



ISSN: 2456-0057

IJPNPE 2022; 7(2): 137-138

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Received: 10-05-2022

Accepted: 15-06-2022

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## Effect of yogic practices on physical fatigue and reduced activity among women football players

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### Abstract

The purpose of the study is to investigate the effect of yogic practices on physical fatigue and reduced activity among women football players. To achieve the purpose of the study, thirty women football players from Aditanar Educational Institutions, Tiruchendur, Tuticorin, Tamil Nadu, India were selected as subjects. They have participated in the intercollegiate tournaments for their respective, affiliated university of Manonmaniam Sundaranar University intercollegiate football tournaments and Tamil Nadu Physical Education and Sports University intercollegiate football tournaments. Their age ranged from 18 to 25 years. The selected subjects were randomly assigned into two equal groups of 15 subjects each. Group-I underwent yogic practices and group-II acted as control. The selected dependent variables physical fatigue and reduced activity was assessed by multi-dimensional fatigue inventory scale (MFI) before as well as after training. The assessed the two group's data (pre & post) were calculated through ANCOVA statistics. The confidence level 0.05 was set. Due to the yogic practices on physical fatigue and reduced activity among women football players were notably progressed however, yogic practices group have better results compare to control group in developing physical fatigue and reduced activity of women football players.

**Keywords:** Yogic practices, physical fatigue, reduced activity and football

### Introduction

Yoga is one of India's six mainstream philosophical systems. Yoga is derived from the Sanskrit root 'yuj', which means to tie, join, attach, and yoke, to focus and direct one's attention on, and to utilize and apply. It can also refer to a connection or a communion. It is the true union of the individual soul with the supreme soul, the yoking of all the faculties of body, mind, and soul to God; it is the discipline of the intellect, mind, emotions, and will to God.

Fatigue is a phrase that refers to a general feeling of exhaustion or a lack of energy. It's not the same as feeling sleepy or drowsy. When you're tired, you don't have any motivation or energy. Sleepiness is a symptom of weariness.

Among sport conditioning coaches, there is considerable discussion regarding the efficiency of training methods that improve physical fatigue and general fatigue. But the best method for achieving improvement in physical fatigue and reduced activity performance is disputed. Yogic practices are well-established training method and vital necessary for football players; however, there is a lack of information regarding yogic practice effect on physical fatigue and reduced activity football players

### Statement of the problem

The aim of the study was to evaluate the effect of yogic practices on physical fatigue and reduced activity among women football players.

### Methodology

To achieve the purpose of the study, thirty women football players from Aditanar Educational Institutions, Tiruchendur, Tuticorin, Tamil Nadu, India were selected as subjects. They have participated in the intercollegiate tournaments for their respective, affiliated university of Manonmaniam Sundaranar University intercollegiate football tournaments and Tamil Nadu Physical Education and Sports University intercollegiate football tournaments.

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Their age ranged from 18 to 25 years. Their age ranged from 18 years to 23 years. The selected subjects were randomly assigned into two equal groups of 15 subjects each. Group-I underwent yogic practices and group-II acted as control. The selected dependent variables physical fatigue and reduced activity was assessed by multi-dimensional fatigue inventory scale (MFI) before as well as after training. The assessed data of the two group's data (pre & post) were calculated through ANCOVA statistics. The confidence level 0.05 was set. Due to the yogic practices on physical fatigue and reduced activity among women football players were notably progressed however, yogic practices group to control group in developing

physical fatigue and reduced activity of women football players.

### Statistical Technique

The data collected from the experimental and control groups on physical fatigue and reduced activity was statistically analyzed by Analysis of Covariance (ANCOVA). In all the cases the level of confidence was fixed at 0.05 level for significance.

The football player's physical fatigue and reduced activity was analyzed statistically and presented in table- 1.

**Table 1:** ANCOVA Statistics output on physical fatigue and reduced activity of chosen two groups

Consolidated ANCOVA table				
Variables	Test	Experimental Group	Control Group	'F' ratio
Physical fatigue	Pre-test Mean $\pm$ S.D	11.35 $\pm$ 1.98	11.85 $\pm$ 1.85	0.717
	Post-test Mean $\pm$ S.D	10.40 $\pm$ 2.01	11.65 $\pm$ 2.19	19.061*
	Adj. Post-test Mean	10.872	11.690	35.920*
Reduced activity	Pre-test Mean $\pm$ S.D	12.75 $\pm$ 1.88	12.17 $\pm$ 1.94	0.735
	Post-test Mean $\pm$ S.D	10.35 $\pm$ 1.66	12.10 $\pm$ 1.74	26.042*
	Adj. Post-test Mean	11.754	12.131	38.544*

\* Significant at 0.05 level of significance. (The table value required for significance at 0.05 level of significance with df 1 and 28 and 1 and 27 were 4.196 and 4.210 respectively).

The ANCOVA result proved that the adjusted final means (Experimental group = 10.872 & CG=11.690) on physical fatigue of 2 chosen groups significantly differs, as the derived 'F' value (35.920) is better than the required value (df 1 & 27 =4.210).

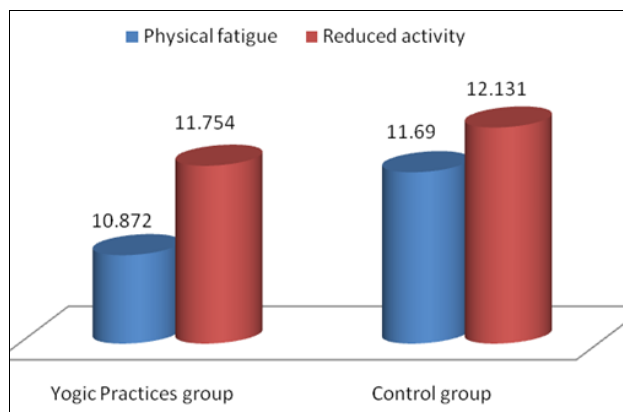
The ANCOVA result proved that the adjusted final means (Experimental group = 11.754 & CG=12.131) on reduced activity of 2 chosen groups significantly differs, as the derived 'F' value (38.544) is better than the required value (df 1 & 27 =4.210).

Chosen two groups physical fatigue and reduced activity scores are illustrated in figure-1.

players were remarkably enhanced.

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**Fig 1:** Chart Showing physical fatigue and reduced activity of Chosen Groups

### Discussion

The research study shows those yogic practices groups have decreased physical fatigue and general fatigue. Hasan, Haidary & Gandomi (2020) [1] found that significant decrease on physical fatigue and reduced activity after eight weeks of yoga training for physical education students. Nejati, *et al* (2016) [3] found that significant improvement on fatigue after 12 week of yoga program patients with MS.

### Conclusion

Due to the effect of yogic practices reduced physical fatigue (14.13%) and reduced activity (5.14%) of women football