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Effect of Yoga Practice on Asana Performance of Intercollegiate Male Yoga Players

Mr. Ravindra R. Chavan (Research Scholar)

Dept of Physical Education

Dr. BAM University in Aurangabad, (MH)

Dr. Vishwasrao. K. Kadam (Principal)

Arts and Science College, Gadi

Tal-Gevrai, Dist-Beed (MH)

Abstract:

The objective of this study was to examine the "effect of yoga practice on Asana performance of intercollegiate male Yoga players". It was an experimental study in that pre-test & post- test equivalent groups design was used. 10 male yoga sports intercollegiate players mean of age (19.17 ± 2.15) were selected as sample by using purposive sampling technique ($n=10$) from KRT Arts & Commerce college Vani Tal, Dindori District Nashik. Total number of 10 yoga players, Experimental group $n=10$ and Yoga practice implement on intercollegiate yoga players. Yoga performance intercollegiate yoga competition protocol Asans used as test conduct players to collect data & obtained data was analyzed by using paired sample t-test. Result shows that examine yoga performance of yoga practice were useful to improve performance. Researcher concludes that there was improvement of performance Yoga Asana performance of intercollegiate yoga players due to the treatment given.

Keyword: Yoga practice, Yoga Asana, & Yoga performance.

Introduction:

The word "Yoga" is derived from the Sanskrit root "Yuj" meaning to bind, join attach and yoke to direct and concentrate one's attention on, to use and apply. It also means union or communion. It is the true union of our will with the will of God. It thus means, yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead you to a sense of peace and well being, and also a feeling of being at one with their environment. The practice of Yoga makes the body strong and flexible.

In the 20th century Yoga introduce as sports in India, yoga got huge popularity after the Prime Minister Narendra Modi celebrated first International Yoga day was 21 June 2015 after yoga waves spread in India. Yoga sports highly organised completions & established the association & federations in every where All India Association also include the Yoga as Inter collegiate and Inter University tournament status. In yoga competition including Shudhi Kriyas, Suryanamaskar & Asana all that performance provide marks & final judges panel performance score sheet bases decided to players competition positions.

Material and Method:

The present study was an experimental research which was conducted with a purpose to see the effect of Yoga practice on Asana performance of intercollegiate male Yoga players. True experimental design was used for this study to check the hypothesis; this research was based on pre-test and post-test single group design. For the present research whole population a total number of 10 male yoga players were selected on the basis of purposively method of sampling technique from KRT Arts & Commerce College Vani Tal, Dindori, District Nashik. The study was taken the variables was yoga Asana performance. The researcher gathered the sample from his population and was given to them instruction about the need, importance description of the experiment and explanation of Yoga Asana performance tests and Yoga practice and selected a total number of 10 male yoga players in the age group 19 years old selected through purposively sampling technique.

The selected subjects were pre-tested by Yoga Asana performance tests and eight weeks Yoga practice which was given six days in a week was implemented on experimental group. After Yoga practice were post tested for data collection. After data collection, data of pre-test and post-test of group, compared by paired sample t-test and interpretation were drawn.

Yoga Practice Program for Eight weeks	
First to Four Weeks	Fifth to Eight Weeks
Prayer, Suryanamaskar, Pashiomoutanasan, Sarvangasan, Dhanurasan, Karnapidasan, Mayurasan, Padambakasan, Hanumantasan, Titibhasan, Purna-Chakrabandhasan	Setubandha Sarvangasan, Vrushikasan, Purna Shalbhasan, Vatayanasan, Purna Bhujangasan, Purna Matsyendrasan, Ekpada Shirshasan, Ardhabandha Padmasan, Natrajasan

