

Effect of Yoga on Flexibility of School Students of Haryana

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Abstract

The purpose of the study was find out the effect of Yoga Asanas on the Flexibility of School Students. Both male and female students of Base Model School Charkhi Dadri district of Haryana State ranged between the age group of 12 to 18 Years were selected purposively for the study. A total number of 60 samples were selected. The study was conducted by Experimental Method. The selected Variable for study was Flexibility. The criterion measure Flexibility, was measured by Sit and Reach Test. For the present study single group pretest-posttest design was used. A group of research participants were measured on the dependent variable, prior to administration of treatment condition. The independent variable was then administrated, and the dependent variable, was again measured. Scores on flexibility were obtained before and after the experimental period of 8 weeks. For testing the statistical significant difference among the pretest and posttest, the data was analyzed by Descriptive statistics and paired samples 't-test. The level of significance was kept 0.05 in order to test the Hypothesis. It was also observed from the findings that there was significant difference between Pretest and Post Test of flexibility. This indicated that Yoga Asanas training program had positive effect on flexibility of Students. From the result of the study, it can be concluded that Yoga asana training for the period of 8 weeks was over all effective to increase the flexibility of School Students.

KEYWORDS: Yoga Asanas, Flexibility, School Students.

Introduction

The Yoga is widely known as a broad term for a physical, mental, and spiritual discipline originating from Hinduism, Buddhism, Jainism and Sikhism in ancient India. The word *yoga* has been derived from a root *yuj* meaning 'to join', 'to unite', or 'to attach'. The overall psychological and emotional well-being of an individual is referred to as mental health and is about the social, physical, spiritual and emotional balance in life. Yoga is commonly known as a generic term for a physical, mental, and spiritual discipline originating in ancient India and found in Hinduism, Buddhism, Jainism and Sikhism. Specifically, Yoga is also one of the six orthodox schools in Hindu philosophy. It is based on the *Yoga Sutras of Patanjali* and aims to use meditation to attain spiritual insight and tranquility. The purpose of the present study was find out the effect of Yoga Asanas on the Flexibility of School Students.

Materials and Methods

Both male and female students of Base Model School Charkhi Dadri district of Haryana State ranged between the age group of 12 to 18 Years were selected purposively for the study. A total number of 60 samples were selected. The study was conducted by Experimental Method. The selected Variable for study was Flexibility. The criterion measure Flexibility, was measured by Sit and Reach Test. For the present study single group pretest-posttest design was used. A group of research

participants were measured on the dependent variable, prior to administration of treatment condition. The independent variable was then administrated, and the dependent variable, was again measured. The difference between the Pre-test and posttest scores were taken as an index of the treatment condition. Scores on flexibility were obtained before and after the experimental period of 8 weeks. For testing the statistical significant difference among the pretest and posttest, the data was analyzed by Descriptive statistics and paired samples 't'-test. The level of significance was kept 0.05 in order to test the Hypothesis.

Results

Table No. 1
Descriptive statistics of pre and post test of Flexibility

Test	N	Mean	Std. Deviation	Std. Error Mean
Pretest	60	13.5833	1.64977	.21298
Posttest	60	20.7333	2.26893	.29292

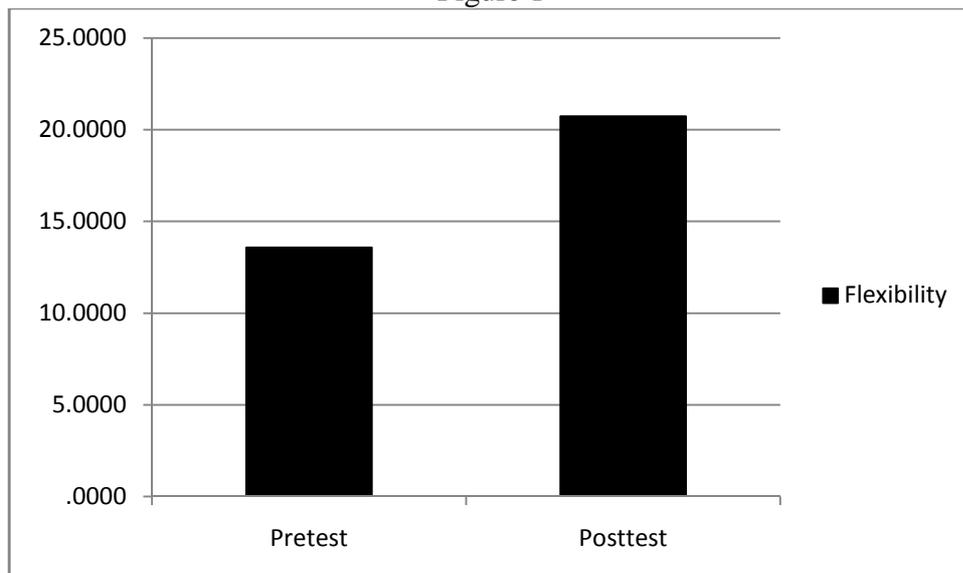
Table No. 2
Paired Samples Correlations
Pretest and posttest of Flexibility

Test	N	Correlation	Sig.
Pretest and Posttest	60	.432	.047

Table No. 3
Paired Samples 't' test of Flexibility

t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference
-22.370	59	.000	-7.15000	.31963

Figure 1



Discussion of Findings

It was also observed from the findings that there was significant difference between Pretest and Post Test of Flexibility. This indicated that Yoga Asanas training program had positive effect on Flexibility of Students. From the result of the study, it was observed that Yoga Asanas training for the period of 8 weeks was effective to increase the Flexibility significantly.

Conclusion

From the result of the study, it can be concluded that Yoga Asanastraining for the period of 8 weeks was over all effective to increase the Flexibilityof School Students.

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