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## Effect of yogasana exercises intervention on the flexibility development of Athletes

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### Abstract

The purpose of the study is to assess the selected Yogasana Exercises intervention on Flexibility development among the Athletes. Yogasana exercises not only increase the general Flexibility but also tone up the muscles because these exercises stretch out the muscles and due to their slow stretch and hold nature along with breathing mechanism improves the Flexibility of the muscles. To achieve the purpose of the study six weeks Yogasana Training was administered and Kraus-Weber test is framed to find out the minimum Flexibility required to participate in the training programme and also to find out the improvement in Flexibility after the Training programme. The 60 Athletes (Girls) who represented Vijayapura district in the state level Athletic meet ranging from 14-16 years of age were drawn as subjects. The results clearly indicated that the 12 weeks Yogasana Training was improved Flexibility. Hence it is concluded that there is a positive and significant Effect of Yogasana Exercises in the improvement of Flexibility of Athletes.

**Keywords:** Yogasana Exercises, and flexibility

### Introduction



Yoga is defined as a practice consisting of three components, gentle stretching; exercises for breath control; and meditation as a mind-body intervention (Ernst, 2001). The version used mainly in the West is hatha yoga, which consists of an integration of asana (postures), pranayama (breathing exercise), and meditation (Riley, 2004). Asanas are an integral part of yoga. Yoga uses the body to exercise and controls the mind so that at a later stage the body and the mind together may harmonize with the soul. The yogasanas affect and penetrate every single cell and tissues making them come to life. Pranayama, the yogic art of breathing, comes from the root words prana and ayama. Prana means "life force" and ayama means "expansion, manifestation, or prolongation." The practice of pranayama therefore is the practice of expanding our own prana so that it harmonizes with the universal prana. This results in oneness or merging of a person's own consciousness with universal consciousness. It is in this union that we realize we are not simply a limited physical body, but are, in fact, an immortal spirit.

The person who is physically fit will be able to carry out the essential of his job without undue fatigue. Fitness is characterized by man's ability to function efficiently with in his potentialities. Fitness implies not only the acquisition of certain physical skills but also the ability to withstand the emergency demands training and competitions.

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High level of Flexibility is essential to good performance in all-Athletic games and in some events Flexibility is of almost important. Greater Flexibility often results in better performance. Its relative significance varies depending on the nature of the particular activity. A person having Flexibility fitness can carry out his daily routine efficiently and effectively with least effort and strain. Flexibility fitness plays an important role in all aspects of athlete's performance improvement.

### Yogasana Exercises

Yoga as exercise is a modern exercise practice influenced by hatha yoga. It involves holding stretches as a kind of low-impact physical exercise, and is often used for therapeutic purposes [1]. Yoga in this sense often occurs in a class and may involve meditation, imagery, breath work and music.

Yogasana practices not only make the internal organs fit but also Flexibility. Yogasana Exercises increase the general Flexibility and tone up the muscles because these exercises stretch the muscles, due to their slow movement and held position with breathing mechanism improves the muscle tone. Yoga is an ancient Indian practice, first described in Vedic scriptures around 2500 B.C., which utilizes mental and physical exercises to attain samadhi, or the union of the individual self with the infinite. According to the first comprehensive textual description of yoga, the Yoga Sutras, written in the third century B.C., yoga is the cessation of thought waves in the mind. Hatha yoga, one of the many forms or paths of yoga, focuses on overall fitness through pranayamas (breath-control exercises), asanas (yoga postures), and chanda (meditation). Like other forms of yoga, hatha yoga is purported to quiet the mind and focus the concentration; however, of all the yoga traditions, the importance of physical fitness is emphasized most in hatha yoga.

### Training

The word 'Training' has been a part of human language since ancient times. It denotes the process of preparation for some task. This process invariably extends to a number of days and even months and years.

### Purpose of the Study

The purpose of the study is to assess the selected Yogasana Exercises intervention on Flexibility development among the Athletes.

To study the Effect of Yogasana Exercises on the Flexibility of the Athletes.

### Methodology

The Kraus-Weber test consists of six tests; the first five tests were used to find out the Flexibility and the last one to indicate the Flexibility. All the six tests, namely Abdominal Psoas (A+), Abdominal minus Psoas (A-), Psoas and lower abdomen (P), Upper Back (UB), Lower Back (LB) and Length of back & hamstring muscles (BH) are modified and were used to test 60 Athletes ranging from 14 to 16 age group. The modified Kraus-Weber test were conducted on the Athletes, the pre training performance of Athletes is recorded. After the training again the Kraus-Weber test was administered to find out the improvement in the Flexibility of the Athletes.

