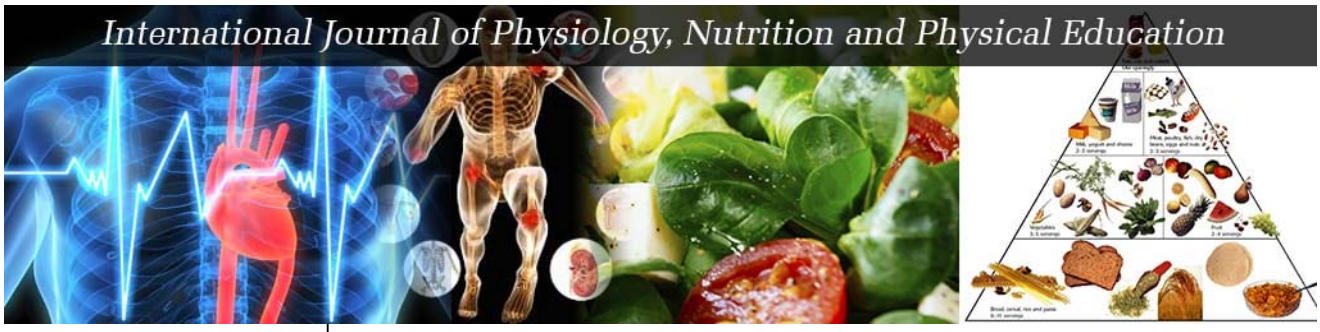

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Effect of six weeks training of balancing yogic asanas on Sai football skills test of male players

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Abstract
Introduction: The physical fitness is the sum total of five motor abilities namely strength, Speed, endurance, flexibility and co-ordination abilities. These five motor abilities and their complex forms (e.g. strength, endurance, explosive strength endurance, explosive strength etc) are the basic pre requesting for human motor action.
Objective of the study: 1) To know the effect of balancing yogic asana training on selected SAI football skills test of male players. 2) To compare the experimental and control group in relations to selected SAI football skills test of male players.
Materials and Methods: 60 football male players who participated at intercollegiate level will be randomly select as subjects for this study. They will be dividing in two groups of 30 subjects each. One group will act as control group named B. The other group name group A. group A will act as experimental group. Age of the subjects will range from 19-25years.
Result: The calculated "t" value for 30 Mts. Running with the ball (8.21), Kicking Accuracy (10.32) and Juggling (16.76) from experimental group are found higher significant.
The calculated "t" value for 30 Mts. Running with the ball (-3.41) from control group is found insignificant. Kicking Accuracy (5.88) and Juggling (4.18) was found significant.
Conclusion: 1) The experimental group trained by yogic asanas showed significant improvement in the 30 meters running with the ball, kicking accuracy and juggling. 2) Control group showed no significant difference in 30 meters running with the ball, kicking accuracy and juggling.

Keywords: Intercollegiate, Balancing Yogic Asanas, SAI Skill Test and Football.

Introduction
In yoga the physical exercise called "asana" are nonviolent an provide a gental stretching that acts to lubricate the joints, muscles, ligaments, tendons, and other parts of the body, asana help to tone the nervous system, improve circulation release tension and increase flexibility. When performed in slow and relaxed manner, they are designed to develop to more than just the physical body. They also broaden the mental faculties and enhance the spiritual capabilities. Asana are designed promote a stat of mental and physical well-being or good health, this may be define as the condition that is experienced when all the organs functions efficiently under the intelligent control of the mind. Asana have extraordinary capacity to overhaul, rejuvenated, and bring the entire system into a state of balance although they are performed by the physical body. Asana also have profound effects on the astral body. Asana initially focus on increasing and maintaining flexibility of the spine, toning and rejuvenating the nervous system. The gental stretching, twisting and bending movements bring flexibility to other joints and muscles of arch supply of nutrients and oxygen to all the cells of body. Asana work in much the same way as acupuncture or shiatsu. But the yogic system of panic balancing is more suitable, to gain the benefit but once to feel the benefits they will last longer. The different poses put pressure on various points purifying and strengthens the nadirs.
According to B.E.A. Ibara Physical fitness is the capacity tob carry our reasonable way various forms o9f physical activities without being unduly fired and include qualities important to the individuals health and way being regular participation in vigorous exercise increase physical fitness is desirable for full productive life, sedentary living habits and poor physical fitness have a negative impact of both health and daily living.
The physical fitness is the sum total of five motor abilities namely strength, Speed, endurance, flexibility and co-ordination abilities.

These five motor abilities and their complex forms (e.g. strength, endurance, explosive strength endurance, explosive strength etc) are the basic pre requesting for human motor action. Therefore, the sports depends to a great extends on these abilities. The improvement and maintenance of physical fitness perhaps the most important aim of sports training. Each sport requires a different type of fitness training is required for different sports. Some sports like distance running require a very high level of endurance but a low level of other abilities.

Objectives

1. To know the effect of balancing yogic asana training on selected SAI football skills test of male players.
2. To compare the experimental and control group in relations to selected SAI football skills test of male players.

Materials and Methods

60 football male players who participated at intercollegiate level will be randomly select as subjects for this study. They will be dividing in two groups of 30 subjects each. One group will act as control group named B. The other group name group A. group A will act as experimental group. Age of the subjects will range from 19-25years.

Experimental design

1. The pre and post-test of selected test items of SAI football skill test were conducted on all the subjects of experimental group and control group.
2. The six weeks balancing yogic training program for the experimental group were conducted on five days in a week.
3. Control group subject were not participant in balancing asanas training program.

