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PHYSICAL EDUCATION

EFFECT OF YOGIC PRACTICES ON FLEXIBLITY OF MEN STUDENTS

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Abstract

The purpose of the preset study was to find out the effect of yogic practices on flexibility. To achieve the purpose of this study, a qualified physician examined 90 male students from Annamalai University Tamil Nadu, India, and found out 30 adolescents out of 90 obese adolescents 30 adolescents were selected at random, their age ranged from 18 to 24 years of age. The selected subjects were divided into one experimental groups and a control group with fifteen subjects in each (n=15) . Experimental group underwent yogic practices (YPG) and Group II served as control group (CG) for the training period of 12 weeks. All the subjects were informed about the nature of the study and their consent was obtained to co-operate until the end of the experiment and testing period. The data collected from the three groups before and after the experimental period was statistically examined to find out the significant improvement using the analysis of covariance (ANCOVA). It is interfered from the findings of the study that flexibility has significantly improved for yogic practice group.

Keywords: Yogic Practices, Flexibility, Men.

INTRODUCTION

Yoga is an ancient form of relaxation and exercise that has many health benefits, including lowering cholesterol. Pranayama also helps to connect the body to its battery, the solar plexus, where tremendous potential energy is stored. When tapped through specific techniques this vital energy, or prana, is released for physical, mental and spiritual rejuvenation. Regular practice removes obstructions, which impede the flow of vital energy. When the cells work in unison, they bring back harmony and health to the system. 20 to 25 minutes (every morning or evening) of pranayama practice increases lung capacity, breathing efficiency, circulation, cardiovascular efficiency, helps to normalize blood pressure, strengthens and tones the nervous system, combats anxiety and depression, improves sleep, digestion and excretory functions, provides massage to the internal organs, stimulates the glands, enhances endocrine functions, normalizes body weight, provides great conditioning for weight loss, improves skin tone and complexion. (Sugumar and Raghavan, 2010)

METHODOLOGY

The purpose of the preset study was to find out the effect of yogic practices on flexibility. To achieve the purpose of this study, a qualified physician examined 90 male students from Annamalai University Tamil Nadu, India, and found out 30 adolescents out of 90 obese adolescents 30 adolescents were selected at random, their age ranged from 18 to 24 years of age. The selected subjects were divided into one experimental groups and a control group with fifteen subjects in each (n=15) . Experimental group underwent yogic practices (YPG) and Group II served as control group (CG) for the training period of 12 weeks. All the subjects were informed about the nature of the study and their consent was obtained to co-operate until the end of the experiment and testing period. The data collected from the three groups before and after the experimental period was statistically examined to find out the significant improvement using the analysis of covariance (ANCOVA).

SELECTION OF CRITERION MEASURES TEST

After reviewing the available literature, the following standardized tests were selected and used to collect the relevant data on the selected dependent variables and they are presented in table I.

TEST ADMINISTRATION

TABLE- I
SELECTION OF TESTS

Variables	Test/Method/Instrument	Unit of Measurement
Flexibility	Sit and Reach	In Cms

Sit and Reach Test
Objective
To measure the flexibility.
Equipment's
Measuring stick and Mat.
Procedure
The investigator has directed the subjects to take a long sitting position. Hands were kept by the side of his body heals were placed 10 cm apart. The equipment (Measuring stick) was placed that the 40 cm mark of the scale with a line on the floor. The subjects were asked to sit erect then slowly raise both the hands till they come to vertical position and palms facing each other, they were asked to reach forward to the yard stick (scale) and maximum possible measurement was taken one quarter of the centimeter. Three trails were given with adequate rest in between.
Scoring
The best of three trails was treated as final score in cms.
Flexibility

The analysis of covariance on the data obtained for flexibility of pre and post-test of yoga practices (YPG) and control (CG) groups have been presented in tableII.

