



EFFECT OF SIX WEEK YOGIC EXERCISE ON PHYSICAL FITNESS OF INTER COLLEGIATE VOLLEYBALL PLAYERS IN ANDHRA UNIVERSITY

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Abstract:

The purpose of the present study was to find out the Effect of Six Week Yogic Exercise on Physical Fitness of Inter Collegiate Volleyball Players In Andhra University. Physical fitness is not only of the most important keys to healthy body, it is the basis of dynamic and creative intellectual activity. Promoting physical fitness of young and older adults is essential in reducing healthcare expenditures which would occur in the future for those with chronic health problems. Yoga is a multifaceted spiritual tool with enhanced health and well-being as one of its positive effects. The relationship between soundness of the body and the activities of the mind is subtle and complex. Yoga is a discipline to improve or develop one's inherent power in a balanced manner. It offers the means to attain complete self realization. Yoga and Physical fitness are two keys for good performance in day-to-day life. To achieve this purpose 80 Volleyball players (Men) in various teams of affiliated colleges of Andhra University, Visakhapatnam. Their age ranged from 17 to 26 years. the selected subjects were Conduct Height, Weight, Body Mass Index (BMI), Speed, Physical Fitness Index (PFI), Blood Pressure (BP) were measured to find out the correlation among pre and post situation. Height, PFI and Systolic blood pressure were found positively significant in 0.05 level after six-week yogic training. . Emulate data were collected after the experimental period was collected data was a statistically significant improvement in using analysis of co variation and "F" ratio was found to be significant; Scheffe's test was used as a post-test to determine which of the paired means differed significantly. In all cases, the criteria for statistical significance were set at 0.05 level of confidence ($P < 0.05$) short term of yogic training may reduce disease risk factor and may improve the playing performance.

Keywords: Yogic Exercise, Physical Fitness , Volleyball Players , Andhra University.

INTRODUCTION:

The system "Yoga in Daily Life" is designed in such a way that the body is gradually and systematically prepared, leading from simple preparatory exercises toward the more advanced and difficult Asanas. Periods of relaxation are included at the b to relax; the feeling for one's own body is deepening. Physical and mental relaxation is prerequisites for the correct performance of all yoga exercises and it is only in this way that the effects of the Asanas completely disclose.

The most precious possession of a person is Health. One who enjoys the advantages of good health can enjoy life in the real sense. Health is the key to success in life and a source of true enjoyment. A man should be capable of doing physical as well as mental work. Without health, one can neither do great acts nor think great thoughts. The student life is said to be the seedling time of life. During this stage the mind lies in a fluid condition, thereby it can be molded into any shape one desires. Hence, some awareness measures were taken about providing proper education to students regarding the beneficial effects of good health. In this stage yoga, sports and games are absolutely necessary for



health. In the advanced countries, yoga, sports and games contribute a vital aspect of school and college curricula. Unfortunately, however, in our country so long they did not get much importance. Recently greater attention is being paid to them by the educational authorities. Yoga is necessary for the mind as for the body. It keeps us physically fit and in good health. As a healthy brain can reside only in a healthy body, yoga, sports and games are also necessary for intellectual progress. They also help the formation of character by teaching the virtue of discipline. Yoga is now viewed as instruments for building up a strong healthy and active future generation.

Yoga is a discipline to improve or develop one's inherent power in a balanced manner. It offers the means to attain complete self-realization. Yoga can therefore be defined as a means of uniting the individual spirit with the universal spirit of God. According to Maharishi Patanjali, yoga is the suppression of modifications of the mind.

Asana is the Sanskrit word for a physical posture. Expressed in general terms, Asana denotes a specific position which can be held in a relaxed and comfortable manner for a long period of time. Asanas are beneficial for the muscles, joints, cardiovascular system, nervous system, and lymphatic system, as well as the mind, psyche, and chakras. They are psychosomatic exercises, which strengthen and balance the entire nervous system and harmonize and stabilize the practitioner's state of mind. The effects of these exercises are a sense of contentment, clarity of mind, relaxation, and a feeling of inner freedom and peace beginning and end of each Yoga class, as well as between the individual exercises. By developing the ability.