Result, Discussion and Conclusions

The statistics analysis of data collected on 60 subjects of school football players, divided into experimental group and control group, has been presented in this chapter. To find out the significance of difference shown by the group after six weeks of balancing yoga training program and to find out the significant difference within group (between initial and final score) of experimental and control group. Paired "t" test was applied to find out the between group difference.

The mean difference of different tests of experimental group and control group and their "t" values are presented in table 1 & 2.

Table 1: Pre and Post Test Comparision Of experimental Group

Test	Pre Mean	Post Mean	D.M	SD_{DM}	t-ratio
30 Mts. Running with the ball	5.95	5.44	0.51	.0614	8.21*
Kicking Accuracy	5.60	8.50	-2.90	.2810	10.32*
Juggling	4.93	20.80	-15.87	.9465	16.76*

*significant at. 05 level. "t".05 (29) = 2.04

Table-3 clearly imparts knowledge that all three components of experimental group for significantly improved with 0.05 level yielding. T than tabulated value. Subsequent to the finding of significant - t value it is indicated that the experimental group is shows significant improvement in speed and football control while running, kicking efficiency and balancing ability, agility and reaction ability.

Table - 1 Indicates that the performance of 30 meter running with the ball test was based on time therefore according to the table 1 the pre mean value (5.95) and post mean value (5.44) of experimental group was clearly revealed that the post mean value of 30 meter running with the ball was decrease in comparison to the pre mean value of the test. As the performance of the subjects in this test was selected with time therefore the decreased value of post mean data showed the improvement in performance of the subjects.

The graphical representation of pre and post test means of Kicking Accuracy and Juggling are presented in figure 1.

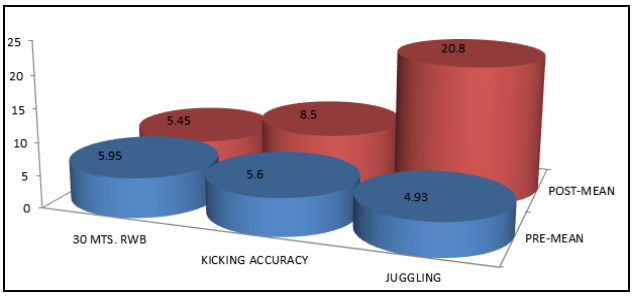

Fig 1

Table 2: Pre and Post Test Comparision of control Group

Test	Pre Mean	Post Mean	D.M	SE_{DM}	t-ratio
30 Mts. Running with the ball	5.82	6.22	-0.40	.1157	-3.41
Kicking Accuracy	5.60	4.66	0.94	.1585	5.88*
Juggling	5.03	3.63	1.40	.3342	4.18*

*significant at. 05 level. "t".05 (29) = 2.04

Table - 4 clearly imparts knowledge that two components of control group showed significantly difference at 0.05 level yielding. The calculated "t" value for Kicking Accuracy (5.88) and Juggling (4.18) from table-2 was found significant. The T value for two variables found significant because calculated value is more than tabulated value. According to table- 2 the pre and post mean value of kicking accuracy (5.60, 4.66) and juggling (5.03, 3.63) showed significant difference but the post mean was decreased in comparison to the mean data therefore the performance of the subjects of control group was decreased.

One component of control group was also not significantly improved at 0.05 level yielding. The calculated "t" value for 30 Mts. Running with the ball (-3.41) from table-2 was found insignificant. The T value was found insignificant because tabulated value was more than calculated value. Subsequent to the finding of significant - t value it was indicated that the control group was not significantly improve in speed and

football control while running.

Table - 4Indicates that the performance of 30 meter running with the ball test was based on time therefore according to the table 4 the pre mean value (5.82) and post mean value (6.22) of control group was clearly revealed that the post mean value of 30 meter running with the ball was increase in comparison to the pre mean value of the test. As the performance of the subjects in this test was selected with time therefore the increased value of post mean data showed the not improvement in performance of the subjects.

Thus the hypothesis is accepted i.e. that the experimental group will be found superiors than control group in relation to the SAI Football skill test.

The graphical representation of pre and post test means of control group for 30 Mts. Running with the ball, Kicking Accuracy and Juggling are presented in figure 2.

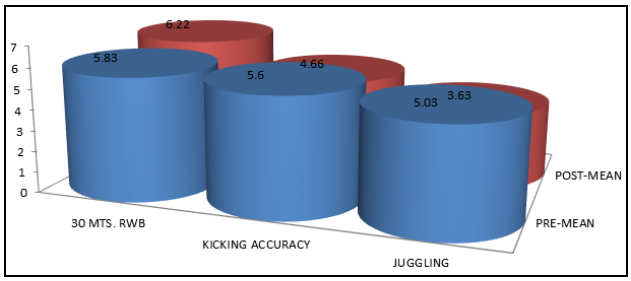

Fig 2

Discussion of Findings

The analysis of data reveals that the experimental group trained by yogic asanas showed significant gains in the experimental variables i.e., 30 meters running with the ball, kicking accuracy and juggling.

Control group is also showed significant difference in kicking accuracy and juggling. No significant difference found in 30 meters running with the ball.

Conclusions

1. The experimental group trained by yogic asanas showed significant improvement in the 30 meters running with the ball, kicking accuracy and juggling.
2. Control group showed no significant difference in 30 meters running with the ball, kicking accuracy and juggling.

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