

The Effects of Yogic practices on Selected Motor Related Variables of Women Hockey and Basketball Players

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Abstract: *Yoga teaches the way to face complexities in life and holds the key for a better living. In this view the investigators have made an effort to find out the effect of asana on motor related variables of women college players of Hockey and Basketball for this, achievement players were randomly assigned into two groups; one experimental and the other, control group. Each group consisted of 100 players, and were further divided into 50 each for experimental and control group. Experimental group practicing yoga asanas for a period of Six weeks while control group was not assigned. The analyses of data show that yogic practices effectiveness in developing Motor variables.*

Keywords: Motor related, control group, experimental group, yogic practice

I. INTRODUCTION

Yoga is a science has been practiced for thousands years. It consists of ancient theories, observation and principles about the mind and body, connections which is now being proven by modern medicine, substantial research has been conducted to look at health benefits of yoga. Yoga has come out of its secret hiding place; it has crossed the boundaries of its land of origin and has spread to practically every nation of the world. Now a day's every individual wants own living styles adopting Pranayama and practice of asanas as alternative for the physical activities. Substantial research has been conducted to find out the benefits of yoga for sports persons here we find impact of asana sans Pranayams on concentration and also it says that it increasing the balance, flexibility and range of motion.

II. YOGA FOR SPORTS

Yoga said to be way of living it is beneficial for both physical and mental fitness. Yoga practices keeps body fit and ensure that body parts remain intact. It enables us to develop complete control over physical factions as well as mental abilities. The athletes and players benefit by increasing mobility in joints also it helps the bones to strengthen and reduces stress and anxiety cultivates self confidence and self belief. Pranayama involves controlling the breath in variety of ways in Pranayama specific point of force within the body or the left and right nostril the duration of the breath and the number of inhalation and exhalation is very important.

- Proper breathing ensures proper oxygen supply to Red Blood Cells and in turn better circulation and adequate oxygen intake by muscles leading are active agile life.
- Concentration is said to be improved through constant practices of yoga.
- Yoga improves the oxygen supply to the brine through proper blood circulation.
- Reduces in the muscles tension.
- Improves the blood flow & lower respiratory rate.
- Provides energy and endurance strength.

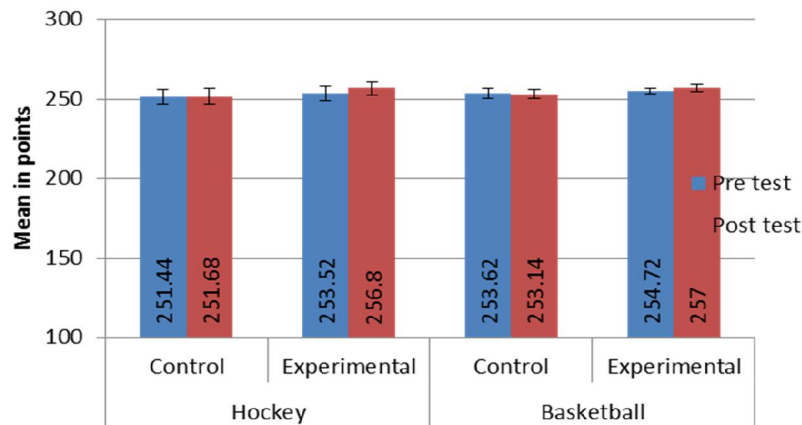
2.1 Need of the Study

A study of relevant literature is an essential step to get a comprehension of what has to been done with regard to the problem under any study. The purpose of the study was to find out the effect of asanas on motor related performances of Hockey women players. The study could be used to extend the benefits to specific sports as well.

III. METHODOLOGY

Researcher used the experimental group the size of the research sample is 100 female in the age group 17-25 players of college level were selected for the study were divided in two 50 each for Hockey experimental and control group. Both experimental group (group A) control (group B) of hockey and basketball practiced yoga for six weeks while control group was not assigned. Pre test and post test recorded

The pretest and posttest performance of subjects in the selected variables was subjected to appropriate statistical analysis to find out the significance of practices of yogic asanas and practices on them at 0.5 levels of significances. Figure 1. The Pre Test and Post Test performance in Dynamic balance test of control and experimental sub-groups of both Hockeys



The above figure indicated that the post test values of experimental group of hockey and basketball has improved in performance in comparison with the pre test values of JBMT dynamic balance test, the control group did not show any significant improvement in post test performance but figures show that mean difference between the control and experimental group was not enough to prove that there is a significant different between the mean values.

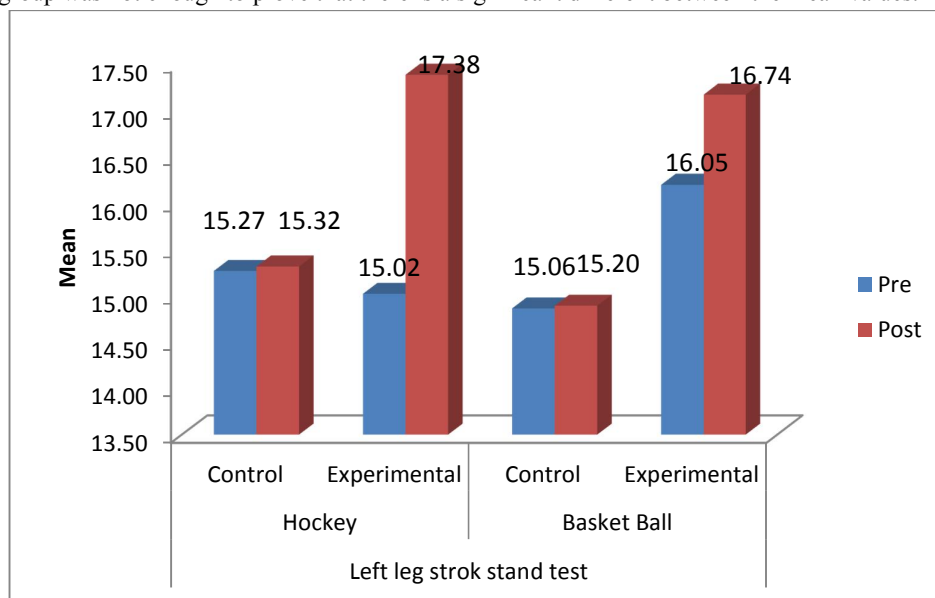


Figure2. The Pre Test and Post Test performance in stork stand static left leg balance test of control and experimental sub-groups of both Hockey and Basketball groups

The pre test and post test of stork stand static balance left leg test above figure indicates such improvement clearly through graphical representation the figure indicates the effects of yoga practice on left leg Stork stand Static balance of hockey and basketball players the results show that there is a improvement in speed among the control and experimental groups.

III. CONCLUSION

This study agrees that the positive impact on yoga on motor related variables among the hockey and basketball players the researcher recommends the use of yogic practise to players as it has improved their abilities. So it can be concluded from the study that balance and speed can be increased with the practice of selected asanas.

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