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Role of Various Yoga Asans in Women Sports Activity

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Abstract – Yoga is a way of living whose aim is a healthy mind in a healthy body. In this view the investigators have made an effort to find out the effect of asana on psychological and skill related variables of women college players of Hockey &Basket ball. For this, achievement players were randomly assigned into two groups; one experimental and the other, control group. Each group consisted of 100 players, and were further divided into 50 each for experimental and control group. Experimental group practicing yoga asanas for a period of weeks while control group was not assigned.The analyses of data shows that yogic asanas effectiveness in developing perception and to overcome player's psychological and skill variables.

Keyword – Yoga, Anxiety, Skill, Control Group, Experimental Group.

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INTRODUCTION:

With the practice of asanas we become aware of what is, of what sensations exists right now in the body, and corresponding through that exist in the mind. This is becoming aware of what puts us in touch with emotions that many have been ignored or demined. The wonderful paradox of awareness is that when we become truly aware of what is, things begin to change. For no other reason than this, asana practice can be a wonderful antidote to the stores of modern life.

Yoga has both preventive and therapeutic benefits. It has been shown to offer both physical and mental benefits to the body and the mind. The many physical benefits of yoga are, it improves flexibility, losing the joint mobility, build the muscles strength, spine and corrects the posture. Also improves the physical conditions like bad posture alignment for example scoliosis, swayback, bad knees etc it improves digestion and elimination; increases circulation; improves heart conditions which are very helpful to the players to achieve the high performance. Yoga plays an important role in supplying pure blood to nerves, brain, and spinal cord and heart muscles. This improves a person's efficiency, increases body awareness and relieves chronic stress. Many western Studies have shown that it can relieve the symptoms of several common and potentially life-threatening illnesses, fatigue, diabetes, asthma, and obesity

Yoga develops self confidence, level of anxiety and self-belief. All of these elements are pivotal to sporting excellence and peak performance. It plays a key role in cultivating mind control and concentration which helps a sports person to perform at their peak level.

METHODOLOGY:

200 female players of college level were selected for the study. Each group consisted of 100members each in Hockey as well as in Basketball, further divided in two 50 each for experimental and control group. Experimental group were practicing yoga asanas for a period of weeks while control group were not assigned anything. The analysis of data shows that yogi asanas effective to develop skills and performance. Skill test of control dribble AAHPER test for basketball and SAI hockey 25 yard dribbling, SAIgoal shooting test, leilich basketball test, and Johnson half minutes shooting test were tested in pre test and post test. The entire test were explained and demonstrated to the students by the investigators and further tests were implemented with the help of assistants.

Also the selection of asanas is based on the basic that all the parts of body should be involved in performing asanas.

Standing postures: 1.Vrikshasana 2.Thrikonasana 3.Chakrasana 4 Garudasana.

Sittingpostures 1.Padmasana2.Paschimottanasana. 3. Shashankasana. 4 Vajrasana5 Matsyasana

Laying down postures

Bhajangasana 2.Dhanurasana 3.Sarvangasana 4.Halasana 5.Savasana.Paschimottanasan

IV.Pranayama – (A)ujjayipranayam, (B) nadhishodhanaoranuloma, viloma.

V. Meditation.

The six week yoga asanas for a period of 60-90 minutes duration was conducted in the morning on alternate days viz., Monday, Wednesday & Saturday for the experimental group, similarly group B, control group was asked to perform their regular physical training programme under the supervision of their coach.

RESULT AND DISCUSSION:-

The mean difference of each group for selected variables were tested for significance of difference by " t"test the difference of initial and final score was taken into account and the difference in the mean gain was tested by t est. And 0.5 sales were tested to find the significant difference. The result shown in table 1to 7.

TABLE 1: COMPARISON OF EFFECTOF LEILICH SKILL TEST BETWEEN THE SUB GROUPS OF BASKETBALL PLAYERS

Subgroup	test	Mean	Stddivi	Std error	Mean diff	S.D of diff	T. value	d.f.	P value	
control	pre	183.62	8.980	1.270	.880	11.485	.542	49	.590	NS
	post	182.74	8.930	1.263						
experimental	pre	182.94	7.909	1.118	-1.960	10.596	1.308	49	.197	NS
	post	184.90	6.192	.876						

Level of leilich basketball skill test in experimental group of basketball player before the yogic practice was 182.94+_7.909. in post –test 182.94 +_ with mean difference -1.960+_10.596 which is not significant with t=1.308 p=.197>0.05. In control group, pre-test 183.62+_ 8.980. In post test 182.74+_8.930 with the mean difference of .880+_.11.485.t=.542 which was not significance with p=.590>0.05.

TABLE 2: COMPARISON OF EFFECTOF HOCKEY GOALTEST BETWEEN THE SUB GROUPS OF HOCKEY PLAYERS

Sub group	N	Mean	Std devi	Std error	Mean diff	S.D Of diff	T value	D.f.	P value	
control	50	3.00	1.370	.194	-.060	.956	.444	49	.659	NS
	50	3.06	1.058	.150						
experimental	50	3.14	1.525	.216	-.300	.544	3.900	49	.000	HS
	50	3.44	1.500	.212						

The level of performance in 50 yard goal hit test, the experimental group of hockey players before the yoga practice was 3.14 +- .1.525,in post-test .3.44+- with mean difference -.300 +.544 is statistically highly significant with t = 3.900, P= 0.000<0.01. Hence in control group, in pre- test 3.00+- 1.370 and in post-test 3.06+_ 1.058 with mean difference .-.060+- .956 was not significant with t = .444, P =.659> 0.05.