### Test Administration

In order to assess the Flexibility of the subjects the modified Kraus-Weber tests were administered are given below.

### Tests

Abdominal Plus Psoas muscles (A+), Abdominal Minus Psoas muscles (A-) Psoas and Lower abdomen (P) Upper Back (UB) Lower Back (LB) Back and Hamstring (BH) Apparatus Wrestling mat Stop Watch.

### Yogic Exercises

The Yogasana Training consists of the following selected Yogasana Exercises.

#### 1. Sitting Yogasana Exercises

- Paschimotanasana



- Padmasana



#### 2. Standing Yogasana Exercises

- Tadasana



- Padahastasana



**Procedure**

The modified Kraus-Weber Tests were administered to the athletes. The each test item is demonstrated correctly to the athletes and then asked them to do the same. The yogasana exercises are also demonstrated correctly and asked them to do the same.

**Statistical Technique**

Mean, Standard deviation and t-value were used to compute the data.

**Results and Discussions**

From the data obtained the flowing are tabulated for analysis.

**Table 1:** Pre and Post-Training performance of Athletes

Training		A+ (in 1mt.)	A- (in 1mt.)	P (in secs)	UB (in secs)	LB(in secs)	BH (in secs)
Pre-Training	Mean	23	28	11	12	10	12
	SD	3.3	4.1	2.7	3.1	2.5	3.1
Post-Training	Mean	30	36	14	16	12	15
	SD	4.8	4.5	3.3	3.8	3.2	4.1
t-value		9.6*	10.77*	5.64	5.00	3.94*	4.76*

\*Significance at 0.05 level

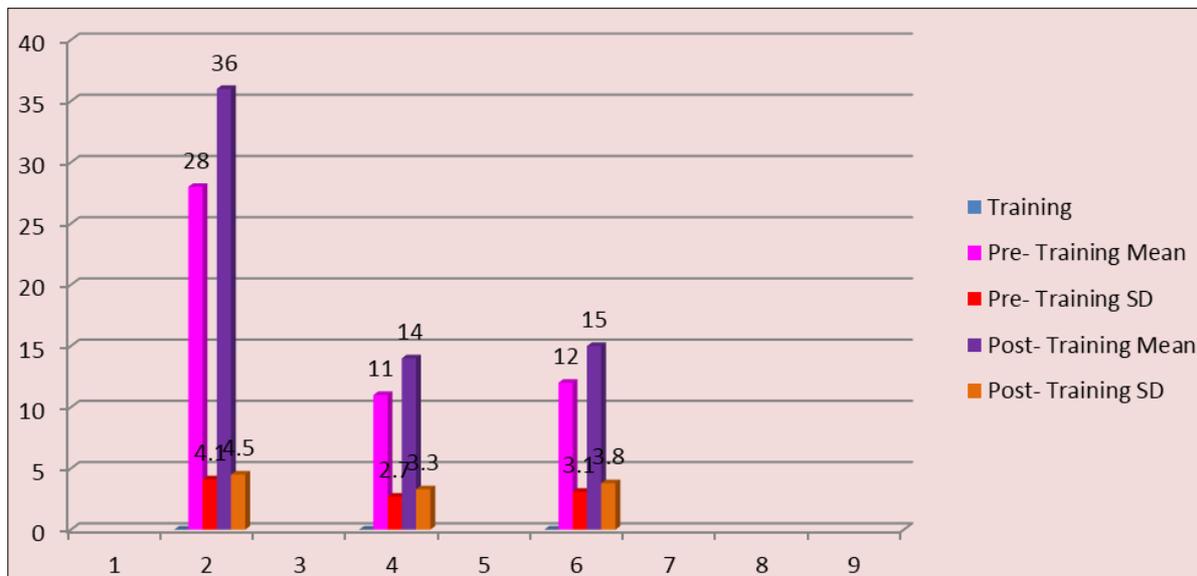


Table-1 and graph shows the mean scores of Pre and Post training performance in modified Kraus-Weber test. It clearly shows the significance difference in the performance of the Athletes in two conditions. It means that the Yogasanas introduced to the Athletes are responsible for bringing improvement in the Flexibility. The Effect of Yogasana Exercises intervention training the Flexibility in the Athletes is proved.

**Conclusions**

The selected Yogasana Exercises intervention improved the Flexibility among the Athletes. The positive and significant Effect of Yogic Exercises on the Flexibility of the Athletes. The selected Yogasana Exercises because of their slow movement and held position improve the Flexibility. This improved Flexibility of the abdominal, lower back, upper back and back & hamstrings is responsible for the

improvement of Flexibility of the Athletes.

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