



EFFICACY OF SURYANAMASKAR TRAINING ON SELECTED PSYCHOMOTOR ABILITY VARIABLES OF COLLEGE MEN

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Abstract

The purpose of this study was to find out the efficacy of suryanamaskar training on selected psychomotor variables of college men. The investigator selected 40 college men students from Sri Venkateswara University College of Arts and Science and Sri Govindarajulu College of Arts and Science, Tirupathi, Andhrapradesh. Their ages were ranged from 21 to 25 years. The subjects were divided into two equal groups. Group 1 consist 20 subjects called as experimental group and group 2 consist of 20 subjects called as control group. The group 1 was assigned to suryanamaskar practice for a period of 12 weeks. The control group was not allowed to participate in any kind of training. The dependent psychomotor ability variables namely leg eye coordination and reaction time was selected and measured by football wall kicking test and chronometer test respectively for this study. The data was analyzed by the use of paired 't' test. The obtained 't' ratio was tested for significance at 0.05 level of confidence. The analysis of the data revealed that there was a significant improvement on the selected dependent variables namely leg eye coordination and reaction time by the application of suryanamaskar training programme.

Keywords: Suryanamaskar, Leg Eye Coordination, Reaction Time.

INTRODUCTION

Yoga is associated with a healthy and lively lifestyle with a balanced approach to life. It is the union between the mind, body and spirit. It involves the practice of physical postures and poses, which is referred to as 'Asana' in Sanskrit. Our modern day lifestyle is too hectic and puts a lot of stress on us which in turn causes a lot of life style problems like obesity, hypertension, high cholesterol, diabetes etc. Yoga is the answer to all these problems. It offers harmless solutions to these problems in the form of relaxation. Studies in the field of medicine suggest that Yoga is the only form of physical activity that provides complete exercise to the body as it incorporates different aspects of science, philosophy and art. It is one of the most effective and integrated systems for gaining control and experiencing supreme joy in life. It helps one achieve optimum physical and psychological health.

SURYANAMASKAR

Sun is the source of all energy. Salutation to the sun or suryanamaskar is thus a prayed to seek the energy or parna from it and vitalize the body, mind and soul. Suryanamaskar has a deep effect in detoxifying the organs through copious oxygenation and has a deeper relaxing effect. It is known as sun salutation. It is having a set of 12 dynamic exercises. It is an age- old yogic practice which contributes to mental, emotional, physical and spiritual well being. The suryanamaskar performed early in the morning, at daybreak, or in the evening,

when the sun setting. It is accompanied by a specific breathing pattern and chanting of mantras. The benefits of suryanamaskar include weight loss, regulates and flexibility of muscles, improved concentration, and self-confidence and reduced depression.

METHODOLOGY

For the purpose of the study 40 college men students were selected from Sri Venkateswara University College of Arts and Science and Sri Govindarajulu College of Arts and Science, Tirupathi, Andhra Pradesh and their ages were ranged from 21 to 25 years. The subjects were divided into two equal groups. Group 1 consist 20 subjects called as experimental group and group 2 consist of 20 subjects called as control group. The group 1 was assigned to suryanamaskar training programme for a period of 12 weeks. The control group was not allowed to participate in any kind of training. The subjects were tested on the selected dependent psychomotor ability variables namely leg eye coordination was tested with football wall kicking test and reaction time was tested by chronometer, before and after the training period. The collected data was treated by using paired t-test. The level of confidence was fixed at 0.05 level.

RESULTS OF THE STUDY

**TABLE-I
COMPUTATION OF ‘T’-RATIO BETWEEN THE PRE AND POST TESTS ON LEG EYE CO ORDINATION OF
EXPERIMENTAL AND CONTROL GROUPS**

Group	Test	M	SD	σ DM	DM	t-ratio	‘p’ value
Experimental	Pre Test	43.45	3.86	0.34	4.95	14.72*	0.01
	Post Test	48.40	3.05				
Control	Pre Test	40.95	1.99	0.36	0.30	0.84	0.41
	Post Test	41.25	2.10				

* significance at 0.05 level.

The table I indicates that there was a significant improvement on the leg eye coordination through the suryanamaskar training. It reveals that the obtained t-ratio 14.72 was differ significantly, because the ‘p’ value was lesser than the 0.05, level of confidence. So there was a significant improvement on the leg eye

coordination between the pre and post tests of experimental group, whereas the control group showed no significant improvement. Hence the results indicated that the significant improvement on the leg eye coordination was due to the suryanamaskar practice alone.

**FIGURE I
THE FIGURE SHOWING THE MEAN DIFFERENCE OF PRE AND POST-TESTS SCORES ON LEG EYE
COORDINATION OF EXPERIMENTAL AND CONTROL GROUPS**

