



## EFFECT OF YOGIC PRACTICES ON EXPLOSIVE POWER

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### Abstract

*The purpose of the study was to find out the effect of yogic practices on explosive power. To achieve this purpose of the study, thirty students from the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, and India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as experimental group and control group. The group I underwent yogic practices for three days per week for twelve weeks. Group II acted as control who did not participate any special training. The dependent 't' test was used to find out the difference between two means. It was concluded that the experimental group produced significant improvement on explosive power than the control group.*

**Keywords:** Yogic Practices, Explosive Power.

### INTRODUCTION

It is necessary to note that the nature of all Yogic practices is psychological and physiological. Some exercises emphasizing the control of mental processes directly are more psychological. Other exercises are more physical or physiological. It is this later part of yogic practices that has become more popular and is being extensively used for the development and promotion of health and fitness. The Yogic exercises in general differ from the physical exercises and the important differences are: the non-yogic exercises are repetitive in character and utilize a lot of energy whereas yogic exercises help to conserve energy. The caloric requirement of yogic exercises is only 0.9 to 3 calories per minute depending upon the severity of exertion. Relaxation forms the most important aspect of yogic exercises unlike non-yogic exercises, during the practice of asana, muscles, which do not support weight or which are not actively involved are relaxed. With relaxation, the muscles return to normality after contraction and therefore yogic exercises keep the body more flexible. Non-yogic exercises improve the circulation of blood in voluntary system, thereby resulting in better muscular development as a result of improved function of the muscles. Yogic exercises aim at improving blood circulation to all the vital organs and thus improve their function.

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 functions 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.

### METHODOLOGY

The purpose of the study was to find out the effect of yogic practices on explosive power. To achieve this purpose of the study, thirty students from the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, and India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as experimental group and control group. The group I underwent yogic practices for three days per week for twelve weeks. Group II acted as control who did not participate any special training. The dependent 't' test was used to find out the difference between two means.

**TABLE - I**  
**COMPUTATION OF 't' RATIO BETWEEN THE PRE TEST AND POST TEST MEANS OF EXPLOSIVE POWER OF EXPERIMENTAL AND CONTROL GROUP**

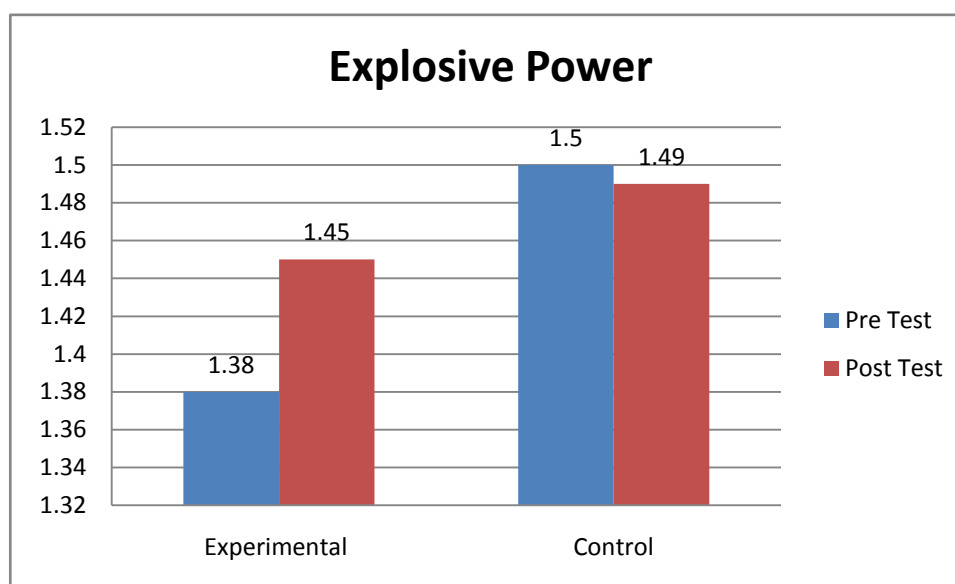
S. No	Variables	Mean diff	SD	$\sigma$ DM	't' ratio
1	Explosive Power	Exp:0.07	Exp:0.11	Exp:0.03	2.22*
		Con:0.01	Con:0.10	Con:0.03	0.19

\*Significant at 0.05 level

An examination of table I indicates that the obtained 't' ratio for explosive power of experimental group was 2.22. The obtained 't' ratio on explosive power was found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The obtained 't' ratio for explosive power of control group

was 0.19. The obtained 't' ratio on explosive power was found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be not significant. The mean scores of muscular endurance of experimental group and control group were shown graphically in figure I.

**FIGURE - I**  
**BAR DIAGRAM SHOWING THE PRE MEAN AND POST MEAN OF EXPLOSIVE POWER OF EXPERIMENTAL GROUP AND CONTROL GROUP**



## CONCLUSION

It was concluded that the experimental group produced significant improvement on explosive power than the control group.

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