STATEMENT OF THE PROBLEM:

To purpose of the study "Effect of Six Week Yogic Exercise on Physical Fitness of Inter Collegiate Volleyball Players In Andhra University"

METHODOLOGY :

The purpose of the study was to find out the "Effect of Six Week Yogic Exercise on Physical Fitness of Inter Collegiate Volleyball Players In Andhra University." "Selection of subjects, experimental design, selection of variables, selection of tests, collection of data, and statistical procedure have been explained in the purpose of the study was to find out the Effect of Six Week Yogic Exercise on Physical Fitness of Inter Collegiate Volleyball Players In Andhra University " the age of the subjects ranged from 17 to 26 year's inter collegiate athletes." The investigator was explaining the purpose, nature, studying in Affiliated Colleges of Andhra University in Visakhapatnam. The research scholar reviewed the various scientific literature pertaining to yogic exercises and aerobic training on selected psychological variables from books, journals, and research papers, taking into consideration the feasibility of criteria, availability of instruments and the relevance of the variable of the present study, the following later, collected data were put into the statistical using analysis of covariance to find out the significant mean differences. The study reveals that yoga training played a key role in decrease anxiety. The questionnaire developed by Dr.N.Vijay Mohan, Professor , and Dr.A.Pallavi, Associate Professor ; so, it can be concluded that yogic exercises and aerobic exercises made a significant impact on the control group psychological variables of the inter collegiate Volleyball under study.

Population And Sample

Eighty Members of Volleyball Players (Men & Women) were randomly selected as the population of the present study. Among were finally evaluated, because the others were not participated the training programme regularly.



Tools:- In this study observation schedule were used for the collection of research data, the description of the observation schedule and the time frame are give below in details :-

- a) Health and Physical fitness test.
- b) Yogic exercise.

Health And Physical Fitness Parameters:

There are various components of physical fitness some of are selected for present study which are following–

- A) Height
- B) Weight
- C) Body Mass Index (BMI)
- D) Speed – 50 yard dash test
- E) Physical Fitness Index (PFI)
- F)Blood Pressure (BP)

Research Procedure:

After selection of the subject, the subjects were informed about the aim and objectives of the study. In first day, the Height, Weight, PEI, Blood pressure were measured. From the next day training was started. After completion of the training the variables were again measured and the statistical interfaces were done.

Statical Procedure:

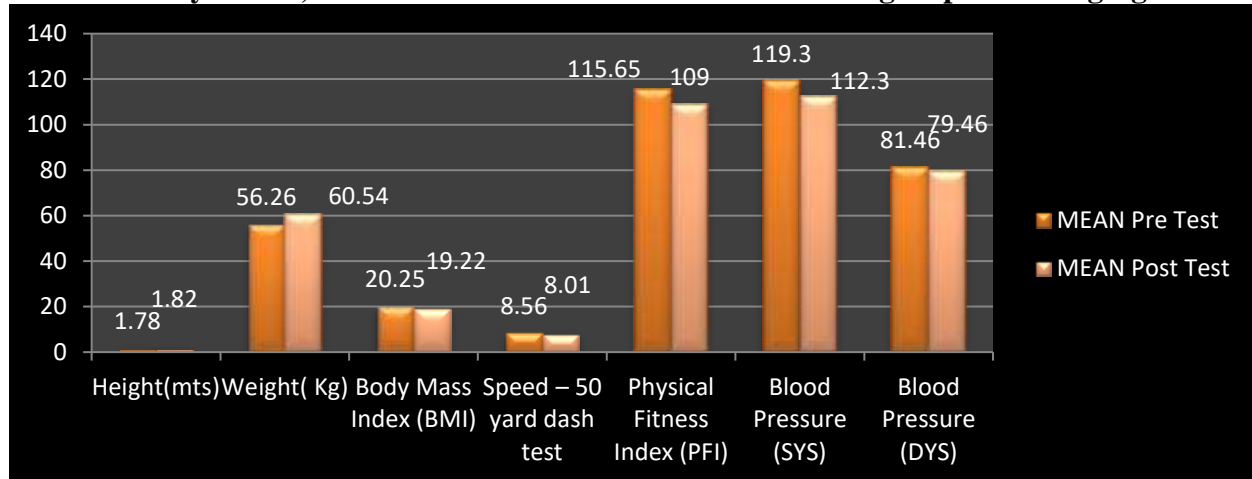
For analysis of the data collected from Volleyball players in Andhra Universit , Mean and SD was computed. To find out the effect of yoga on selected health and physical variables of students T-test was applied for testing the hypothesis the level of significance was set at .05 levels.

