Original Resear	rch Paper	Volume-8 Issue-9 September-2018 PRINT ISSN No 2249-555X			
anal OF Applica Boundary Have	Physical Education CLOISTERED AND COALESC DYNAMIC SPORTS VISION T PERFORMANCE (E EFFECT OF YOGIC PRACTICES AND RAINING ON SELECTED DRIBBLING OF BASKETBALL PLAYERS			
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ABSTRACT The pur training players who were randomly sel The players were dived into th Training group, Coalesce yogid and 21. The study was delimit respective training for a period selected dependent variable. The	pose of the study was to find out the cloistered a on selected dribbling performance of basketba ected from various Colleges affiliated to Alagap iree equal groups of fifteen each(n=15) namely practice and Dynamic Vision Training group and ed to dribbling only and it was assessed throug of 8 weeks duration. All the subjects were teste Che collected data were analyzed by using Ar	nd coalesce effect of yogic practices and dynamic sports vision 1l players. The study was conducted sixty (N=60) Basketball pa University, Karaikudi, Tamil Nadu, India during 2017-2018. γ Cloistered yogic practice group, Cloistered Dynamic Vision d Control group. The age of the subjects were ranged between 18 gh Zig Zag Dribbling Test. The subjects were underwent their d prior to and immediately after the experimental period on the talysis of covariance (ANCOVA) was used to determine the			

differences, if any, among the adjusted post-test means. Whenever 'F'-ratio for adjusted post-test mean was found to be significant, the Scheffe's test was applied as post-hoc test to determine the paired mean differences. The level of significance was fixed at 0.05 level of confidence for all the cases. The results of the study showed all the experimental groups namely, Cloistered yogic practice group, Cloistered Dynamic Vision Training group had significantly improved in Dribbling performances. Further the study showed Coalesce yogic practice and Dynamic Vision Training group is better than Plyometric training group and control group.

KEYWORDS : Cloistered yogic practice, Cloistered Dynamic Vision Training, Coalesce yogic practice and Dynamic Vision Training, Dribbling

INTRODUCTION

Basket ball is game, basically aerobic and anaerobic in nature. Basket ball stands as the third fastest game played in short court surfaces and played with continuous flow of activity. The game basket ball needs all the physical qualities to excel in competition. Competitive basketball is considered more anaerobic than aerobic and the success in basketball appears to be dependent more on the player's anaerobic power and endurance rather than on aerobic power. Although only 15% of the playing time in a basketball game has been described as high intensity, these actions are likely to determine the outcome of a contest.

The term "yoga" and the English word "yoke" are derived from Sanskrit root "yuj" which means union. Yoga is a psycho-somaticspiritual discipline for achieving union & harmony between our mind, body and soul and the ultimate union of our individual consciousness with the Universal consciousness *(Madanmohan, 2008)*.

Yoga is mind-body technique which involves relaxation, meditation and a set of physical exercises performed in sync with breathing. Being holistic, it is the best means for achieving physical, mental, social and spiritual well being of the practitioners.

Sports vision is still a fairly new area of optometric research. Although there are many deferent visual attributes to consider, dynamic visual acuity (DVA) has been proven repeatedly to be important when considering sports vision (*Stine et al., 1982*).

Dynamic visual acuity is the ability of an observer to correctly identify details of a moving target. Factors that can influence DVA fall into two main categories: stimulus parameters and human attributes. Factors like target luminance, angular velocity, and exposure time are examples of stimulus parameters that influence DVA. Human attributes that may influence DVA are the resolving power of the eye, oculomotor abilities, and the ability of the subject to be able to interpret what is presented to them. The eye can follow targets accurately at speeds of up to 30 deg/sec; after this the pursuit of targets involves

saccadic movements to keep the target on the fovea (Rouse et al., 1988).

This is the main reason why DVA reduces as the angular velocity increases.

If the subject is able to move their head, this reduces the need for saccadic movements, and DVA improves in comparison to fixed head measurements.

METHODOLOGY

The study was conducted on sixty (N=60) Basketball players who were randomly selected from various Colleges affiliated to Alagappa University, Karaikudi, Tamil Nadu, India during 2017-2018. The players were dived into three equal groups of fifteen each(n=15) namely Cloistered yogic practice group, Cloistered Dynamic Vision Training group, Coalesce yogic practice and Dynamic Vision Training group and Control group. The age of the subjects were ranged between 18 and 21. The study was delimited to dribbling only and it was assessed through Zig Zag Dribbling Test. The subjects were underwent their respective training for a period of 8 weeks duration. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variable.

