



## THE EFFECTS OF VARIOUS FREQUENCIES OF YOGIC PRACTICES AND KARATE TRAINING ON MUSCULAR STRENGTH AMONG COLLEGIATE LEVEL KARATE PLAYERS

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### Abstract

Games are considered good for health. The trainers and coaches everywhere are yearning for better results for their coaching. This can be assessed by directing investigations on the energy of the players. The purpose of the investigation is to discover the effect of various frequencies of karate with yogic strategies on muscular strength among collegiate level karate players. The examination was planned with 60 male collegiate level karate players aged 17-25 years. Muscular strength was assessed by 1 RM bench Press test. The subjects were chosen from Sri Bhagavan Mahaveer Jain College in Karnataka state. The information was gathered during 12 weeks of the training time frame. To locate the mean contrast, *t* test was conducted. The examination of fluctuation and covariance was conducted to locate the critical changes among the groups. Scheffee's post hoc test was done to discover the pared balanced post-test implies. The level of huge  $p \leq 0.05$  is considered. The outcome demonstrates the huge association with maximum energy among collegiate level karate players.

**Keywords:** (KTWYPT)-Karate Training with Yogic Practice for Three Days. (KTWYPF)-Karate Training with Yogic Practice for Five Days.

### INTRODUCTION

Karate (deciphered as 'void hand') is an antiquated strategy for unarmed battle with an ethical warrior code stressing punching, striking and kicking. It was created on the Island of Okinawa (now part of Japan) by melding neighborhood battling aptitudes with procedures from China. It was drilled as a specialty of self-protection by a little first class aggregate who firmly watched their strategies, just passing them on to a couple of trusted students. But in the mid-1900s karate was brought into Okinawan schools since it was similar to Shotokan style. Gichin Funakoshi, later took it to Japan where it rapidly got linked to customary Japanese hand to hand fighting, such as Judo and Kendo (sword-fighting). The craftsmanship spread as a strict, trained lifestyle. Later another sort of fighting was produced to permit safe and focused battle where blows were pulled shy of contact to maintain a strategic distance from damage. This new donning side enormously improved karate's allure and from the 1950s it spread quickly around the globe, as the primary Japanese karate associations sent senior educators to another country to instruct. A huge number of men, women and children of all ages learned Karate skills and clubs prepared them for national and global competitions. Numerous karate styles like Shotokan still accentuate the customary good codes, methods for training and self-protection strategies created by the experts of past hundreds of years. Pyecha (1970) found that hand to hand fighting practice additionally prompted all the more agreeable and

thoughtful people. Spear (1989) noted increments in self-assurance. Finkenberg (1990) noted increments in confidence, while Brown et al. (1995) noted increments in both confidence and poise. This has prompted the utilization of hand to hand fighting training to connect with and show youth and to accomplish positive results and these projects have all been all recorded. The writing audit by Binder (1999) gave a survey of exact confirmation that backings recounted reports about the positive psychosocial results of combative techniques.

### MATERIAL AND METHODS

A Study was made among collegiate level karate players from Sri Bhagavan Mahaveer Jain College, Karnataka state. The motivation behind the examination was to discover an effect of various frequencies of karate with yogic procedures on muscular strength among collegiate level karate players. The investigation was planned with 60 school level male karate players aged 17-25 years. Muscular strength was assessed by 1 RM Bench Press Test. Selected sixty subjects were divided into three equivalent Groups. Two trial groups underwent the training programs for 12 weeks. Experimental group one experienced (N=20) (KTWYPT)- Karate Training with Yogic Practice for Three Days. Exploratory group two experienced (N=20) (KTWYPF)- Karate Training with Yogic Practice for Five Days (five sessions every week) and CG (n=20) did not take an interest in the particular training. The variable of Muscular Strength was assessed by 1 RM

Bench Press and developed by watching them follow every one of the techniques. The information gathered was investigated to affirm the performance in physical wellness tests. To locate the mean distinction t test was conducted and the examination of difference and

covariance was conducted to locate the huge changes among the groups. At last Scheffee's post-hoc test was used to discover the pared balanced post-test implies. The level of  $p \leq 0.05$  is viewed as critical.

