



EFFECT OF YOGIC PRACTICES ON MUSCULAR ENDURANCE

Dr.G.KUMARASAMY

Assistant Professor, Department of physical Education and Sports Sciences, Annamalai University, Chidambaram, Tamilnadu, India.

Abstract

The purpose of the study was to find out the effect of yogic practices on muscular endurance. To achieve this purpose of the study, thirty students from 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 practice for three days per week for twelve weeks. Group II acted as control who did not participate any special training. The analysis of covariance was used to analyze the significant difference, if any between the groups. The level of significance to test the 'F' ratio obtained by the Analysis of Covariance was tested .05 level of confidence, which was considered as an appropriate. It was concluded that the experimental group produced significant improvement on muscular endurance than the control group.

Keywords: Yogic Practices, Muscular Endurance.

INTRODUCTION

Yoga postures are the physical positions that co-ordinate breath with movement and with holding the position to stretch and strengthen different parts of body. Yogic exercises are the ideal complement to other forms of physical exercises such as running, cycling, and swimming. Yogic postures systematically work on all the major muscle groups, including the back, neck and shoulders, deep abdominal, hip and even ankles, feet wrists and hands. By their very nature, yogic exercises affect all the muscles groups and organs as they simultaneously impart strength, increase flexibility and bring nourishment to internal organs. Although most poses are not aerobic in nature, they do in fact send oxygen to the cell by way of conscious deep breathing and sustained stretching and contraction of different muscle groups.

Yoga can help to check any imbalance in muscular development and will enable both mind and body to function more efficiently. Practising of yoga asanas strengthen the muscles, release physical tension and improve concentration and poise. Yoga makes limbs balanced strong and relaxed. The standing poses improve balance and muscle flexibility. Yogic practice can help players

to relax and replenish their energy after strenuous games. It also promotes calm, clear thinking even in situations that call for fast reactions. Yoga stretches and strengthens all muscles of body and brings peace and calm to the mind and spirit.

METHODOLOGY

The purpose of the study was to find out the effect of yogic practices on muscular endurance. To achieve this purpose of the study, thirty students from 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 practice for three days per week for twelve weeks. Group II acted as control who did not participate any special training. The analysis of covariance was used to analyze the significant difference, if any between the groups. The level of significance to test the 'F' ratio obtained by the Analysis of Covariance was tested .05 level of confidence, which was considered as an appropriate.

RESULTS

TABLE – I
COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF MUSCULAR ENDURANCE OF EXPERIMENTAL GROUP AND CONTROL GROUP

	Experimental Group	Control Group	Source of variance	Sum of squares	df	Mean square	F
Pre test mean	12.13	11.73	BG	1.20	1	1.20	0.15
			WG	218.66	28	7.81	
Post test mean	15.26	12.26	BG	67.50	1	67.50	6.30*
			WG	299.86	28	10.71	
Adjusted post mean	15.08	12.44	BG	51.87	1	51.87	7.58*
			WG	184.92	27	6.84	

* Significant at 0.05 level

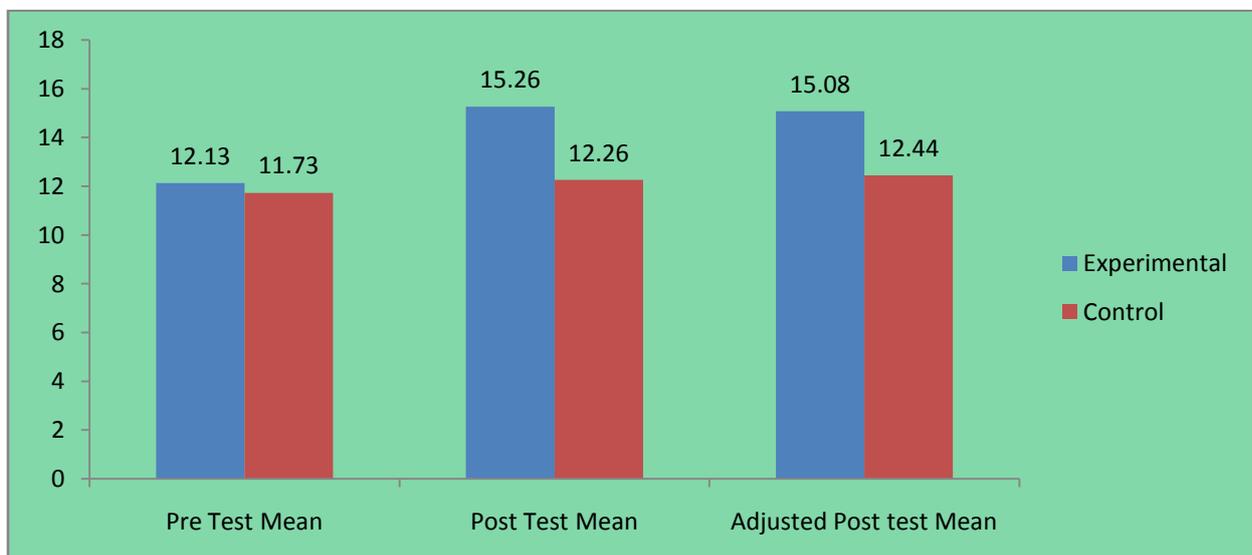
Table value for df 1 and 28 was 4.20

Table value for df 1 and 27 was 4.21

The above table indicates the adjusted mean value of muscular endurance of experimental and control groups were 15.08 and 12.44 respectively. The obtained F-ratio of 7.58 for adjusted mean was greater than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant

difference among experimental and control groups on muscular endurance. The above table also indicates that both pre and post test means of experimental and control groups differ significantly. The pre and post mean values of muscular endurance of both experimental and control groups are graphically represented in the Figure-I.

FIGURE I
MUSCULAR ENDURANCE



CONCLUSION

It was concluded that the experimental group produced significant improvement on muscular endurance than the control group.

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