



Effect of Game Specific Field Training with Yogic Practices on Selected Physical Variables among Cricket Players

R.Selvakumar*, Dr.V.Vallimurugan**

*Ph.D., Research Scholar, Department of Physical Education, TNPE & SU, Chennai, Tamilnadu, India.

**Assistant Professor, Department of Physical Education, Bharathiar University, Coimbatore, Tamilnadu, India.

Abstract

The purpose of the study was to find out the effect of game specific field training with yogic practices on selected physical variables among cricket players. It was hypothesized that the game specific field training with yogic practices group would show significant improvement on selected physical variables than control group. To achieve the purpose of the present study, thirty cricket players from Tiruchirappalli, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=30) were randomly assigned to two equal groups as game specific field training with yogic practices group (GSFTG) and control group (CG) in an equivalent manner. The game specific field training with yogic practices group participated for a period of twelve weeks for alternate three days in a week and the post-tests were taken. The physical variables such as speed and explosive power were measured using 50 metres run and standing broad jump. To find out the difference between the two groups analysis of covariance (ANCOVA) was used. In case of physical variables i.e. speed and explosive power the results between pre and post (12 weeks) test has been found significantly higher in experimental group in comparison to control group. The findings of the present study have strongly indicates that twelve weeks of game specific field training with yogic practices have significant effect on selected physical variables.

Key words: Game Specific, Yogic Practice, Speed, Explosive Power, Cricket.

Introduction

Yoga represents the study, path and the means to proceed and also the absolute aim, which includes the following core concepts: the union of opposites, the effect the outside world has on the body, the yearning for and seeking of form of liberation; the merging of the individual consciousness with the Universal consciousness and the interest of discovering and attaining one's true self. The science of yoga works on physical, mental, emotional, psychic and spiritual aspects of a person. When imbalance is experienced at this level, the organs, muscles and nerves no longer function in harmony, rather they at in opposition to each other. Therefore yoga aims at bringing the different bodily functions into perfect co-ordination so that they work for the good of the whole body. Yoga is one of India's wonderful gifts to mankind. One of its valuable qualities is that it builds up a store of physical health through the practice of a system of exercises called asanas which keep the body cleansed and fit. Yoga believes that exercise is essential for speedy removal of toxins and for keeping blood

circulation and all internal processes functioning smoothly (Telles, 2004).

Many experts states that sports specific training must fulfill one or more of the following criteria ie, The exercise must duplicate the exact movement witnessed in a certain segment of the sports skill. The exact must involve the same type of muscular contraction as used in the skill execution. The special exercises must have the same range of motion as in the skill action. So perhaps the best sport specific exercises program, by definition, is playing own sport. The focus of training should be the quality of movement wanted (Singh, 1991).

Purpose of the study

The purpose of the study was to find out the effect of game specific field training with yogic practices on selected physical variables among cricket players.

Hypothesis

It was hypothesized that the game specific field training with yogic practices group would show

significant improvement on selected physical variables than control group.

Methodology

To achieve the purpose of the present study, thirty cricket players from Tiruchirappalli, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=30) were randomly assigned to two equal groups as game specific field training with yogic practices group (GSFTG) and control group (CG) in an

equivalent manner. The game specific field training with yogic practices group participated for a period of twelve weeks for alternate three days in a week and the post-tests were taken. The physical variables such as speed and explosive power were measured using 50 metres run and standing broad jump. To find out the difference between the two groups analysis of covariance (ANCOVA) was used.

Results and Discussion

The detailed procedure of analysis of data and interpretation were given below,

Table-I. Summary of Mean for the Pre and Post Tests on Selected Physical Variables among Cricket Players

SNo	Variables	Experimental Group				Control Group			
		Pre	SD (±)	Post	SD (±)	Pre	SD (±)	Post	SD (±)
1	Speed	7.71	0.15	7.16	0.07	7.79	0.12	7.78	0.14
2	Explosive Power	1.45	0.04	1.73	0.05	1.43	0.05	1.46	0.04

The table I shows that the pre and post test means on selected physical variables among cricket players.