#### ANALYSIS OF THE DATA INTERPRETATION OF THE STUDY

**TABLE-1**  
**THE MEAN GAIN /LOSSES BETWEEN PRE AND POST-TEST MEAN OF KARATE TRAINING WITH**  
**YOGIC PRACTICE FOR THREE DAYS ON MUSCULAR STRENGTH AMONG**  
**INTER COLLEGIATE KARATE PLAYER**

Mean	Std. Deviation	Std. Error Mean	M.D	S.E.M.D	't' Ratio
55.1250	2.33452	.58363	1.87	0.085	21.95 *
57.0000	2.28035	.57009			

0.05 level of Significance (2.13)

Table-1 indicated that the obtained t ratio 21.95 showed significant improvement from pre-test to post-

test with the table value of 2.13. It was observed that the resulted t ratio was statistically significant at 0.05 level.

**TABLE-2**  
**THE MEAN GAIN /LOSSES BETWEEN PRE AND POST-TEST MEAN OF KARATE TRAINING WITH**  
**YOGIC PRACTICE FOR FIVE DAYS ON MUSCULAR STRENGTH AMONG**  
**INTER COLLEGIATE KARATE PLAYER**

Mean	Std. Deviation	Std. Error Mean	M.D	S.E.M.D	't' Ratio
55.0625	2.83945	.70986	3.50	0.15	22.13 *
58.5625	3.01040	.75260			

0.05 level of Significance (2.13)

Table-2 indicated that the obtained t ratio 22.13 showed significant improvement from pre-test to post-

test with the table value of 2.13. It was observed that the resulted t ration was statistically significant at 0.05 level.

**TABLE-3**  
**THE MEAN GAIN /LOSSES BETWEEN PRE AND POST-TEST MEAN OF CONTROL GROUP ON**  
**MUSCULAR STRENGTH AMONG INTER COLLEGIATE KARATE PLAYER**

Mean	Std. Deviation	Std. Error Mean	M.D	S.E.M.D	't' Ratio
54.8125	2.34432	.58608	0.062	0.0625	1.00
54.8750	2.27669	.56917			

0.05 level of Significance (2.13)

Table-3 indicated that the obtained t ratio 1.00 showed insignificant from pre-test to post-test with the

table value of 2.13. It was observed that the resulted t ratio was statistically insignificant at 0.05 level.

**TABLE-4**  
**ANALYSIS OF VARIANCE ON PRE- TEST MEANS AMONG THE KTWYPT, KTWYPF AND CG ON MUSCULAR STRENGTH**

Variable	Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Muscular Strength	Between Groups	.875	2	.438	.069	.933
	Within Groups	285.125	45	6.336		
	Total	286.000	47			

0.05 level of significance (3.20)

Table-4 reveals that the obtained 'F' value on pre-test means on Muscular Strength 2.21 was less than table 'F' ratio 3.20. Hence the pre-test means were found

to be insignificant at 0.05 level of confidence for the degree of freedom 2 and 45.

**TABLE-5**  
**ANALYSIS OF VARIANCE ON POST-TEST MEANS AMONG THE KTWYPT, KTWYPF AND CG ON MUSCULAR STRENGTH**

Variable	Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Muscular Strength	Between Groups	109.625	2	54.813	8.45*	.001
	Within Groups	291.688	45	6.482		
	Total	401.313	47			

0.05 level of significance (3.20)

Table-5 reveals that the obtained 'F' value on pre-test means on Muscular Strength 8.45 was greater than table 'F' ratio 3.20. Hence the post-test means were

found to be significant at 0.05 level of confidence for the degree of freedom 2 and 45.

**TABLE-6**  
**ANALYSIS OF COVARIANCE ON ADJUSTED POST-TEST MEANS AMONG THE KTWYPT, KTWYPF AND CG ON MUSCULAR STRENGTH**

Variable	Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Muscular Strength	Between Groups	94.503	2	47.252	239.4*	.000
	Within Groups	8.684	44	.197		

0.05 level of significance (3.20)

Table 6 reveals that the obtained 'F' value on pre-test means on muscular strength 239.4 was greater than table 'F' ratio 3.20. Hence, the post-test means were

found to be significant at 0.05 level of confidence for the degree of freedom 2 and 44.