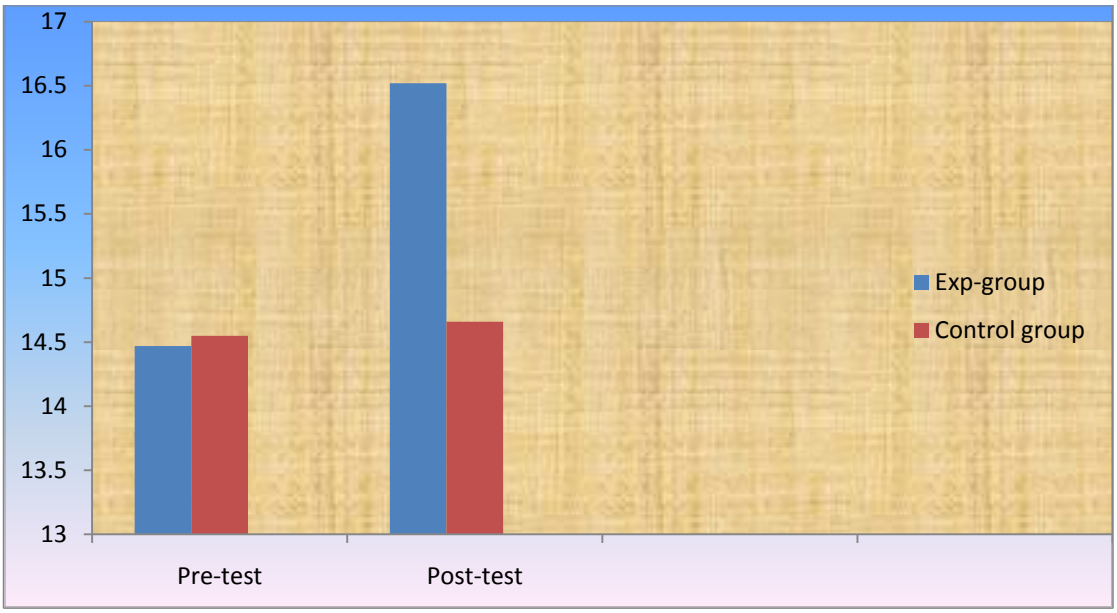
TABLE II
ANALYSIS OF COVARIANCE FOR THE PRETEST AND POST TEST DATA ON BODY FLEXIBILITYOF YOGIC PRACTICESAND CONTROL GROUPS

	Experimental Group	Control group	SOV	Sum of Squares	df	Mean Square	'F' Ratio
Pre Test Mean	14.47	14.55	**B**	0.04	1	0.04	14.24
SD	0.07	0.03	**W**	0.09	28	0.003	
Post Test Mean	16.52	14.66	**B**	25.81	1	25.81	465.41*
SD	0.07	0.122	**W**	1.55	28	0.05	
Adjusted Post test Mean	15.57	14.61	**B**	19.22	1	19.22	378.57*
			W	1.37	27	0.05	

**Significant at 0.05 level of confidenceThe require table value for significant at 0.05 level of confidence with degree of freedom1 and 28 is 4.20and degree of freedom for 1and 27 at 4.21*

Table II shows that the pre-test means in flexibility of the YGP and the control groups (CG) are 14.47and 14.55 respectively, resulted in an "F' ratio of 14.24, which indicates statistically significant difference between the pretest means at 0.05 level of confidence. The posttest means of flexibility of the YPG and the control groups (CG) are 16.52, and 15.57 respectively, resulted in an "F' ratio of 465.41, which indicates statistically significant difference between the posttest means at 0.05 level of confidence. The adjusted posttest means of flexibility of the YPG and the control groups (CG) are 3458.39, which is higher than the table value 4.21 with df 1 and 27 required for significance at 0.05 level. It indicates that there was a significant difference among the adjusted posttest means of flexibility of the YPG and the control groups (CG). This shows there is improvement in theflexibility in experimental group compared with control group.The pretest, posttest and adjusted post-test mean values of yogic practice group (YPG) and control group (CG) on flexibility are graphically presented in figure 1.

FIGURE I
GRAPHICAL REPRESENTATION OF THE DATA ON FLEXIBILITY



DISCUSSION

It is interfered from the findings of the study that flexibility has significantly improved for yogic practice group.

It was concluded from the results of the study that the yoga practices groups showed significant improvement in, flexibility when compared with a control group as well as pre test.

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