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Effect of asana on explosive strength and flexibility on kho-kho players

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Abstract

The purpose of the study was to find out the effects of Asana on Explosive Strength and Flexibility of Kho-kho Players. To achieve the purpose of these study 30 male players were selected from the State level players of Gujarat, India, at random and their age ranges from 15 to 17 years and all of them healthy and normal. They were divided into two groups and designed as Experimental and Control group fifteen male players each team. The experimental groups underwent a six weeks of Asana training were given. The control group was not allowed to participate in any of the training programme except their routine Kho-kho practice session. The collected data were analyzed by using analysis of covariance (ANCOVA). The results of the study showed that Asana can be an effective training programme to increase the Explosive Strength and Flexibility of Kho-kho players.

Keywords: Asana, strength, flexibility, kho-kho players

Introduction

Yoga is a past, certainly a lot more seasoned than Veda record, which is the main dependable one we have at present. The archeological discovers show an entrenched arrangement of yoga practice, which more likely than not occurred sometime before the dolls and seals that have been found were created. One of the challenges of following a background marked by yoga has been that by its inclination it abandons nothing with the exception of fantasy and legends of surprising powers controlled by some of increasingly cultivated specialists of expressions of the human experience. The perfect time of training Asana is at dawn, the most quiet time of day. At whatever point conceivable practice in the outside, confronting the rising sun. Nightfall is likewise a decent time to rehearse as it animates the stomach related fire. Asana in any case, might be rehearsed whenever gave the stomach unfilled. The essential interpretation of Asana is answer for the sun. It is an exceptionally antiquated custom which has been in presence since the Vedic age. The physical premise of the training join together twelve asana in a progressively performed arrangement. These asana are requested so they on the other hand stretch the spine in reverse and advances. when perform in the typical way, every asana is move into with interchange inward breath and exhalation. A full round of Asana is viewed as two arrangements of the twelve presents with an adjustment in a second set to moving the contrary leg first through the arrangement. With expanding logical research in yoga, it helpful angle are additionally being investigated Asana gives more advantages with less use of time. It is guaranteed that Asana practice improves general wellbeing and wellness. Cardio respiratory perseverance alludes to the capacity of the circulatory and respiratory frameworks to supply oxygen to skeletal muscles during supported physical movement.

Statement of Problem

The Statement of the problem was stated as Effect of Asana on Explosive strength and flexibility of Inter College Kho-kho Players

Objectives of the Study

1. To find out the effect of Asana on Explosive Strength
2. To find out the position of Inter college Kho-kho players in relation to Flexibility
3. To find out the status of Inter college Kho-kho players in relation to Body Strength and Flexibility.

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Methodology

Subjects for the present study were taken from 24 male players were selected from of State level players of Gujarat India, at random and their age ranges from 15 to 17 years and all of them healthy and normal. The selected subjects were divided into two groups and designed as Experimental group and Control group 12 male kho-kho players each group. The experimental groups underwent a six week of Asana training. The control group was not allowed to participate in any of the training programs, except their routine kho-kho practice session. A qualified physician examined the subjects medically and declared that they were fit for the study. The duration of the training period was six weeks with five days per week. On every day the training was practiced approximately 50 to 60 min, under the instruction and supervision of the investigator. The analysis of covariance (ANCOVA) was applied to find out significant difference if any between experimental and control group. In all cases 0.05 level of confidence was utilized to test the significance.

Selection of Variables

Dependent Variables:

Explosive strength and Flexibility

Independent Variable:

Selected Asana

Criterion Measures

Sr. No	Name of Test	Purpose of Test	Unit of Score
1.	Sit and Reach Test	To estimate Flexibility	Centimeters
2.	Vertical Jump	To estimate Explosive Strength	Centimeters

Collection of Data

The data was collected two times in the interval of six weeks. Total six weeks of Asana practices was conducted. Observations for tests were collected prior to the treatment in the form of pre-test then after six weeks of Asana practices; observations for second test was collected in the form of post-test.

Statistical Procedure

The data was analyzed by applying Descriptive Statistics and Analysis of Covariance (ANCOVA). The level of significance was set at 0.05.

Table 1: Analysis of co-variance of the means of experimental group and the control group in relation to explosive strength

S.V.	Group			d. f.	Sum of Square	Mean square	F ratio
	Control	Experimental					
Pre Test	47.39	44.14	B	1	80.033	80.033	1.47
			W	28	1529.333	54.619	
Post Test	46.61	52.39	B	1	252.300	252.300	4.92*
			W	28	1437.200	51.329	
Adjusted Post mean	45.17	53.84	B	1	535.723	535.723	56.33*
			W	27	256.777	9.510	

* level of significance 0.05 = df (1, 28) = 4.20, df (1,27) = 4.21

The analysis of covariance on explosive strength among experimental and control group were described in table no 1. The pre-pest mean value of asana group and control groups were 47.39 and 44.14. The obtained F (1, 28) 1.47 was lesser than the table value of 4.20, there was insignificant among the groups in pre test result of explosive strength. The post test means of the groups were 46.61 and 52.39 respectively, and

the obtained F (1, 28) 4.92 was greater than the table value (4.20). The obtained adjusted post test F (1, 27) 56.33 was also greater the table value of 4.21 for significant at 0.05 level. Thus, mean significant difference exists between experimental and control group in relation to explosive strength.

Table 2: Analysis of co-variance of the means of experimental group and the control group in relation to flexibility

S.V.	Group			d. f.	Sum of Square	Mean square	F ratio
	Control	Experimental					
Pre Test	18.87	19.94	B	1	8.533	8.533	2.64
			W	28	90.666	3.238	
Post Test	18.79	21.45	B	1	53.333	53.333	16.21*
			W	28	92.133	3.290	
Adjusted Post mean	19.31	20.96	B	1	18.490	18.490	58.57*
			W	27	8.524	0.316	

* level of significance 0.05 = df (1, 28) = 4.20, df (1,27) = 4.21

The analysis of covariance on flexibility among experimental and control group were described in table no 2. The pre-pest mean value of asana group and control groups were 18.87 and 19.94. The obtained F (1, 28) 2.64 was lesser than the table value of 4.20, there was insignificant among the groups in pre test result of flexibility. The post test means of the groups were 18.79 and 21.45 respectively, and the obtained F (1, 28) 16.21 was greater than the table value (4.20). The obtained adjusted post test F (1, 27) 58.57 was also greater the table value of 4.21 for significant at 0.05 level. Thus, mean significant difference exists between experimental and control group in relation to flexibility.

Discussion of Findings

Results of this study have shown that there was significant difference exists between experimental and control group in relation to flexibility and explosive power.

Conclusions

The result of the study revealed that the asana training group has significant improvement in explosive strength and flexibility of state level kho-kho players. It was also concluded that the asana training is one of the best training methods for improving the flexibility as well as the physical fitness of young boys.

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