Table-II. Analysis of Variance of Pre Test Scores on Selected Physical Variables among Cricket Players

Sl. No	Variables	Source of Variance	Sum of Squares	df	Mean Squares	F-Value
1	Speed	BG	0.051	1	0.051	2.57
		WG	0.557	28	0.020	
2	Explosive power	BG	0.002	1	0.002	0.61
		WG	0.074	28	0.003	

* P < 0.05 Table F, df (1,28) (0.05) = 4.19

In table II, the results of analysis of variance of pre test scores on speed (2.57) and explosive power (0.61) were lesser than the table value of 4.19

indicating that it was not significant for the degrees of freedom (1,28) at 0.05 level of confidence indicating that the random sampling was successful.

Table-III. Analysis of Variance of Post Test Scores on Selected Physical Variables among Cricket Players

Sl. No	Variables	Source of Variance	Sum of Squares	df	Mean Squares	F-Value
1	Speed	BG	2.958	1	2.958	229.88*
		WG	0.360	28	0.013	
2	Explosive power	BG	0.536	1	0.536	208.94*
		WG	0.072	28	0.003	

* P < 0.05 Table F, df (1,28) (0.05) = 4.19

In table III, the results of analysis of variance of post test scores on speed (229.88) and explosive power (208.94) were greater than the table

value of 4.19 indicating that it was significant for the degrees of freedom (1,28) at 0.05 level of confidence.

Table-IV. Analysis of Covariance of Selected Physical Variables among Cricket Players

Sl. No	Variables	Adjusted Mean		Source of Variance	Sum of Squares	df	Mean Squares	F-Value
		GSFTG	CG					
1	Speed	7.16	7.78	BG	2.72	1	2.722	204.10*
				WG	0.36	27	0.01	
2	Explosive power	1.73	1.46	BG	0.51	1	0.51	197.26*
				WG	0.07	27	0.003	

* P < 0.05 Table F, df (1,27) (0.05) = 4.21

In table IV, the results of analysis of covariance on speed (204.10) and explosive power (197.26) were greater than the table value of 4.21

indicating that it was significant for the degrees of freedom (1,27) at 0.05 level of confidence.

Figure-I. Shows the Mean Values of Game Specific Field Training with Yogic Practices Group and Control Group on Speed among Cricket Players