Table- 1: Yogic Exercise on Physical Fitness of Inter Collegiate Volleyball Players In Andhra University Mean, SD, and t test values P Test values Pre Test and Post Test. Data of the group.

| S.No | VARIABLES | MEAN | | S.D | T Value | P Value |
|------|------------------------------|--------------------|--------------------|--------|---------|---------|
| | | Pre Test | Post Test | | | |
| 1 | Height(mts) | 1.78 Mts ±07 | 1.82 Mts ±07 | 1.651 | 0.041 | 0.000 |
| 2 | Weight(Kg) | 56.26 Kgs ±6.36 | 60.54 Kgs ±6.36 | 42.325 | 0.751 | 0.000 |
| 3 | Body Mass Index (BMI) | 20.25 ±2.74 | 19.22 ±2.90 | 9.532 | 0.081 | 0.000 |
| 4 | Speed – 50 yard dash test | 8. 56 ±.79 | 8.01 ±.70 | 3.214 | 0.005 | 0.000 |
| 5 | Physical Fitness Index (PFI) | 115.65 ±20.33 | 109 ±20.34 | 63.487 | 1.452 | 0.000 |
| 6 | Blood Pressure (SYS) | 119.3 ±16.23 | 112.3 ±16.23 | 68.325 | 1.002 | 0.000 |
| 7 | Blood Pressure (DYS) | 81.46 ±13.18 | 79.46 ±13.18 | 32.012 | 0.964 | 0.000 |

the level of significance was set at .05 levels

Figure 1 : : Yogic Exercise on Physical Fitness of Inter Collegiate Volleyball Players In Andhra University Mean, Between Pre Test Post Test. Data of the group following figure.



RESULT AND DISCUSSION:

This first purpose of this study was to determine the effects of yoga training on components of health and physical fitness which included: body height, weight, BMI, Heart rate PFI. Data examined by paired samples t-test to test for statistical significance with 0.05 level using the SPSS package 16. Mean, SD, and t test values Pre Test and Post Test. Data of the group.

The table 1 show that the pre and post test mean values of health and physical fitness variables. The pre and post test recorded score were in height 1.78 & 1.82 mts, weight 56.26 & 60.54kg, BMI 20.25 & 19.22, PFI 115.65 & 109.00, Blood pressure(S&D) 119.3 & 112.3, 81.46 & 79.8 mm/hg respectively, and speed 8.56 & 8.01 /sec . Weight, PFI and systolic Blood pressure were found significantly changed among pre and post test data in 0.05 level. Systolic blood pressure reduced markable but it was not significant in 0.05 level. Within six week of training the reaction time also develop which reflected by the speed, but in this short time it was not shown a significant differences. Body mass index also reduced towards the normal value. The beauty of yoga is that its benefits are available to students of every school-age group,” according to Henningsen. yoga can be a comprehensive approach to stress, something which is needed in the often tension-filled lives of children today. Yoga has also been shown to help children with attention problems, Yoga has been found to have physiological benefits for children through rehabilitation processes. Clinical studies also indicate that yoga improves academic performance and emotional balance. This article claims that yoga can be a valuable tool for children to become healthy and lead disease free life. We believe that the following statement also applies for young people: “If you practice yoga every day with perseverance, you will be able to face the turmoil of life with steadiness and maturity” Today’s volleyball players require a creative, interactive syllabus, and participatory method in the teaching–learning process. This approach is applicable for learning yoga too. Thus, if we can communicate with children effectively, they can adopt yoga as a powerful tool for themselves to minimize stress, as well as develop healthy lifestyle with it. We believe in the need to focus on research to understand the ways children and young people can



enjoy learning yoga, sustain it in practice, and use it in daily life. They may use yoga in any kind of emotional and social stress situations. Our study also influence the same result and it may infer that the *yogasana* practice brought significant improvement in physical fitness of volleyball players in Andhra university who were actively participated the six-week training.

CONCLUSIONS:

The preponderance of the research evidence shows that the *yogasana* practices on selected physical variables. In the light to the limitations and experimental conditions of this study, the following conclusions were drawn from the results presented in the previous chapter. Six weeks Yoga training is beneficial for controlling of body weight of the volleyball players . Regular practice of yoga is beneficial in improving Physical efficiency of an individuals and performance levels .

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