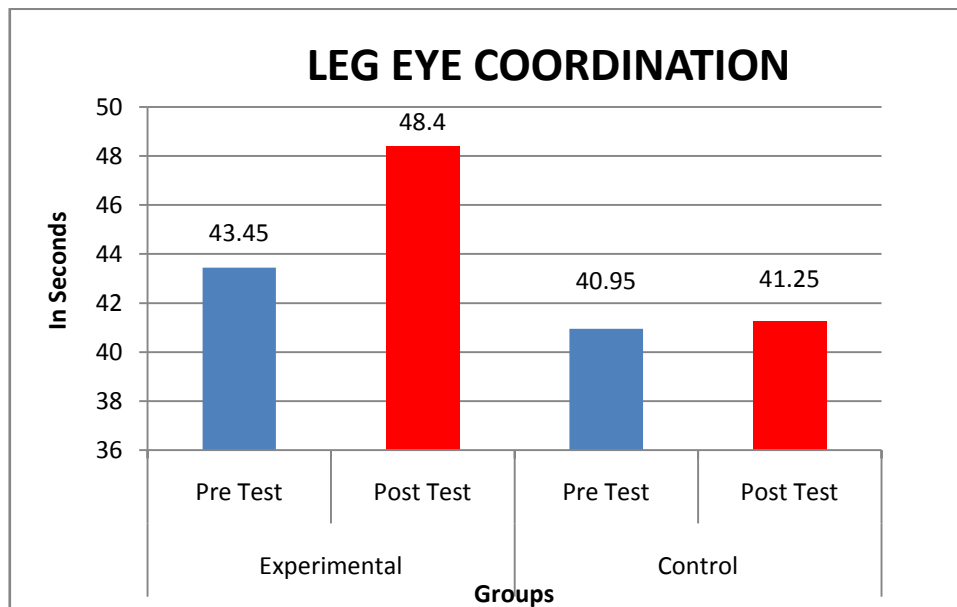


TABLE-II
COMPUTATION OF ‘T’-RATIO BETWEEN THE PRE AND POST TESTS ON REACTION TIME OF
EXPERIMENTAL AND CONTROL GROUPS

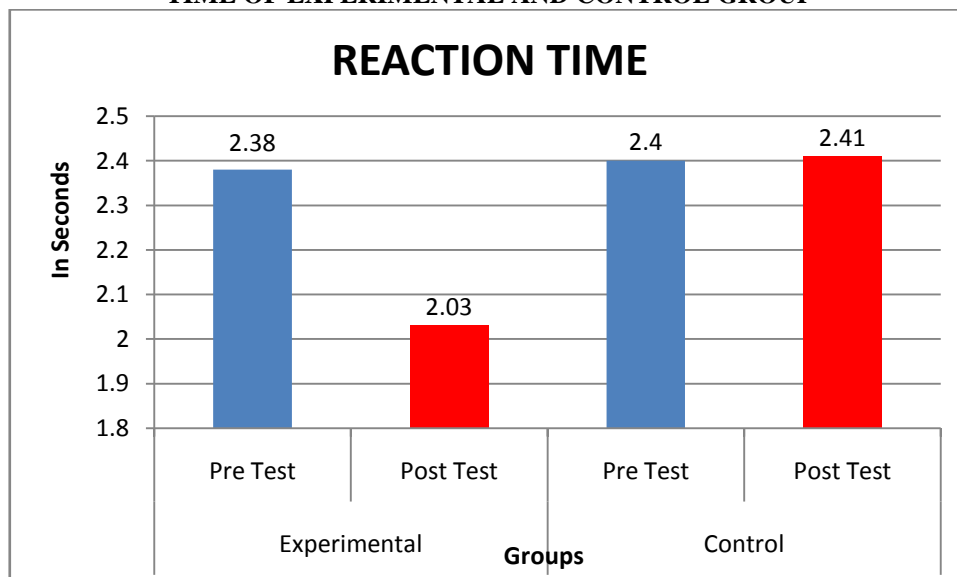
Group	Test	M	SD	σ DM	DM	t-ratio	‘p’ value
Experimental	Pre Test	2.38	0.32	0.07	0.35	5.04*	0.01
	Post Test	2.03	0.38				
Control	Pre Test	2.40	0.33	0.04	0.01	0.26	0.80
	Post Test	2.41	0.23				

* significance at 0.05 level.

The table II indicates that there was a significant improvement on the reaction time through the suryanamaskar training. It reveals that the obtained t-ratio 5.04 was differ significantly because the ‘p’ value was lesser than the 0.05 level of confidence. So there was a significant improvement on the reaction time

between the pre and post tests of experimental group, whereas the control group showed no significant improvement. Hence the result indicated that the significant improvement on the reaction time was due to the suryanamaskar practice alone.

FIGURE II
THE FIGURE SHOWING THE MEAN DIFFERENCE OF PRE AND POST-TESTS SCORES ON REACTION
TIME OF EXPERIMENTAL AND CONTROL GROUP



DISCUSSION ON FINDINGS

The result of the study reveals that the twelve weeks of suryanamaskar training on the selected dependent variables there was a significant improvement on the leg eye coordination. It reveals that the obtained t-ratio 14.72 was significant because the ‘p’ value was lesser than the 0.05, level of confidence. So there was a significant improvement on the leg eye coordination between pre and post tests of the experimental group, whereas the control group showed no significant improvement. Hence the result indicates that the

significant improvement on the leg eye coordination was due to the suryanamaskar training alone. The result of the study is in consonance with the research done by **Deepa S Rathod and Sakpal Hoovanna. (2017).**

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tests of the experimental group, whereas the control group showed no significant improvement. Hence the results indicated that the significant improvement on the reaction time was due to the suryanamaskar training alone. The result of the study is in consonance with the research done by **Deepa S Rathod and Sakpal Hoovanna. (2017).**

CONCLUSIONS

It was concluded that there was a significant improvement on the selected dependent psychomotor

ability variables namely leg eye coordination and reaction time by the application of suryanamaskar training.

REFERENCE

1. Deepa S Rathod and Sakpal Hoovanna. (2017). effects of yogasanas on physiological and psychological variables of high school girls. *International Journal of Physical Education, Sports and Health*, 4(3), 315-317.