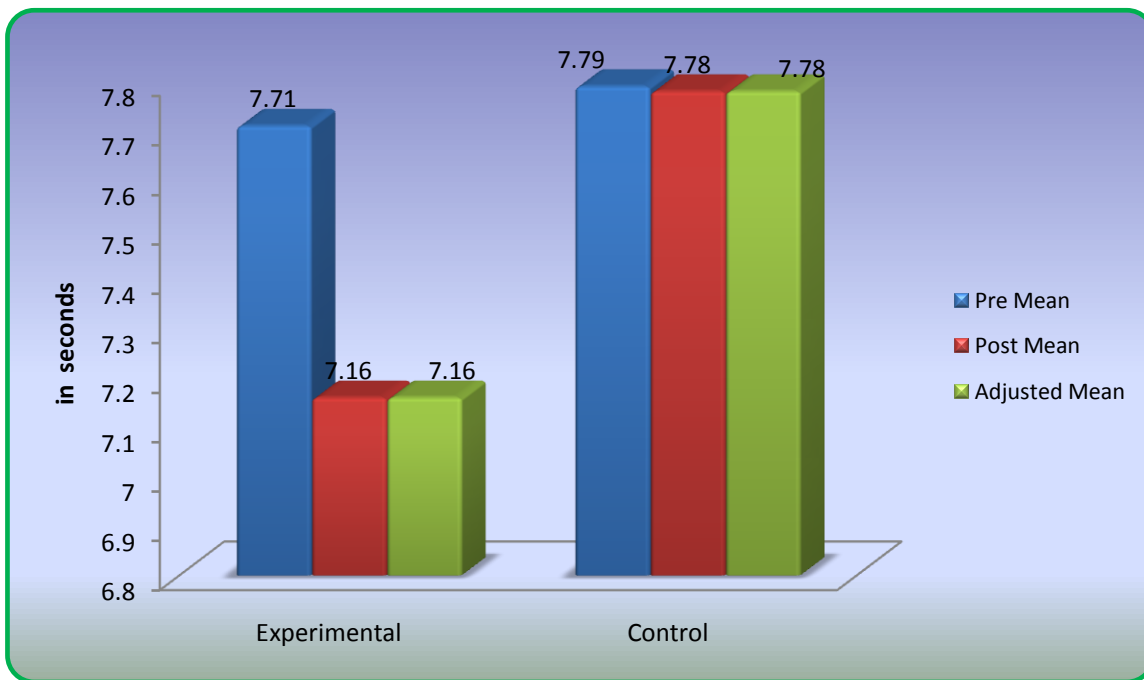
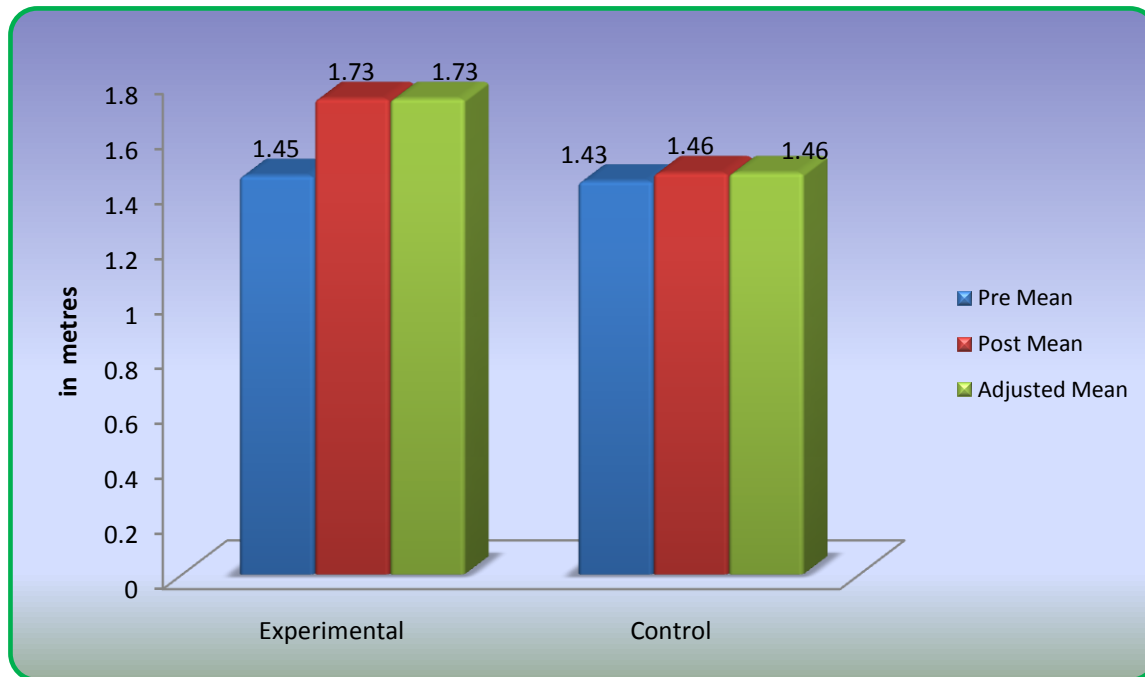


Figure-II. Shows the Mean Values of Game Specific Field Training with Yogic Practices Group and Control Group on Explosive power among Cricket Players



Discussions and Conclusions

In case of physical variables i.e. speed and explosive power the results between pre and post (12 weeks) test has been found significantly higher in experimental group in comparison to control group. The findings of the present study have strongly indicates that twelve weeks of game specific field training with yogic practices have significant effect on selected physical variables i.e., speed, explosive power and passing of cricket players. Hence the hypothesis earlier set that game specific field training with yogic practices would have been significant effect on selected physical variables in light of the same the hypothesis was accepted. The result reveals that the game specific field training with yogic practices group showed better physical on speed, explosive power and passing than the control group owing to the effects of complex training.

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