TABLE 3: COMPARISON OF EFFECTOF SCHMITHS AND FRENCH FIELD HOCKEY TEST BETWEEN THE SUB GROUPS OF HOCKEY PLAYERS

Subgroups HOCKEY	test	Mean	Std .error	Mean difference	S.D of difference	T value	d.f.	P value
control	pre	9.07	.093	.004	.158	.158	49	.875
	post	9.07	.092					NS
experimental	Pre	9.18	.090	.214	4.965	4.965	49	.000
	post	8.96	.07					HS

The level of performance in schmiths and French field hockey skill test, the experimental group of hockey players before the yoga practice was 9.18 +- .090,in post-test .8.96+- with mean difference .214 +4.965 is statistically highly significant with t = 4.965, P= 0.000<0.01. Hence in control group, in pre- test 9.07+- .093 and in post-test .9.07+_ .092 with mean difference .004+.158 was not significant with t = .158, P =.875> 0.05.

TABLE 3: COMPARISON OF EFFECT OF HALF MINUTES SHOOTING TEST BETWEEN THE SUB GROUPS OF BASKETBALL PLAYERS

Subgroups BASKETBALL	test	Mean	Stddevi	Std. error	Mean difference	S.D. of difference	T value	d.f.	P value
control	pre	28.16	1.899	.269	.060	.158	.158	49	.875
	post	28.22	1.447	.205					NS
experimental	Pre	28.52	1.054	.149	-.860	4.965	4.965	49	.000
	post	29.38	1.176	.166					HS

The level of performance in half minutes shooting test test, the experimental group of hockey players before the yoga practice was 28.52 +- .1.054,in post-test 29.38+- with mean difference -.-860 +4.965 is statistically highly significant with t = 4.965, P= 0.000<0.01. Hence in control group, in pre- test 28.16+- 1.899 and in post-test 28.22+_ 1.447 with mean difference .060+- .158 was not significant with t = 4.965, P =.875 > 0.05.

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TABLE4: COMPUTATION OF ANALYSIS VARIANCE PERFORMANCE OF BASKETBALL AAHPER CONTROL DRIBBLINGOF BASKETBALL PLAYERS

Game	Group	Test	Mean	S.D	Std Error	Mean Difference	S.D. of Difference	"T" value	df	"P" Value
Basketball AAHPER control dribbling	Control	Pre test	11.53	.863	.122	.033	.385	.606	49	.547 NS
		Posttest	11.50	.814	.155					
	Experimental	Pre test	10.96	.978	.138	.0.93	.126	5.199	49	.000 HS
		Posttest	10.87	.940	.133					

Level of control dribble in experimental group of basketball players before the yoga practice was 10.96 +- .978. In post-test 10.87+- with mean difference 0.93+-. 126 which is statistically highly significant with t = 5.199, P= 0.000<0.01. In control group, pre-test 11.53+- .863 and in post-test it was 11.50+_ 814 with mean difference 033+- .385 which was not significant with t = .606, P =0.547> 0.05.

TABLE 5: COMPARISON OF EFFECT BETWEEN THE SUB GROUPS OF BASKETBALL PLAYERS.

Groups	Test	N	Mean diff	Std div	T	P	
Basketball Control dribble	Control, pre-post	50	.33	.385	1.045	.298	HS
	Experimental, pre-post	50	.093	.126			

Among basketball players, change in the experimental group .093+-.126 was significantly higher comparedto control group .33+-.385 with t = 1.045, p = ..298. Soyoga is effective in experimental group basketball players.

TABLE 6: COMPUTATION OF ANALYSIS VARIANCE PERFORMANCE OF 25 YARD DRIBBLINGTEST OF BASKETBALL PLAYERS

Group	Test	N	Mean	S.D	Std error	M.dif	S.d of diff	"t"	df	p
Hockey 40yard dribbling Control group	Pre	50	5.13	.393	.056	.028	.340	.586	49	.560 NS
	Post	50	5.10	.392	.055					
Experimental group.	Pre	50	5.18	.393	.056	.230	.370	4.385	49	.000 HS
	Post	50	4.95	.479	.068					

The level of performance in 25 yard dribble test, the experimental group of hockey players before the yoga practise was 5.18 +- .393,in post-test .495 +- with mean difference .230 +-.370 is statistically highly significant with t = 4.385, P= 0.000<0.01. Hence in control group, in pre- test 5.13+- .393 and in post-test 5.10+_ .392 with mean difference .028+- .340was not significant with t = .560, P =.560 > 0.05.

TABLE 7: COMPARISON OF EFFECT BETWEEN THE SUB GROUPS OF DRIBBLINGOF PLAYERS.

Groups	Test	N	Mean diff	S.D diff	T value	d.f	P value
Hockey	Control	50	.028	.340	2.833	98	.006 HS
	Experimental	50	.230	.370			

Among Hockey players, change in the experimental group .230+- .370 was significantly higher in comparison to the control group where the mean difference was .028+- .340.There is no significantdifference in control group with the effects with t= .2.833,p=.006>0.05. So it shows yoga is effective in experimental group of hockey players.

CONCLUSION:

From the result of this study the investigators found yogic practicing group significantly improved on skill level after the six week of yogic practices. Finally it helps the Physical Education teachers to recommend suitable asanasas for sportsmen to actively performing their play in the light of study undertaken.

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