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## Impact of selected asana on speed variables of female students

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### Abstract

For this study 30 female PG students were selected from Karnataka state women's university, Bijapur, through fitness test it was decided that all the students were suitable for this study. Trainees of the experimental group were trained daily for an hour which includes some yogic breathing exercise for five minutes followed by Asanas and Pranayam. The training Schedule included-Asanas and physical exercises such as 50 yards dash test for assess the effect of asana on motor fitness of female students. "t" test was used to find out the significant of mean difference of physical fitness among pretest and post test. The statistical significant level was 0.05. The "t" proved that there is significant effect of twelve week training on speed variables level of female students.

**Keywords:** Yoga, physical fitness and speed

### Introduction

The word "yoga" is derived from the Sanskrit root yuj, which means 'to bind', or "to join", or "to attach", or "to yoke". According to Swami Satyananda Saraswati "yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of the today and the culture of tomorrow". The Sanskrit tem yoga is most frequently interpreted as the "union" or "communion". It is the true union of our will or consciousness (jiva-atma) with the will or super conscious of god (parama-atama). Yoga is a timeless pragmatic science evolved over thousands of year dealing with the physical, moral being of man as a whole.

Yoga is universal benefiting to all people of all ages. The study of yoga is fascinating to those with a philosophical mind and is defined as the silencing of mind's activities which leads to complete being.

Modernization and urbanization have reduced the physical fitness of human beings and increased the dependence on machines for all the work. Manual labour has been considerably reduced and physical activity is considered to be low in dignity and hence avoided. Therefore, general physical fitness has come down, and to restore it, human beings will have to revert to the age old habits.

Physical fitness includes speed, flexibility, rhythm, power, strength, coordination, muscular endurance, cardiovascular endurance, agility etcetera. These characters are all equated with the healthy functioning of the body. Another important part of physical fitness in the athletic powers. The various aspects of physical fitness and the skill are interrelated.

### Exercise

Johnson and Stobberg (1971) stated that the word "exercise" refer to conscious and purposeful activity. Usually if sufficient intensity to increase to some degree of respiratory and circulatory function. It refers only to the actual movement process at the time it occurs and should not be confused with the conditioning or training. Physical exercise in any organized activity that involves continuous participation. Exercise occupies a leading role in keeping a person fit. It will be difficult to adjunct one's life in terms on stress, diet, and sleep and so on without proper exercise. Studies carried out by different expert of field reveals that yoga is best art to develop harmonious personality.

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**Definition of the terms**

Yogasana: Asana means posture or pose, which states that poses should be comfortable, easy and steady in position. Postures balances the physical body, reduces tension, improves flexibility, maximize the flow of energy.

Pranayama: In Sanskrit ‘Prana’ means vital energy or Life force or cosmic energy. ‘Ayama’ means control or regulation. Thus the pranayama is act of control or regulation of breathing to integrate vital force.

Rhythmic breathing calms down the mind. Prana on the physical plane is connected with the functioning of the mind. By controlling prana, the wave of the mind is controlled and develops the power of concentration and clarity of thought.

**Speed:** Moving the whole body part of the body very quickly/in a short time.

**Statement of the problem**

The Purpose of the present study is to investigate “Impact of selected Asana on speed variables of Female students” of Karnataka state women’s University, Bijapur

**Hypothesis**

1. It is Hypothesized that selected yogasana was significantly improved on the speed motor Fitness level among Post Graduate students of the Karnataka state women’s University, Bijapur.
2. It hypothesized that the selected yogasana would leads improve speed ability among the yoga practitioners

**Limitations**

1. The food nutrition and the body types of the students are not taken into consideration.
2. Age was recorded as found in the college admission register.
3. The research scholars have to consider the responses of the subjects to the Physical Exercises such as 50 yards dash test

**Delimitations**

1. The present study is delimited to 30 students belong to the Post Graduate Students.
2. The present study is delimited to Post Graduate female students belonging year age to 20-26.
3. Only selected yogasana was practiced for a period of 42 days.
4. The present study was delimited of Karnataka state women’s University, Post Graduate students only.

**Methodology**

The purpose of this study is to find out “Effect of selected yogasanas on Speed motor variables level among Post Graduate students” of Karnataka state women’s University, Bijapur.

