



Physical Education

INFLUENCE OF YOGIC PRACTICE ON FLEXIBILITY AMONG COLLEGE STUDENTS

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ABSTRACT

The purpose of the present study was to investigate the influence of yogic practice on flexibility among college students. To achieve the purpose of the study thirty college students were selected from Alagappa University College of Physical Education, Karaikudi, during the year 2019. The subject's age ranges from 18 to 24 years. The selected players were divided into two equal groups consists of 15 men students each namely experimental group and control group. The experimental group underwent a yogic practice programme for six weeks. The control group was not taking part in any training during the course of the study. Flexibility was taken as criterion variable in this study. The selected subjects were tested on flexibility was measured through sit and reach test. Pre-test was taken before the training period and post-test was measured immediately after the six week training period. Statistical Technique 't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to yogic practice given to the experimental group on flexibility when compared to control group.

KEYWORDS : Yogic practice, Flexibility and 't' ratio.**INTRODUCTION**

The word yoga is derived from the Sanskrit root yuj meaning to bind, join, attach and yoke, to direct and concentrate one's attention on, to use and apply. (Iyengar, 1995). The aim of yoga is not really to unite you with greater self, to make you are already united. It is to make you realize your identity with the greater self, to make you know and tune in with your existing inner nature. (Swami Satyananda Saraswati, 1969). The popularity of yoga has no longer been hindered by the range of non secular beliefs, languages or geographic conditions. yoga is a form of raja yoga that emphasizes asanas and pranayama. (Sivananda, 1996) Yoga is described as an exercise that merges regulated breathing with movements through a series of postures and mindfulness mediation. (Salmon, et. al., 2009)

Yoga is as old as India herself. It is recorded in Vedas yoj to mean to join or to yoke. Yoga was the basic symbol of the India at the time and it continues to be so. Yoking the oxen is a primitive deed of Harappa and prehistoric civilization of India. (Moorthy, 1983) Yoga is a way of life, an integrated system of education for the body, mind and inner spirit. The art of right living was perfected and practiced in India thousands of years ago but, since yoga deals with Universal truth its teachings are as valid today as they were in ancient times. Yoga is a practical aid, not a religion and its techniques may be practiced by Buddhist, Jews, Christians, Muslims, Hindus and Atheist alike. Yoga is union for all.

Flexibility is one of the main fitness components, important for success in many sports. Certain sports, such as gymnastics, it is one of the most important physical attributes. In many other sports, including team field sports, good flexibility is an important part of the overall fitness profile. Good flexibility is also important for injury prevention. Stretching exercises can be used in injury rehabilitation, preparation for sport (warm up), and for recovery after exercise. A vote of the top sports requiring flexibility has the obvious ones of gymnastics, diving and figure skating on top.

METHODOLOGY

The purpose of the study was to find out the influence of yogic practice on flexibility among college students. To achieve this purpose of the study, thirty college students were selected as subjects at random. The age of the subjects were ranged from 18 to 24 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as a yogic practice group (Experimental Group) and control group. The experimental group underwent yogic practice for three days per week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following physical fitness variable, namely flexibility was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable flexibility was measured through sit and reach test at prior and

immediately after the training programme. The 't' test was used to analysis the significant differences, if any, in between the groups respectively. The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

ANALYSIS OF THE DATA

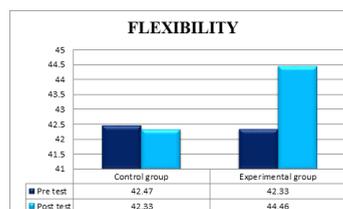
The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent 't' test was used with 0.05 levels as confidence.

Table I**Analysis of t-ratio for the pre and post tests of experimental and control group on Flexibility Scores in Centimetres**

Variables	Group	Mean		SD		Sd Error		df	't' ratio
		Pre	Post	Pre	Post	Pre	Post		
Flexibility	Control	42.47	42.33	2.55	2.38	0.66	0.61	14	0.56
	Experimental	42.33	44.47	2.85	2.85	0.73	0.74		

*Significance at .05 level of confidence.

The Table-I reveals that the mean values of pre-test and post-test of the control group on flexibility were 42.47 and 42.33 respectively. The obtained 't' ratio was 0.56, since the obtained 't' ratio was less than the required table value of 2.14 for the significant at 0.05 level with 19 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on flexibility were 42.33 and 44.47 respectively. The obtained 't' ratio was 12.91* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in flexibility. It may be concluded from the result of the study that experimental group improved in flexibility due to six weeks of yogic practice.

Figure-1**Bar diagram showing the pre and post mean values of experimental and control group on Flexibility (Scores in centimetres)**

DISCUSSIONS ON FINDINGS

The result of the study indicates that the experimental group, namely yogic practice group had significantly improved the selected dependent variable, namely flexibility, when compared to the control group. It is also found that the improvement caused by yogic practice when compared to the control group.

CONCLUSIONS

1. There was a significant difference between experimental and control group on flexibility after the training period.
2. There was a significant improvement in flexibility. However the improvement was in favour of experimental group due to six weeks of yogic practice.

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