



EFFECT OF YOGIC PACKAGES AND MOBILITY TRAINING ON VITAL CAPACITY AMONG VOLLEYBALL PLAYERS

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ABSTRACT

The purpose of the study was to find out the effect of yogic packages and mobility training on vital capacity among volleyball players. To achieve the purpose of the present study, sixty men volleyball players from Kanyakumari district, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into three equal groups of twenty players each. Group I acted as Experimental Group I (Yogic packages), Group II acted as Experimental Group II (Mobility training) Group III acted as control group. Pre test was conducted for all the subjects on vital capacity. This initial test scores formed as pre test scores of the subjects. The duration of experimental period was 12 weeks. After the experimental treatment, all the subjects were tested on vital capacity. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses. The yogic packages group had shown significant improvement in vital capacity among volleyball players after undergoing yogic packages for a period of twelve weeks. The mobility training group had shown significant improvement in vital capacity among volleyball players after undergoing mobility training for a period of twelve weeks.

KEYWORDS: Yoga, Mobility, Volleyball, Vital Capacity.

INTRODUCTION

Regular practice of yoga removes obstructions, which impede the flow of vital energy. When the cells work in unison, they bring back harmony and health to the system. Mobility is the ability to move a limb through the full range of motion with control. Mobility is based on voluntary movement while flexibility involves static holds and is often dependent upon gravity or passive forces. Mobility work reduces the potential body imbalances inherent in our athletic and recreational pursuits. The game of volleyball was very tame compared to the sport that we play today. You can find many different types of games in the history of volleyball– it can be everything from a recreational activity, played for exercise, and also amateur competitions and pro tournaments (Indranil et al. 2012).

METHODOLOGY

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players from Kanyakumari district, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into three equal groups of twenty players each. Group I acted as Experimental Group I (Yogic packages), Group II acted as Experimental Group II (Mobility training) Group III acted as control group. Pre test was conducted for all the subjects on vital capacity. This initial test

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RESULTS

TABLE - I
COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF YOGIC PACKAGES, MOBILITY TRAINING AND CONTROL GROUPS ON VITAL CAPACITY

	Yogic packages	Mobility training	Control Group	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	3.80	3.82	3.81	BG	0.002	2	0.001	0.22
				WG	0.29	57	0.005	
Post-Test Means	4.18	4.19	3.82	BG	1.75	2	0.87	61.04*
				WG	0.81	57	0.01	
Adjusted Post-Test Means	4.17	4.19	3.82	BG	1.76	2	0.88	61.47*
				WG	0.80	56	0.01	

An examination of table - I indicated that the pretest means of yogic packages, mobility training and control groups were 3.80, 3.82 and 3.81 respectively. The obtained F-ratio for the pre-test was 0.22 and the table F-ratio was 3.15. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 2 and 57. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post-test means of the yogic packages, mobility training and control groups were 4.18, 4.19 and 3.82 respectively. The obtained F-ratio for the post-test was 61.04 and the table F-ratio was 3.15. Hence the post-test mean F-ratio was significant at 0.05

level of confidence for the degree of freedom 2 and 57. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the yogic packages, mobility training and control groups were 4.17, 4.19 and 3.82 respectively. The obtained F-ratio for the adjusted post-test means was 61.47 and the table F-ratio was 3.16. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 2 and 56. This proved that there was a significant difference among the means due to the experimental trainings on vital capacity. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table-II.

TABLE - II
THE SCHEFFE'S TEST FOR THE DIFFERENCES BETWEEN THE ADJUSTED POST TEST PAIRED MEANS ON VITAL CAPACITY

Adjusted Post-test means			Mean Difference	Required CI
Yogic Packages	Mobility Training	Control Group		
4.17	4.19	---	0.02	0.08
4.17	---	3.82	0.35*	
---	4.19	3.82	0.37*	

* Significant at 0.05 level of confidence

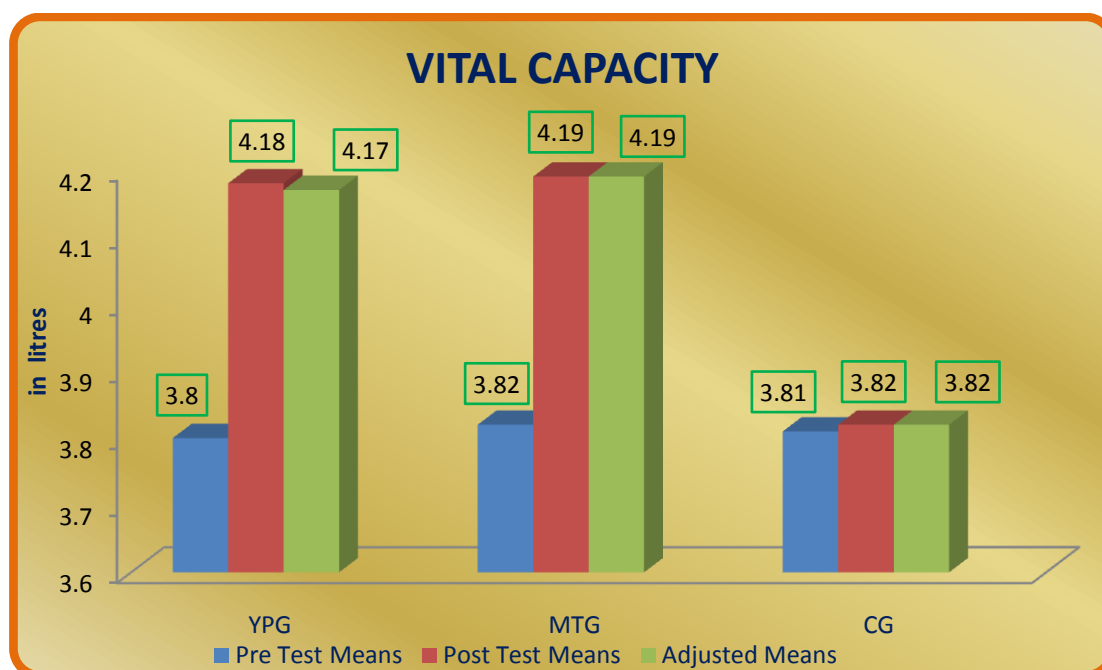
The multiple comparisons showed in table II proved that there existed significant differences between the adjusted means of yogic packages and control group

(0.35), mobility training with control group (0.37). There was no significant difference between yogic packages and mobility training (0.02) at 0.05 level of confidence

with the confidence interval value of 0.08. The pre, post and adjusted means on vital capacity were presented

through bar diagram for better understanding of the results of this study in Figure-I.

FIGURE - I
PRE POST AND ADJUSTED POST TEST DIFFERENCES OF THE, YOGIC PACKAGES, MOBILITY TRAINING AND CONTROL GROUPS ON VITAL CAPACITY



CONCLUSIONS

From the analysis of the data, the following conclusions were drawn:

1. The yogic packages group had shown significant improvement in vital capacity among volleyball players after undergoing yogic packages for a period of twelve weeks.
2. The mobility training group had shown significant improvement in vital capacity among volleyball players after undergoing mobility training for a period of twelve weeks.

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