ANALYSIS OF THE DATA

The data collected from the experimental groups and control group on prior and after experimentation on selected variables were statistically examined by analysis of covariance (ANCOVA) was used to determine differences, if any among the adjusted post test means on selected criterion variables separately. Whenever they obtained f-ratio value in the simple effect was significant the Scheffe's test was applied as post hoc test to determine the paired mean differences, if any. In all the cases 0.05 level of significance was fixed.

The Analysis of covariance (ANCOVA) on Dribbling of Experimental Groups and Control group have been analyzed and presented in Table -1.

 Table – 1 Values of Analysis of Covariance for Experimental Groups and Control Group on Dribbling

Certain	Adjusted Post test Means				Source	Sum of	df	Mean	'F'
Variables	Cloistered Yogic	Cloistered Dynamic	Coalesce Yogic Practice and	Control	of	Squares		Squares	Ratio
	Practice Group	Vision Training Group	Dynamic Vision Training group	Group	Variance				
Dribbling	7.02	6.93	6.21	7.28	Between	2.19	3	0.73	14.60*
					With in	2.99	55	0.05	
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* Significant at.05 level of confidence

(The table value required for Significance at 0.05 level with df 3 and 55 is (2, 77)

Table-1 shows that the adjusted post test mean value of Dribbling for Cloistered yogic practice group, Cloistered Dynamic Vision Training group, Coalesce yogic practice and Dynamic Vision Training group and Control group is 7.02, 6.93, 6.21 and 7.28 respectively. The obtained F-ratio of 14.60 for the adjusted post test mean is more than the table value of 2.77 for df 3 and 55 required for significance at 0.05 level of confidence.

Volume-8 | Issue-9 | September-2018 | PRINT ISSN No 2249-555X

Confidence Interval

> 0.09 0.09 0.09

0.09

0.09

0.09

0.72*

0.35*

1.07*

The results of the study indicate that there are significant differences among the adjusted post test means of Experimental groups on the decrease of Dribbling.

To determine which of the paired means had a significant difference, Scheffe's test was applied as Post hoc test and the results are presented in Table-2

Table - 2 The Scheffe's test for the differences between the adjusted post tests paired means on Dribbling									
Certain	Adjusted Post test Means								
Variables	Cloistered Yogic	Cloistered Dynamic Vision	Coalesce Yogic Practice and	Control Group	Difference				
	Practice Group	Training Group	Dynamic Vision Training group						
Dribbling	7.02	6.93			0.09*				
	7.02		6.21		0.81*				
	7.02			7.28	0.26*				

6.93

6.93

* Significant at.05 level of confidence

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Table-2 shows that the adjusted post test mean differences on Dribbling between Cloistered yogic practice group and Cloistered dynamic vision training group, Cloistered yogic practice group and Coalesce yogic practice and Dynamic Vision Training group, Cloistered yogic practice group and Control group, Cloistered dynamic vision training group and Coalesce yogic practice and Dynamic Vision Training group, Cloistered dynamic vision training group and control group and Coalesce yogic practice and Dynamic Vision Training group and Control group are 0.09, 0.81, 0.26, 0.72, 0.35 and 1.07 respectively and they are greater than the confidence interval value 0.09, which shows significant differences at 0.05 level of confidence.

The results of the study further have revealed that there is a significant difference in Dribbling between the adjusted post test means of Cloistered yogic practice group and Cloistered dynamic vision training group, Cloistered yogic practice group and Coalesce yogic practice and Dynamic Vision Training group, Cloistered yogic practice group and Control group, Cloistered dynamic vision training group and Coalesce yogic practice and Dynamic Vision Training group, Cloistered dynamic vision training group and control group and Coalesce vogic practice and Dynamic Vision Training group and Control group.

However, the decrease in Dribbling was significantly higher for Coalesce yogic practice and Dynamic Vision Training group than other Experimental groups.

It may be concluded that the Coalesce yogic practice and Dynamic Vision Training group has exhibited better than the other experimental groups in increasing Dribbling.

The adjusted post test mean value of Experimental groups on Dribbling is graphically represented in the Figure -1

Figure-1 Bar diagram on ordered adjusted means of Dribbling (Scores in Seconds)



6.21 CONCLUSION

6.21

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From the analysis of the data, the following conclusions were drawn.

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7.28

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- Significant differences in achievement were found between Cloistered yogic practice group, Cloistered Dynamic Vision Training group, Coalesce yogic practice and Dynamic Vision Training group and Control group in the selected criterion variable such as Dribbling.
- 2 The Experimental groups namely, Cloistered yogic practice group, Cloistered Dynamic Vision Training group & Coalesce yogic practice and Dynamic Vision Training group had significantly improved in Dribbling.
- The Coalesce yogic practice and Dynamic Vision Training group 3. was found to be better than the Cloistered yogic practice group, Cloistered Dynamic Vision Training group and Control group in the performance of Dribbling.

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