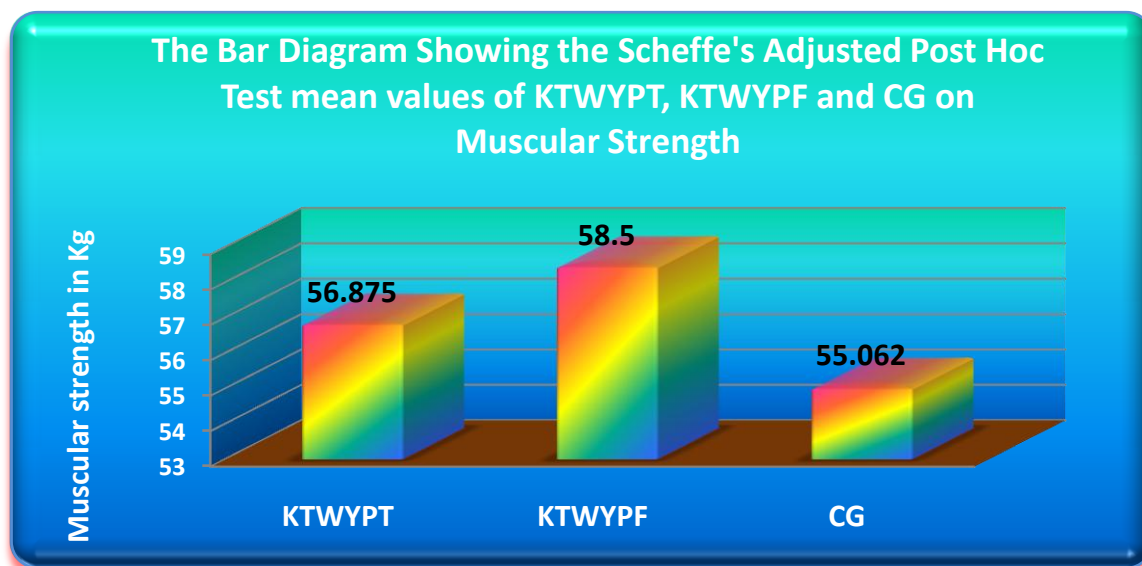
**TABLE-7**  
**THE SCHEFFE'S TEST FOR THE DIFFERENCES BETWEEN PARED MEANS ON MUSCULAR STRENGTH**

KTWYPT	KTWYPF	CG	M.D	C.I
56.875	58.5	-	-1.625	0.447
56.875	-	55.062	1.813	0.447
-	58.5	55.062	3.438	0.447

\* Significant at 0.05 level of confidence

Table -7 clearly indicates the Scheffe's post hoc test adjusted post mean on muscular strength. The mean distinction required for the private interim to be significant level was 1.78. It was observed that the Karate Training with Yogic Practice for Five Days

fundamentally enhanced the muscular strength better than the Karate Training with Yogic Practice for Three Days and control group. Karate Training with Yogic Practice for three Days essentially enhanced the unstable power better than the control group.



## RESULT OF THE STUDY

1. It was observed that the Karate Training with Yogic Practice for Five Days significantly improved the Muscular Strength among the inter collegiate Karate Players.
2. It was observed that the Karate Training with Yogic Practice for three Days significantly improved the Muscular Strength among the inter collegiate Karate Players.
3. It was observed that the Karate Training with Yogic Practice for Five Days significantly improved the Muscular Strength better than the Karate Training with Yogic Practice for Three Days and control group among the inter collegiate Karate Players.
4. It was observed that the Karate Training with Yogic Practice for Three Days significantly

improved the Muscular Strength better than the control group among the inter collegiate Karate Players.

## CONCLUSION

It is concluded that the Karate Training with Yogic Practice for Five Days is the best training to develop the Muscular Strength for the Karate Players. Karate training with Yoga Practice for three days also improved the muscular strength of karate players.

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