specific training and control groups of junior handball players on speed are 6.60, 6.67 and 6.60 respectively. The obtained 'F' ratio value is 0.28 and the P value is 0.760 which is greater than 0.05. This shows that there was insignificant difference between the experimental groups & control group.

The post-test mean values of specific training with yogic practice, specific training and control groups of junior handball players on speed are 6.18, 6.20 and 6.61 respectively. The obtained 'F' ratio value is 28.25 and the P value is 0.000 which is lesser than 0.05. It shows a statistically significant difference between the experimental groups & control group on speed.

The Adjusted posttest mean values of specific training with yogic practice, specific training and control groups of junior handball players on speed are 6.18, 6.20 and 6.61 respectively. The obtained 'F' ratio value is 27.55 and the P value is 0.000 which is lesser than 0.05. It revealed that there is a significant change due to specific training with yogic practices and specific training on speed. To find out the paired mean differences if any Scheffe's Post-hoc test was applied.

**Table-II THE SCHEFFE'S POST HOC TEST FOR PAIRED MEAN DIFFERENCE AMONG THE GROUPS FOR SPEED ON JUNIOR HANDBALL PLAYERS**

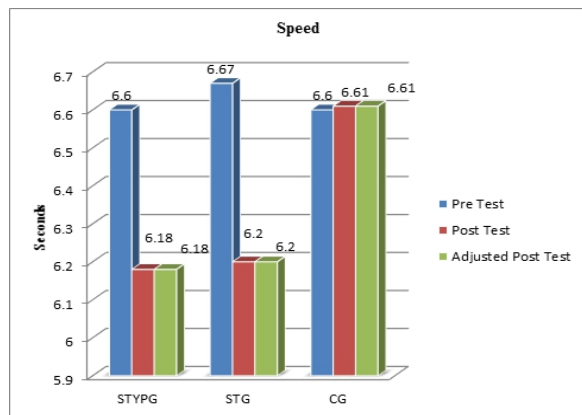
Experimental Group-I (STYPG)	Experimental Group-II (STG)	Control Group (CG)	MD	CI
6.18	6.20	-	0.02	0.16
6.18	-	6.61	0.43*	
-	6.20	6.61	0.41*	

\*Significance of .05 level of confidence, Scheffe's C.I value of speed was 0.16.

The table - II shows the paired mean difference between specific training with yogic practices, specific training group and control group in Scheffe's Post hoc method of testing the significance. Between specific training with yogic practices & specific training group the mean difference is 0.02, which is insignificant while between specific training with yogic practices control group the mean difference is found significant and also between specific training and control group the values are 0.43 & 0.41 respectively. The calculated confidence interval at 0.05 significant level is 0.16. This result revealed that the speed was significantly improved in both experimental groups than the control group. There was no significant mean difference found between specific training with yogic practices and specific training groups where as there were little changes found between the experimental groups. It may be due to specific training with yogic practices and specific training.

The pre test, post test and adjusted post mean values of specific training with yogic practices group, specific training group and control group on speed are graphically represented in the Figure.

**BAR DIAGRAM FOR SHOWING THE PRE, POST AND ADJUSTED MEAN VALUE OF EXPERIMENTAL AND CONTROL GROUPS ON SPEED**



**Discussion on Findings**

The goal of the investigation is to find whether there is any effect on those selected variables in the effect of specific training with and without yogic practices and further to find improvement on training group. The obtained 'f' ratio showed that there was significant difference between experimental group -I, experimental group-II and control group in performance of speed. The specific training with and without yogic practice group had shown a significant improvement on speed among junior handball players.

**Conclusions**

1. The specific training with and without yogic practices group had shown significant improvement on speed among junior handball players.
2. The specific training combined with yogic practice group was better than the specific training group on speed among junior handball players. However the significant difference was observed only on speed.

**References.**

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