

Impact of Yogic Practices on Flexibility in School–Level Kabaddi Players

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Abstract

The reason of the study was to discover the Impact of Yogic Practices on Flexibility in School-Level Kabaddi Players. Thirty subjects were selected from Government Higher Secondary School, Coimbatore. The subject's aged between 14 to 17 years. The selected subjects were divided into two groups with fifteen subjects in each group selected randomly Yoga Practices and control group. The six weeks training periods of experimental group are involved five days per week. Control group did not undertake any training other than their regular work. To attain the significance difference in between the means on the criterion variables of correlated 't' ratio was apply. This study it processes with proper statistical technique. The data result is obtained 't' values are tested at 0.05 levels.

Keywords: 1. Yoga Practices, 2. Flexibility

Introduction

Kabaddi is an ancient Indian contact team sport that combines elements of wrestling, agility, and tactical strategy. Originating over 4,000 years ago in Tamil Nadu, it has evolved from a rural pastime into a high-octane professional sport with global recognition.

History & Global Evolution

- **Ancient Roots:** Believed to have originated in the Vedic period, Kabaddi is often linked to Indian mythology, such as references in the *Mahabharata* where warriors used similar tactical maneuvers.

- **Formalisation:** The first set of standard rules was prepared in Maharashtra in the 1920s. It was later introduced as a demonstration sport at the 1936 Berlin Olympics.
- **Modern Status:** It is the national sport of Bangladesh and is the state game of several Indian states, including Tamil Nadu, Punjab, and Maharashtra. The launch of the Pro Kabaddi League in 2014 revolutionised the sport, making it the second most-watched sport in India after cricket.

Physical aspect of yoga

Yoga is an excellent method of enhancing the performance of sports participants. Salient feature of yoga is the combination of both physical conditioning and focused concentration. Physical fitness can be attained excellently by indulging in yogic routine. Yogic exercises deal with the vital organs of the body on which health depends. The precursor for physical fitness lies in the efficient working of the vital organs of the body and yoga aims at it. The various selected 'asanas' giving different movements to the spine, controlled respiration, relaxation technique and concentration practice as a whole for man excellent routine to take care of the health of vital organs of the body.

Methodology

Selection of Subject

The reason of the study was to discover the Impact of Yogic Practices on Flexibility in School-Level Kabaddi Players. Thirty subjects were selected from Government Higher Secondary School, Coimbatore. The subject's aged between 14 to 17 years. The selected subjects were divided into two groups with fifteen subjects in each group selected randomly Yoga Practices and control group. The six weeks training periods of experimental group are involved five days per week. Control group did not undertake any training other than their regular work. To attain the significance difference in between the means on the criterion variables of correlated 't' ratio was apply. This study it processes with proper statistical technique. The data result is obtained 't' values are tested at 0.05 levels.

Selection of Variables

Flexibility - Sit & Reach Test

Statistical Techniques

The collected data on Flexibility were statistically examined to the test. The various hypothesis formulated by the researcher for comparison 't' ratio was used. 't' ratio was the difference between the mean, standard deviation and standard error of the difference between the means.

Level of Significance

For testing the significance of the differences between pre and posttest means of the control and experimental group, 0.05 level of significance was fixed.

Computation of 't' Ratio between the Pre and Post Test Means of Flexibility

Variables	Group	Mean		SD		Sd Error	Df	't' ratio
		Pre	Post	Pre	Post			
Flexibility	Control	10.733	10.533	0.593	0.639	0.200	14	1.000
	Experimental	10.933	11.360	0.883	0.640	0.094		4.526*

* Significance at 0.05 level of confidence df (14) is = 2.14

The table shows that the obtained control group of flexibility mean values of pretest and posttest were 10.73, 10.53 respectively. The obtained 't' ratio is 1.00 the required table value is 2.14 at 0.05 level significance. The obtained 't' ratio is lesser than the required table value. It is found to be insignificant.

The table shows that the obtained experimental group of flexibility mean values of pretest and posttest were 10.93, 11.36 respectively. The standard deviation was 0.88 and 0.64. The obtained 't' ratio is the required table value is 2.14 at 0.05 level significance. The obtained 't' ratio 4.52 is greater than the required table value. It is found to be significant.

An examination of table shows that the obtained experimental group of Flexibility mean values of pretest and posttest were 10.93, 11.36 respectively. The standard deviation was 0.88 and 0.64. The obtained 't' ratio is 4.526 the required table value is 2.14 at 0.05 level significance. The obtained 't' ratio is better than the required table value. It is found to be significant.

Discussion on the Findings

The result of the study indicated the experimental group (yoga practices) had significantly improved the flexibility when compared to the control group.

From the result of the present investigation, it is also concluded that the significant difference exists between experimental and control group in developing all the variables.

The outcome of this study result with the hypothesis of the analysis. Interest on the part of the subject used in this study to improve their yoga practices might also account for the result and this inference is supported by the further fact that all previous studies of similar nature were conducted on yoga practices. The six weeks period for the experimental group seen to be generate applicable result.

The results of the study reveal that there was a significant difference found among school boys on flexibility also when comparing the mean values.

Conclusions

On the basis of the limitations and the statistical analysis of the data, the following conclusions were drawn from the result.

1. After six weeks of training, it was observed that a significant improvement in kabaddi players in flexibility.
2. The control group shows and insignificant improvement of 0.05 level of confidence.

References

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