

Impact of Selected Yogic Asanas on the Flexibility of Male Judokas

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Abstract

The purpose of the study was to find out the impact of selected yogic asanas on the flexibility of Male judokas who belongs to 15-18 year age group. To know the impact of yogic asanas on flexibility of male judokas, eight weeks yogic training program with the combination of ten asanas was used. Bent and reach test to measure the trunk flexibility, Trunk Bride up test to measure the trunk hyper extension and shoulder flexibility test was used to analysis the study. To know the impact of selected yogic asanas on the flexibility of male judokas mean, standard deviation and unpaired t-test were utilized with the help of statistical package of SPSS. To test the hypothesis the significance level was set at 0.05 percent.

INTRODUCTION

As we realize that games like Judo, wrestling, Kabaddi, Kho-Kho, have been broadly acknowledged as an exceedingly aggressive games all through the world. These games managing in incredible request of explosive leg quality, arm, and shoulder. The Motor fitness components are qualities that competitors must create to physically gets ready for sports competition. Sports training programs are designed to build these components in the proper proportions the match the requirements of each sport. Fitness enhances general wellbeing and it is fundamental for full and lively living. (Kumar and Chaudhary, 2014).

Many athletes enjoy the benefits of a personal Yoga practice to improve their flexibility and improved sports performance. Yoga improve your strength and stability, flexibility, recovery, reduce the risk of injury and prolong your career. Yoga postures improve flexibility by moving the body through a range of dynamic and static stretches that encourage a relaxation response in muscles and fascia, restoring joint range of movement.

Many games performed on a court or on a field require rapid aggregate body developments. A considerable lot of these are in light of the movement of a ball, restriction players, or colleagues (Young, 2006). Engine wellness is one of the real segments of physical wellness and incorporates such components as strong quality, speed, deftness, adjust and co-appointment .These qualities are not as specifically indispensable as cardio-respiratory wellness for general wellbeing yet play a few essential immediate and backhanded parts both in practical wellbeing and execution limit. "Wellness is an expansive term signifying dynamic qualities that enable you to fulfill your requirements in regards to mental and passionate dependability, social awareness and versatility profound and moral fiber natural wellbeing steady with your heredity .Motor capacity tests measures the quick limit of a man to take part in an assortment of games (Mathews, 1978).

METHODOLOGY AND PROCEDURE

Sample

The present study was confined on 20 male judokas of Judo Center of Govt Senior Secondary School (GSSS) Songal, Haryana. All judokas were of 18 to 24 year age group.

Tools Selection

Following test were used to measure the flexibility of male Judo players:

- Trunk Flexion test (Bent and Reach test) to measure the trunk flexibility in a standing position.
- Trunk hyper extension (bridge up test) to measure the trunk hyper extension while performing chakrasana.
- Shoulder flexibility to measure the shoulder flexibility.

Statistical Procedure

To know the impact of selected yogic asanas on the flexibility of male judokas mean, standard deviation and unpaired t-test were utilized with the help of statistical package of SPSS. To test the hypothesis the significance level was set at 0.05 percent.

ANALYSIS OF DATA

**Table No. 1
Pre-test and post test mean of band and reach test of Male Judokas**

Variables	Pre-test (N=20)		Post test (N=20)		‘t’
	M	SD	M	SD	
Bend and Reach test (trunk flexion)	11.10	.092	11.39	0.87	3.09

Table 1 shows the mean scores of male judokas. Pre and post test values were 11.10 and 11.39 respectively and S.D were .092 and .87 respectively. Calculated t-value was 3.09 significant at 0.05 levels. It shows that post test of yogic Asanas was better than pre test of yogic Asanas on Bent and Reach test to measure flexibility.

**Table No. - 2
Pre-test and post test mean Bridge up test of male Judokas**

Variable	Pre-test (N=20)		Posttest (N=20)		‘t’
	M	SD	M	SD	
Bridge up test (Trunk Hyper Extension)	15.21	.48	16.19	.48	4.79

The table shows the mean scores of male judokas. Pre and posttest values were 15.21 and 16.19 respectively and S.D was .48 and .48 respectively. The t-value was 4.79 significant at 0.05 levels. It means that posttest of yogic Asanas was better than pretest of yogic Asanas on Bridge up test to measure flexibility.

Table No. 3
Pre-test and post test mean Shoulder Flexibility test of male Judokas

Variable	Pre-test (N=20)		Posttest (N=20)		't'
	M	SD	M	SD	
Shoulder flexibility test	12.49	.45	12.79	.44	4.21

The table no. 3 shows the mean scores male judokas. Pre and posttest values were 12.49 and 12.79 respectively and S.D .45 and .44 respectively. The t-value was 4.21 which was significant at 0.05 level. It means that posttest of yogic Asanas was better than pretest of yogic Asanas on Shoulder Flexibility test to measure flexibility.

CONCLUSION

The results of study reveals that post-yoga tests on flexibility was better than the pre-Yoga tests on flexibility of male Judokas. Which proves that, there was significant impact of selected yogic asanas on the flexibility of Male judokas.

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