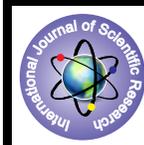


# Effect of Selected Yoga Practices on Bio-Motor Variables Among University Soccer Players



## Physical Education

**KEYWORDS :** Yoga Practice, Bio-Motor Variable.

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### ABSTRACT

*The purpose of the study was to determine the Effect of Selected Yoga Practices on Bio-Motor variables among University Soccer Players. To achieve this propose of the study sixty (N=60) men soccer players (beginners) were randomly selected as subjects, who were from the various Departments of Sabaragamuwa University of Sri Lanka. The age of the subjects were ranged from 19 to 22 years. The subjects are performed selected yoga asana in the morning time for 30 to 60 minutes per five days/week over the period of six (6) week which was given by the yoga experts. The subjects tested on selected dependent variables such as Agility, Speed and Flexibility. Selected variables such as Agility was measured by shuttle run, Speed was measured by 50 meters dash, and Flexibility was measured by coureton,s flexibility test, the collected data were statistically treated by using independent ‘t’ test, 0.05 level of confidence was fixed to test the significance. The result shows that there was a significant difference in Agility, Speed and flexibility between pre and post test. It was concluded that, there was significance improvements on Agility, Speed and Strength among University Soccer Players.*

### Introduction

Yoga is an ancient philosophical and religious tradition which is thought to have originated in India in at least 1000 B C (Feuerstein, 1990). It refers to a large body of values, attitudes and techniques. The word yoga is probably derived from Sanskrit word “Yuj” which means to “unite” or “connect” and higher levels of yoga this is often said to mean the experience of union of the individual self with universal self (feuerstin 1990). The word yoga bringing together two things into a relationship. There are many examples of union in yoga, like union of mind and body, the union of yin and yang. Integrating yoga into elementary physical education offers more possibilities for wider group of students than traditional sports and fitness classes (finger 2000). Since it has triangular relationship of body, mind, and spirit, “yoga is a sophisticated system for achieving radiant physical health, mental health and peace of mind” (Schiffmann 1996). Most commonly yoga is regarded as a physical discipline, one that teaches strength, speed, agility, flexibility and balance of body. Hatha yoga improve the physical disciplines is a form of Raja yoga which has recently become extremely popular in the west (Corliss 2001). The techniques of Hatha yoga place particular emphasis on physical, breathing, and concentration methods for regulation of the body’s energy (Iyengar 2001).over the last ten years , a growing number of research studies have shown that the practice of Hatha yoga can improve strength ,agility and flexibility, and may help to control such physiological variables as blood pressure, respiration and heart rate. Exponents of yoga believes that other exercise systems only have a physical beneficial effect on the body whereas yogasanas result in the development of the physical, mental, spiritual well-being, physical exercise performed vigorously are helpful in develop in muscles and flexibility in health peoples.

### Purpose of the study

The primary aim of this study was to determine the effect of selected yoga practices on Bio-Motor variables Among University Soccer Players.

### Methodology

The purpose of the study was to determine the Effect of Selected Yoga Practices on Bio-Motor variables among University Soccer Players. To achieve this propose of the study sixty (N=60) men soccer players (beginners) were randomly selected as subjects, who were from the various Departments of Sabaragamuwa University of Sri Lanka. The age of the subjects were ranged from 19 to 22 years. The subjects are performed selected yoga asana

in the morning time for 30 to 60 minutes per five days/week over the period of six (6) week which was given by the yoga experts. End of the yogic training the subjects were tested (pre and post test) on selected dependent variables such as Agility, Speed and flexibility. Selected variables such as Agility was measured by shuttle run, Speed was measured by 50 meters dash, and flexibility was measured by Carton’s flexibility test , the collected data were statistically treated by using independent ‘t’ test, 0.05 level of confidence was fixed to test the significance, which was appropriate.

### The Sequences and Duration of the Yogasanas Included in the Training Programme are...

Yogasanas	Repetitions	Time /minutes
Suryanamaskar	3	Six minutes
Ardha kati chakrasana	3	Six minutes
Ardha salabhasana	3	Six minutes
Padahastasana	2	Four minutes
Pascimottanasana	2	Four minutes
Paripurana navasana	2	Four minutes
krauncasana	2	Four minutes
Salabhasana	3	Six minutes
Phujangasana	3	Six minutes
Dhanurasana	3	Six minutes

### Result

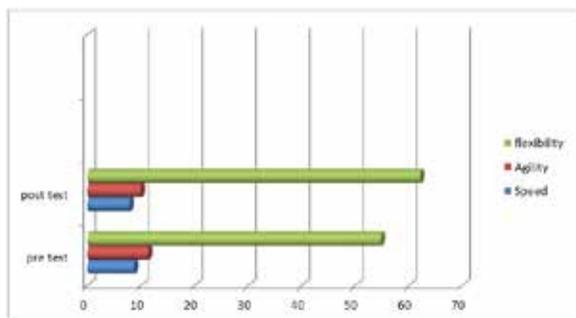
**Table 1**

**Computation of ‘t’ ratio Between Pre and Post tests on Bio Motor Variables among University Soccer Players**

SL NO	Variables	Test	NO	Mean	S.D	‘t’ value
01	Speed	Pre -	60	8.77	0.69	25.88*
		post	60	7.91		
02	Agility	Pre-	60	11.30	0.51	12.37*
		post	60	9.95		
03	Flexibility	Pre-	60	54.77	3.66	24.41
		post	60	62.17		

\*significant at.05level of confidence with df (1, 58) is 2.00

**Figure: 1 bar diagram of the pre and post test mean values for Speed, Agility, flexibility**



### Discussion

Yoga is one of the most important to every human this is help to improving the health. But the question of improving the components of bio motor is substantiated by the results of the present study. The results corroborate the findings of similar

studies conducted by Sahu Bhole(1993) in which significant improvement in speed, Moorthy (1982) has documented significant improvements in fitness. However, where as Morrthy (1982) found significant improvement in flexibility, and similar studies was conducted by Baljit singh sekhon and P.V. Selvem (1991) in which significant improvement in agility. The former study was conducted on young boys and girls where as the latter study involved aged peoples. In such case it was concluded that the age should also be taken into consideration in assessing the effect of yogasana training.

### Conclusion

Based on the result of the study it was concluded that, there was a significant improvement between the pre test and post test of speed agility and flexibility. Depend upon the duration of training.

### Implication

Yoga practices will be recommended to improve the Bio motor components and maintain good health and fitness further the player's excellent theatre performance.

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