

EFFECT OF YOGIC PRACTICES ON FLEXIBILITY AMONG RURAL SCHOOL BOYS

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Abstract

The purpose of the study was to find out the effect of yogic practices on flexibility among rural school boys. For this study totally 30 school boys as subjects from Tiruvannamalai, Tamilnadu were randomly selected and their age ranged between 14-17 years. The selected subject were divided into two groups within 15 subjects in each group namely one experimental group-I (n=15) underwent yogic practices and another group-II (n = 15) acted as control group for a period of six weeks. The groups were drawn at random from the some population 30 subjects of the two groups were tested on selected criterion variables flexibility. Prior and after the training period to find out the variance in each criterion variable due to the application of independent variable analysis of covariance was applied (the process through which the pretest mean difference between the groups can be adjusted to posttest mean). The obtained 'F' ratio was tested for significant at 0.05 level of confidence. The finding of the study revealed that there was a beneficial effect on flexibility for experimental group when compared to the control. The training was more effective for yogic practices group.

Key words: Flexibility, Rural, Yoga.

INTRODUCTION

Yoga has a lot of definitions floating around in today's world; however, if we go back to the roots of the word, we find that the term 'Yoga' has its origins in Sanskrit. It means to unite – Yoga helps the body to unite with the other vital metaphysical aspects of the mind and spirit. It is also often defined as a lifestyle which aims to have a healthy mind within a healthy body.

Most simply defined, yoga is a set of poses or 'asanas', coupled with breathing techniques, which help impart strength and flexibility to the body while helping to

balance the mind and its' thinking. Unlike other physical forms of exercises, like the aerobics, by practicing yoga, one can not only achieve physical health, but also mental and spiritual wellbeing. The aim of yoga is to promote overall wellbeing of the body. And though, it is found beneficial for a variety of conditions, it is not considered a therapy for specific illness. Unlike other forms of exercises, yoga has a more holistic approach to teach the people the right way to lead their lives disease free and stress free.

The conceptual background of yoga has its origins in ancient Indian philosophy. There are numerous modern schools or types

of yoga (i.e., Iyengar, Viniyoga, Sivananda, etc.), each having its own distinct emphasis regarding the relative content of physical postures and exercises (asanas), breathing techniques (pranayama), deep relaxation, and meditation practices that cultivate awareness and ultimately more profound states of consciousness. The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psycho-physiological benefits of the component practices. The physical exercises (asanas) may increase patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety, and thus result in higher quality of life. Other beneficial effects might involve a reduction of distress, blood pressure, and improvements in resilience, mood, and metabolic regulation (*Kirkwood et al., 2005*).

Statement of the Problem

Training Programme

S.No	Yogic Practices	Duration
1	Loosening exercises	5 minutes
2	Suryanamaskar	5 minutes
3	Vajrasana	3-4 minutes
4	Padmasana	3 minutes
5	Pavanamuktasana	3-4 minutes
6	Sarvangasana	3 minutes
7	Yoga Mudra	3-4 minutes
8	Sitali Pranayama	3 minutes
9	Bhastrika Pranayama	3-4 minutes
10	Savasana	5 minutes

The purpose of this study is to determine the effect of yogic practices on flexibility among rural boys.

Methodology

The purpose of this study, 30 school boys as subjects from Tiruvannamalai, Tamilnadu were randomly selected and their age ranged between 14-17 years. The selected subjects were divided into two groups within 15 subjects in each group namely one experimental group-I (n=15) underwent yogic practices and another group-II (n = 15) acted as control group for a period of six weeks.

The method of performing the test on flexibility was explained to the subjects before conducting the test. The research scholar explained and demonstrated the sit and reach test to the subjects. The subjects of the experimental group received personalized attention and supervision of the trainer in relation to the yogic practices. The training was given for forty minutes in the morning hours between 7.00 - 7.40am for 5 days a week for six weeks.

Result and Statistical Analysis

The data collected were statistically examined by applying analysis of covariance (ANCOVA) to find out the difference. Whenever, the obtained 'F' ratio for inter action effect was found to be significant.

Table – I
Analysis of Covariance for Pre and Post Test Data on Flexibility of Experimental and Control Groups

Test	Yogic Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	'F' Ratio
Pre-test Mean	31.60	30.13	Between	16.13	1	16.13	1.14
			Within	395.33	28	14.11	
Post-test Mean	37.60	30.06	Between	425.63	1	425.63	36.06*
			Within	330.53	28	11.80	
Adjusted Post Test Mean	34.60	30.09	Between	281.63	1	281.63	265.47*
			Within	28.64	27	1.06	

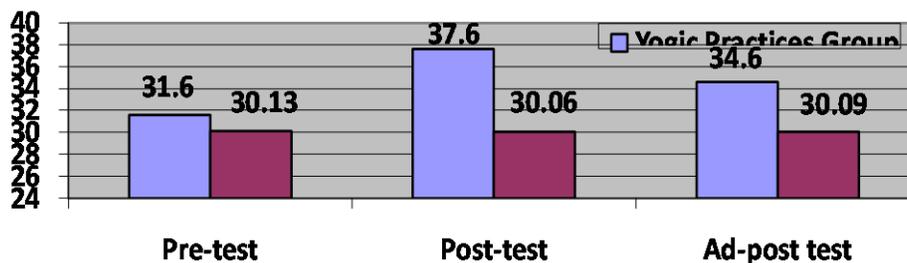
**Significant at 0.05 level.*

(The table value required for significant at 0.05 level of confidence with degree of freedom 1&28; 1 and 27 are 4.41 and 4.45 respectively)

Table –I shows that the pretest means on flexibility of the yogic practices group and control group are 31.60 and 30.13 respectively. The obtained 'F' ratio value 1.14 for the pretest scores of yogic practices group and control group on flexibility is lesser than the required table value 4.41 for significance at 0.05 level. It revealed that there is no significance difference between the yogic practices group and the control group on flexibility. The posttest means on flexibility of the yogic practices group and control group are 37.60 and 30.06 respectively. The

obtained 'F' ratio value 36.06 for the post test score is greater than the required table value 4.41 for 1 & 28 degrees of freedom at 0.05 level of significance. The adjusted posttest mean on the flexibility of the yogic practices and control groups are 34.60 and 30.09 respectively. The obtained 'F' ratio value of 265.47 for the adjusted post test data is greater than the required table value 4.45 for 1 & 27 degrees of freedom at 0.05 level of significance. It shows that there is a significant change on the flexibility as a result of the yogic practices programme of the karate boys.

Fig –1
Bar Diagram Showing Pre-test, Post-test and Adjusted Post-Test Mean of Experimental and Control Groups on Flexibility



Discussion on Findings

The results of the study showed that there was significant improvement of flexibility due to the influence of yogic practices of karate boys. These findings of the study are in conformity with the results of Upadhyay, et.al, (March 2010). Mahadevan, et. al., (April-June 2008).

Conclusion

Based on the results of the study flexibility was significantly increased due to six weeks yogic practices group when compared to the control group.

References

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