

# Effectiveness of Yoga on Physical Status and Orientation Ability among Female Football Players in Relation to Playing Position

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**Abstract – Football is probably the most popular game of the world but there is still limited scientific information available concerning the orientation abilities and physical fitness qualities of Indian female football player. Football is a highly structured analytical game in which players constantly have to deal with a complex and frequently and rapidly changing environment. In competitive sports, beautiful and graceful movements are a product of well-developed technical skills and coordinative abilities. The speed of learning of skill and its stability is directly dependent on the level of various orientation abilities.**

## INTRODUCTION

India is origin place of YOGA. Where it is believed that it is not only a technique to keep your body fit, but is also a way to save yourself from major injuries and increase concentration that is highly needed in an analytical game like Football and with female player the necessity become more prominent. The study will be the analysis of the effectiveness of yoga on orientation Abilities and Playing Position in Female Football Player.

## REVIEW OF THE STUDY

Singh, Varinder (2016)., Study of coordinative abilities between all India Inter University and Inter College female basketball players, The statistical analysis of data shows that there were significant differences for coordinative abilities. Singh amandeep., gaurav vishaw (2014) physical status and coordinative abilities among female football players in relation to different playing positions studied physical status and coordinative abilities among university level female football players in relation to different playing positions. Singh, Pal, Simrat, Singh, Sukhdev, Singh, Pritam (2015) Study of Co-Ordinative abilities of the male volleyball players at different level of competition. All the investigated measures of coordinative abilities found better. Singh Harpreet, Saini Ashwani (2017), Relationship of coordinative ability with the skills of basketball. Show that it was found in the orientation ability of basketball players of different level. On the other hand, basketball throw and dribble ability was not found significant related with the orientation ability. Rani Reena., 2018., Comparison of selected coordinative ability between male and female hockey players at university level. In relation to rhythm ability significant difference was

found between interuniversity male and female hockey players. Interuniversity male hockey players are far better in respect of rhythmic ability as compared to female hockey players. Pc Kumari Jyothi., G Sudhakar (2019)., Kabaddi Performance with selected coordinative ability of the state level men players of Karnataka found significant relationship found between the Relationship of selected coordinative ability such as Reaction Ability, Balance Ability and Rhythmic Ability with kabaddi performance among state level men players. Rana Singh Manoj, Rajpoot Singh Yajuvendra (2015) Relationship of Coordinative Abilities to Playing Ability in Combative Sports. The data was analyzed in the light of set an objective which was to investigate the relationship of Coordinative Abilities to Playing Ability in Combative Sports (Judo and Wrestling). All the five Coordinative Abilities (Balance Ability, Differentiation Ability, Orientation Ability, Reaction Ability and Rhythm Ability) were tested for each category of sport i.e. Judo and Wrestling.

## OBJECTIVE

The study of effect of Yoga on playing positions and Orientation Ability.

## HYPOTHESIS

There is No Significant difference in Pre-test and Post-test effect of yoga on playing position and Orientation ability female football players

## Sample

Simple random sampling is used for the study, Non Probability Method of Sampling, and the Purposive sampling method is used, as the study include only Female Football players in the study. The sample

selected is purposive but representative of the population the study includes female football players of Raipur District. 80 Female football players will be the sample size of the study

**Tools for Data Collection**

Standardized Self Developed Questionnaire on the was used for the study to collect sample.

**Tools of Statistical Analysis**

Statistical tool applied for the study are both descriptive and inferential analysis Mean, Standard Deviation, Factorial Analysis 't' was calculated

The study show the following result:

The study of effect of Yoga on playing positions and Orientation Ability.

Distribution of t value between Pre-test and Post-test in female football player in Experimental group.

Sr. No.	Variable	Category	Female Football Players	Mean	SD	't' Value	Level of Significance
01	Orientation Ability	Pre-Test	20	11.18	1.06	5.69	In Significant
02	Goal Keeper	Post-Test		14.43	1.57		

**Interpretation:**

The observation shows that, Hypothesis is rejected with 't' value is 5.69. which is more than the table value (0.05=2.26).The mean score difference state that post-test value of Experimental group of Female football players is more.

Sr. No.	Variable	Category	Female Football Players	Mean	SD	't' Value	Level of Significance
01	Orientation Ability	Pre-Test	20	12.49	1.36	11.20	In Significant
02	Defender	Post-Test		15.74	0.90		

**Interpretation:**

The observation shows that, Hypothesis is rejected with't' value is 11.20. which is more than the table value (0.05=2.26) .The value show that there is In Significant difference between Defender and Orientation Ability, The mean score difference state that post-test value of Experimental group of Female football players is more.

Sr. No.	Variable	Category	Female Football Players	Mean	SD	't' Value	Level of Significance
01	Orientation Ability	Pre-Test	20	13.25	1.84	10.89	In Significant
02	Midfielder	Post-Test		16.77	1.55		

(t =2.26, 0.05)

**Interpretation:**

The observation shows that, Hypothesis is rejected with 't' value is 10.89. which is more than the table value (0.05=2.26) .The value show that there is In Significant difference between Midfielder and Orientation Ability, The mean score difference state that post-test value of Experimental group of Female football players is more.

Sr. No.	Variable	Category	Female Football Players	Mean	SD	't' Value	Level of Significance
01	Orientation Ability	Pre-Test	20	11.99	0.96	9.32	In Significant
02		Post-Test		16.76	1.70		

**Interpretation:**

The observation shows that, Hypothesis is rejected with 't' value is 9.32. which is more than the table value (0.05=2.26) .The value show that there is In Significant difference between Attacker and Orientation Ability,. The mean score difference state that post-test value of Experimental group of Female football players is more.

**FINDING:**

- Experimental group of four playing position goalkeeper, defender, midfielder and attacker have shown that the orientation ability is in abundance in the Defender of female football players.
- Female football players of goalkeeper position in experimental group was given the treatment of yoga, where orientation ability was found to be higher in post-test.
- Female football players of Defender position in experimental group was given the treatment of yoga, where orientation ability was found to be higher in post-test.
- Female football players of midfielder position in experimental group was given the treatment of yoga, where orientation ability was found to be higher in post-test.
- Female football players of attacker position in experimental group was given the treatment of yoga, where orientation ability was found to be higher in post-test.
- It can be stated that, from the above data, it is concluded that the orientation ability has been found in the Goalkeeper of Female football players of the control group.

**DISCUSSION:**

Orientation ability more found in defender, for a defender his back and spine must be strong, the blood flow in the defenders body must be well, the

chest should be strong, for the same when Warrior I Pose (Veer Bhadrasana) and seated spinal twist (Sapta matsyendrasan) treatment was given it help blood flow in spine warrior pose and Spinal twist help in strengthen shoulder and chest, it also help in muscular muscles it helped the female football player to realize position of the body, its parts in space and time rhythm ability which enabled to grasp and motorically express rhythm which helped the Football Players in their Defence.

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