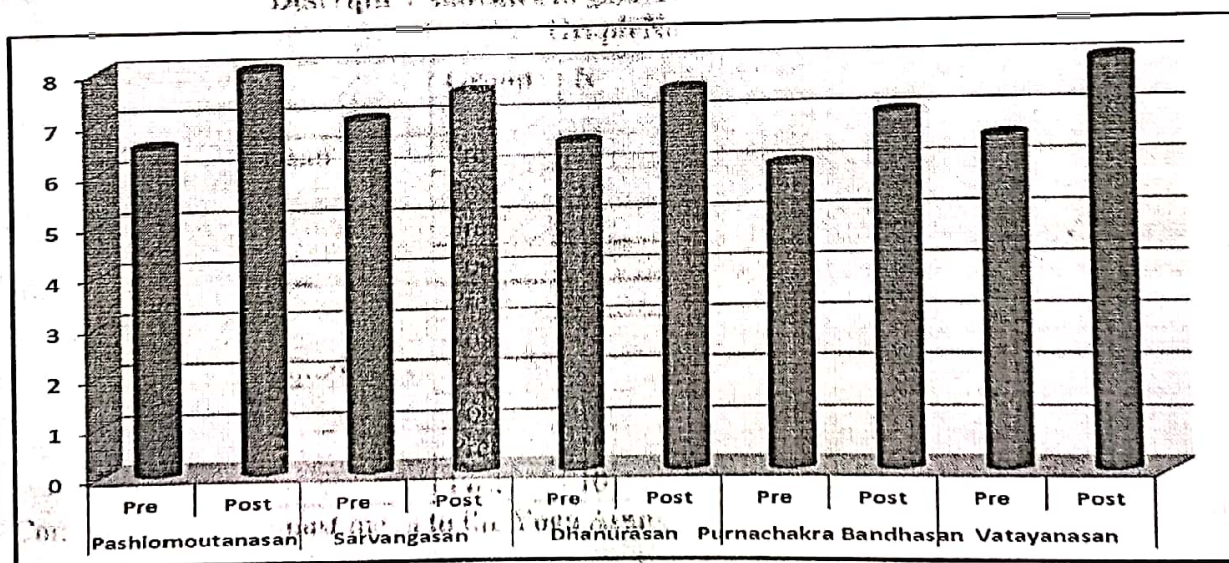
Results of the study:

The obtained results are present in the following table which represents the results of descriptive analysis and paired sample t-test to compare pre & post test mean of group.

Table no 1
Descriptive statistics to gain Yoga Asana performance
Graph No. 1

Test	Group	N	Mean	Mean Difference	't' Value	Sig (2-tail)
Pashiomoutanasan	Pre	10	6.5	1.10	3.42	0.00
	Post	10	8.0			
Sarvangasan	Pre	10	7.0	1.16	4.70	0.01
	Post	10	7.5			
Dhanurasan	Pre	10	6.5	1.13	5.64	0.01
	Post	10	7.5			
Purnachakra Bandhasan	Pre	10	6.0	1.25	4.55	0.00
	Post	10	7.0			
Vatayanasan	Pre	10	6.5	1.19	4.36	0.00
	Post	10	8.0			

Comparisons of pre-post mean to the Yoga Asana performance
Descriptive statistics to gain Yoga Asana performance



The graph no. 1 shows that there was significant improvement in Yoga Asana performance of group due to treatment.



Discussion of findings:

Discussion on the results of Yoga Asana performance improvement was shown in result due to the yoga practice the pattern of the inter collegiate yoga competition manual provide the information to the conduct the Asanas performance and through the judge provide the points according to maintain balance, hold the pose, accuracy, breathing technique & asana releasing process all that pinpoint observation bases judges give the points in the final score sheet and decided the positions. In the regularly doing practice of yoga asanas to improve the all above need technique of performance that way suggest to consistence of practice and under observation of instructor to use appropriate plan effective for better performance. This finding was supported by Singh, K., et al (2010) studied the effect of Suryanamaskar on muscular endurance and flexibility among inter college student the results shows that muscular endurance and flexibility was significantly improved in group A compared with the control one, and it was also concluded that Suryanamaskar may be recommended to improve muscular endurance and flexibility.

Conclusion:

On the basis of the result obtained in the study the researcher made the concluded that eight weeks Yoga program was significantly effective to increase the Basketball agility, coordination & Basketball shooting of Interschool Basketball players which indicate the level of performance and also the findings of this study may be helpful to the Interschool Basketball players to doing regular practice of Yoga to improve skill performance.

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