



*International Journal of
Physical Education and
Sports Sciences*

*Vol. V, No.I, April-2013,
ISSN 2231-3745*

A STUDY ON THE EFFECT OF YOGIC TRAINING ON PHYSICAL FITNESS OF JUDO MALE PLAYERS

A Study on the Effect of Yogic Training on Physical Fitness of Judo Male Players

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Abstract – The purpose of the study was to investigate effect of yogic training on physical fitness of judo male players. The study was conducted on 30 male judo players were selected as subject of 17 to 25 years of age. Subject were categorized into two groups, namely experimental and control groups. The data were collected from district level players of judo from the different places of rohtak district, Haryana. AAPHER youth fitness battery selected items were used for testing the physical fitness of the subjects. To find out the significance of the differences between pre and posttest means of the one experimental group, control group 't' test was applied. The result of the study revealed that there were significant difference found between the subjects belonging to experimental group and that of control group. Experimental group was better than the control group on pull ups.

Keywords: Yogic training, Physical Fitness, AAPHER youth fitness battery

INTRODUCTION:-

Yoga is not new for the society. The saints and sages had propounded it for the benefit of the mankind thousands of years back. Sick people have been using it to maintain good health and the diseased to cure their diseases. The follower of spiritual path have used for it devotion. Yoga is unimaginable therefore the utility and effect of it has always been undoubted. The yoga institutions, scholars, spiritual scientist and medical practitioner are carrying on researches at a very high level on every aspect of yoga. This is an going process. The scientists are evaluating yoga at the scientific level. Today yoga has reached every household and also inspiring people to practice it. The main factor behind it is the desire to stay healthy both mentally and physically. Today yoga has become a way of life not only in India but also all over the world. The commendable work done by Swami Ramdev has given a new birth to yoga. Every month yoga devotion and yoga science camps are organized by Swami ji which provides healing touch to lakhs of people across the world. Yoga is the best medium to get rid of diseases. yoga sends a fresh blood supply which revitalizes and rejuvenates all the internal organs and provides good health.

HYPOTHESIS

There exists significant effect of selected yogic training on arms and shoulder strength of male judo players.

OBJECTIVES OF THE STUDY

To assess the effect of selected yogic practices on arms and shoulder strength of male judo players.

METHODOLOGY

The present study was an experimental study. In this study 30 male judo players were selected as subject and divided equally two groups namely experimental and control groups.

STATISTICAL DESIGN

To find out the significance of the differences between pre and post – test means of the one experimental group control group 't' test was applied. The level of significance chosen to test, the hypothesis were tested at 0.05, which was recognized as appropriate in relation to the research process adopted and equipment used in this study.

DATA ANALYSIS

The analysis of data, findings and the discussion of the results have been described. To study the effect of yogic training on arms and shoulder strength. Hypotheses were tested at the significance level 0.05.

Table 1

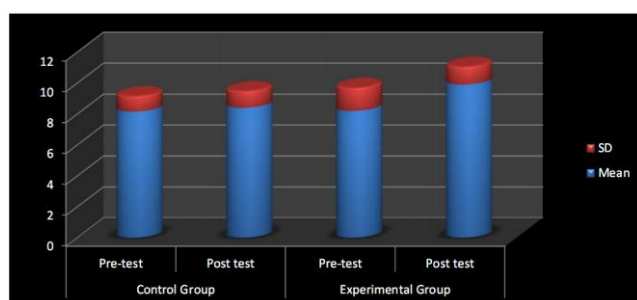
Significance Difference Between Pre -Test and Post – Test of the Experimental and Control Group on Pull – Ups.

Groups	Test	N	Mean	SD	Mean difference	t-value
Control Group	Pre-test	15	8.15	1.01	0.05	0.29
	Post test	15	8.40	1.08		
Experimental Group	Pre-test	15	8.20	1.49	1.70	2.22**
	Post test	15	9.90	1.16		

**Significance at level of 0.05

Figure 1

Mean and Standard Deviation of Pre-Test and Post-Test of Control Group and Experimental Group



The table 1 represents the number of students in control group were 15. The means of pre and post-test scores of control group were 8.15 and 8.40 respectively. This implies that the pull up scores in pre-test was slightly higher than in post-test. Standard deviation of the pre-test was lower i.e. 1.01 than the post-test i.e. 1.08, signifying that there was more variation in the scores of students in post-test than in pre-test. The calculated value from the data was 0.29. The calculated value was less than the table's' value at 0.05 level of confidence and therefore, the calculated' value were not significant. It was interpreted that the mean differences in pull ups in pre-test and post-test were not significant. Thus there was no effect on strength of the control group.

The table 1 also shows the number of students in experimental group also was 15. The means of experimental group on pre and post-test were 8.20 and 9.90 respectively. It is seen that the pull up scores in pre-test were quite higher than the post-test scores. Standard deviation of the pre-test scores was 1.49 and those of post-test were 1.16 indicating that there was more stability in the scores of students in post-test. The calculated' value from the data was 2.22. the calculated 't' value was more than the table 't' value at 0.05 level of confidence and hence, the calculated 't' value was significant. Therefore, it is interpreted that the mean difference in pull up that existed between the pre-test scores of experimental group were significantly higher than the pre-test scores.

On the basis of the result it was accomplished that the yogic training had significant impact on physical fitness of the subjects. Therefore the hypotheses was accepted since there was significant effect of selected yogic practices on pull up.

CONCLUSION

There were significant difference found between the subjects belonging to experimental group and that of control group. Experimental group was found better than the control group on physical fitness variable pull up.

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