**Selection of the subjects**

In the present study single group design procedure was followed. A group of 30 Post graduate students was selected from Karnataka state women’s university; the selected subjects were under gone twelve weeks yogasanas training. The researcher was adapted Pre-test and Post-test procedure to assess the differences.

**Selection of the Variables**

The Physical variable selected for the present study was,

Speed, Speed status of the subjects in the present study was estimated with the help of 50 yards dash test.

Selected Yogasana and pranayama for the Training as following

1. Standing Asanas: Tadasana, Vrikshasana, Hanumanasana.
2. Sitting Asanas: Padmasana, Paschimottanasana.
3. Proline Asanas: Salabhasana, Dhanurasana, Bhujangasana.
4. Supine Asanas: Naukasana, Sarvangasana, Halasana, Matsyasana, Shavasana.
5. Pranayama. Yogic breathing, Anuloma-Viloma, Nadi Shodhana, Bramari.

**Collection of data**

By conducting 50 yards dash test in the Karnataka state women’s university Playground, the data was collected at from subjects to asses Pre-test and Post-test effect of Yoga Training on speed variables

**Statistical technique**

T-test was applied to assess the significant difference in mean score of Pre- test and Post- test of speed.

**Discussion and Analysis of data**

The purpose of the study was to see the Experimental “Effect of selected yogasana on speed level among post graduate students.” The obtained data was calculated as per the norms using such as Mean, Standard deviation and t value for the obtained pre-test and post-test.

**Table 1:** Showing the pre-test and post –test for Speed performance

Speed performance	Sample size	Mean	SD	Calculate Value	Table-value
Pre-test	30	18.96	1.54	8.391	2.045
Post- test	30	16.91	1.91		

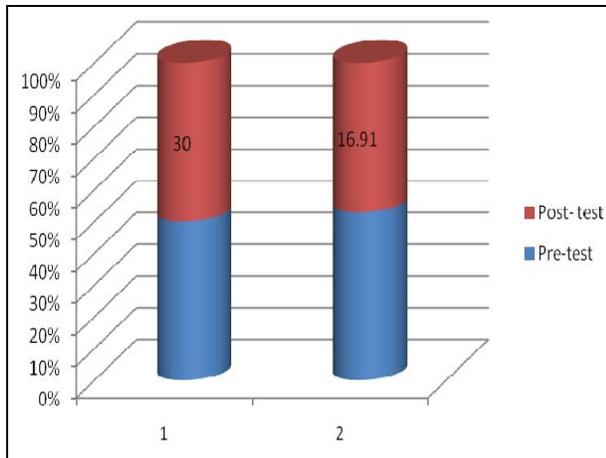
The level of significant 0.05=Table value=2.045.

Table no-1-indicates that the t value is more than the table value that is 2.045, hence it is significant. The pre-test mean value is 18.96 and the post-test mean value 16.91. The post-test mean value is less than pre-test mean value. It shows significant improvement in the speed performance.

**Discussion and findings of Speed**

Speed is the quickness of movement of limb. Off course speed is influenced by the athlete’s mobility, special strength endurance and technique. So the particular study reveals the potential of the subjects which directly affects on future planning. When we refer TABLE-1 it was reveals that calculated ‘t’ value was greater than the table value and data was employed to find-out the effect of yoga training post means that was also significant. In this study the statistical analysis of the data, it was found that yogic exercise has improved speed than the pre-test condition It may be due to the reason that speed is product of various fitness and motor qualities of the students, therefore, Regular yogic exercise is going to develop the motor qualities and explosive strength among the practitioners, hence, in post-test condition yogic exercises group has shown better performance in their speed variables than pre-test condition. Hence formulated hypothesis was, there would be significant difference in the speed between pre-post session conditions have proved statistically and formulated hypothesis is accepted.

**Graph showing the significant effect of yoga training on speed variables of Post graduate students**



**Conclusion**

The result of the study generally supported to the proposed hypothesis the selected yogasana training, should play a vital role in improving the motor performance among post graduate female students. Speed Performance have been influenced by twelve week training, hence yoga should be the part of curriculum of all the stage.

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