

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

Sanjeev Kumar Yadav\*

Research Scholar, Kalinga University, Naya Raipur

**Abstract – 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 researcher has tried to study the effect of yoga on physical status, playing position and Differentiation Coordinative ability of Female Football Player.**

## INTRODUCTION

Yoga now been a part of sports, yoga helps with flexibility, what we call join integrity, discipline, focus and balance," In a fast-paced, hard-hitting sport like football has now accepted the fact. The two complement each other both mentally and physically." Physical activity is an inherent trait of a human being. It becomes all the way imperative to identify the nature and the degree of this natural talent and to nurture, modifies and refines it to get the cherished outcomes.

The Players perform a lot of activities such as running, jumping, throwing, catching, kicking and striking etc. The activities are known as natural or universal skills. Exploring the possibilities of coordinative abilities the mystery of body and mind has long occupied researchers within fields such as phenomenology, psychology and cognitive science. 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 researcher has tried to study the effect of yoga on physical status, playing position and Differentiation Coordinative ability of Female Football Player.

## OBJECTIVE

The study of effect of Yoga on playing positions and Differentiation Ability

## HYPOTHESIS

- There is No Significant relation in Differentiation Ability Goal Keeper,

Defender, Midfielder, Attacker Playing Position and female football Players

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

## 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 Sudhakara (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.

**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 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 Differentiation Ability

**Analysis of Variance (ANOVA) among Female Football Players of different Playing Position with regard to Differentiation Ability of Raipur District**

Sr. No.	Sources of Variation	Total no of Female Football Players	Sum of Square	df	Mean Square	F Value	Level of Significance
01	Between Group	80	13.24	3	4.41	0.37	Insignificant
02	Within Group		904.02	76	11.89		
	Total		917.26	79			

[df = 3,76] {0.05 = 2.72, 0.01 = 4.04}

**• Interpretation :**

According to the above Observation, the significant level of Female football players of Raipur District is found Insignificant. The level of significance is high than the table value which is  $0.37 >$  at  $(0.05 = 2.72$  and  $0.01 = 4.04)$ . Hence hypothesis is rejected.

Sr. No.	Variable	Category	Female Football Players	Mean	SD	't' Value	Level of Significance
01	Differentiation Ability	Pre-Test	20	18.56	4.55	12.53	In Significant
02		Post-Test		22.82	4.10		

**Interpretation:**

The observation shows that, The calculated ‘t’ value is 12.53. which is more than the table value  $(0.05=2.26)$  .The value show that there is In Significant difference between Goal Keeper and Differentiation Ability, Hence Hypothesis is rejected .The mean score 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	Differentiation Ability	Pre-Test	20	18.94	4.71	8.63	In Significant
02		Post-Test		23.44	3.45		

**• Interpretation:**

The observation shows that, The calculated ‘t’ value is 8.63. which is more than the table value  $(0.05=2.26)$  .The value show that there is In Significant difference between Defender and Differentiation Ability, Hence Hypothesis is rejected .The mean score 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	Differentiation Ability	Pre-Test	20	17.74	2.58	14.44	In Significant
02		Post-Test		22.65	2.99		

**• Interpretation :**

The observation shows that, The calculated ‘t’ value is 14.44. which is more than the table value  $(0.05=2.26)$  .The value show that there is In Significant difference between Midfielder and Differentiation Ability, Hence Hypothesis is rejected .The mean score 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	Differentiation Ability	Pre-Test	20	17.76	3.12	13.43	In Significant
02		Post-Test		22.29	2.63		

**• Interpretation :**

The observation shows that, The calculated ‘t’ value is 13.43. which is more than the table value  $(0.05=2.26)$  .The value show that there is In Significant difference between Attacker and Differentiation Ability, Hence Hypothesis is rejected

.The mean score value of Experimental group of Female football players is more.

### **FINDING:**

From the above interpretation the following finding were found:

- It can be concluded that there is a relation between the playing position and Differentiation Ability of the Female football players of Raipur District.
- It can be stated that, from the above data, it is concluded that the Female football players of goalkeeper position in experimental group was given the treatment of yoga, where Differentiation 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 Differentiation 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 Differentiation 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 Differentiation ability was found to be higher in post-test.

### **CONCLUSION:**

Differentiation ability more found in Midfielder, for a Midfielder his Muscle thigh and Physical balance must be strong, when Cow pose (Gaumukhasana) and Chair pose (utkatasana) treatment was given. The effectiveness of the yoga improved the performance of the Female football player

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### **Corresponding Author**

**Sanjeev Kumar Yadav\***

Research Scholar, Kalinga University, Naya Raipur