

Effect of Yogistic Practices on Standing & Active Flexibility of Physical Education Students

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ABSTRACT

To visualize the result of six weeks yogistic exercise in physical education Students of Manonmaniam Sundaranar University, Tirunelveli were selected as a theme. The pre-test and post check had been taken by mistreatment Dynamic flexibility check, aspect split flexibility check and shoulder and gliding joint elevation flexibility check tools. to see the distinction between the two teams (initial and post check) of 1 cluster experimental cluster of the education student t test was utilized at zero.05 significance level. to see the coaching result the t check for mean and variance was utilized for 2 tails at the arrogance level zero.05 level of serious. The initial and post check of dynamic flexibility check, aspect split flexibility check and ought tore and gliding joint elevation flexibility check should be measured and result were found to be statistically vital completely different at .05 confidence level.

1. Introduction

The problem of perfection of temperament naturally leads one to undertake the study of various methodize efforts toward self perfection. Yoga is one in all the foremost effective ways, by that the perfection of the latent potentialities, partly expressed in man is earned. Perfection isn't AN addition - addition of capacities or a it's the manifestation of these potentialities that square measure inherent in man and that lie idol till and efforts is created to bring them to the surface. Jnana, Bhakti, fate and Rajasquare measure the many means that to realize the perfection of temperament.

Flexibility may be referred to as freedom to maneuver, the capability of a joint to maneuver fluidly through its full vary of motion, the power of someone to maneuver a region or elements of the body during a big selection of purposeful movements at the specified speed. it's the power to maneuver a joint through a standard vary of motion while not undue stress to the musculo-tendinous unit. Flexibility has vital relation with different performance factors. Joint structure plays vital role in flexibility for, ex-shoulder joint & cotyloid joint because of ball & socket joint move in several directions, with a larger vary of motion. If flexibility is up to the retail store larger vary of movement permits the muscles to develop additional force & speed. it's energy saving result. smart flexibility so helps in achieving higher movement economy. The motor learning needs adequate level of flexibility of the priority joints. Inadequate flexibility forever results in errors in movement execution. Flexibility helps in fascinating the shock and external forces tending to cause an injury. However flexibility helps to stop injuries provided that it's optimum. Flexibility is of 2 varieties passive and active. Passive flexibility is that the ability to perform movement with larger vary with external facilitate, for instance - stretching with partner. Active flexibility is nothing however a ability to try and do movement with larger scope while not anybodies facilitate.

Stretch ability of muscle is increase by coaching. Dynamic flexibility is essentially relying coordinating ability. Balance between agonists & antagonists muscles is very important. Strength is additionally necessary for degree of flexibility. For vary of movement minimum level of strength is crucial in antagonist muscles. Flexibility so could be a terribly sensitive motor activity factors sort of a day temperature, muscle temperature, time of the day, emotion, massage, warming up conjointly have an effect on the pliability. For improvement and development of flexibility starching exercises square measure used.

2. Statement of Problem

The purpose of the study was to conclude the result of yogistic practices on static and dynamic flexibility on physical education students.

3. Methodology

Selection of Subject

This study was administered on the scholars of physical education, Manonmaniam Sundaranar University Tirunelveli. Student of M.P.Ed first and 2d year were selected for this study. To acknowledge their enthusiasm and activeness man of science, rather than choosing the scholars, determined to require all students, 38 in all, as a theme for this investigation. Out of thirty eight students were thirty one boys and seven lady students. Their average age was starting from twenty two to twenty six years. This sample is heterogeneous as way as cultural & skilled background worries. Most of the scholars play completely different games & participated in several tournaments. All students were willing to require active half within the study and conjointly assured to take care of regularity, health and discipline within the category. Experimental style - the one cluster style was applied for this study as a result of purpose of this study was to see the result of 1 experimental issue from a selected state of affairs. Check of flexibility - the aim of this investigation was to look at the result of Hinduism practices on the pliability. The

investigator conjointly determined to visualize the result of Hinduism practices on each the categories of flexibility i.e. static & dynamic. To delimit the scope of the matter investigator examined the result of Hinduism practices on few major joints i.e. shoulder, hip & trunk. Following check were selected and administrated to evaluate the degree of flexibility.

1. Aspect Splits check.
2. Shoulder and gliding joint elevation check.
3. Dynamic flexibility check

Were selected as tools to gather the information to evaluate the degree of flexibility to see the result of Hinduism practices on flexibility six positions were selected for the yogistic coaching programme. Because the students were underclassman within the field of physical education, they weren't at home with the information and techniques of position. Thus man of science conducted one week basic education programme of position for the scholars. These

Asanas were justify and demonstrate to the scholars like Pachimotanasana, Ushtrasana (Camel Pose), Gomukhasana (Cow-Face Pose), Halasana (Plough Pose) and Uttanasana (Hands to Feet) and also the before administration of check they got demonstration & info concerning flexibility check. They were conjointly allowed to require trial if they want. They got coaching amount of thirty minutes and 10-15 minute times for private heat up. the overall coaching amount was fastened for forty five minutes and session of coaching 3 days per week just for morning session. Final check - when the completion of half dozen weeks Hinduism observe programme post check (final check) was conducted on flexibility each static & Dynamic as mentioned in initial test. to see the distinction between the two teams (initial and post check) to see the coaching result the t test for comparison mean was utilized for 2 tails at the arrogance level 0.05 level of significant.

4. Analysis and Interpretation of Data

Table 1- Side Split Test Score of flexibility

LEVEL	INITIAL TEST SCORE OF STUDENTS		FINAL TEST SCORE OF STUDENTS	
	MEN	WOMEN	MEN	WOMEN
Advance (3.0)	1	1	5	2
Advance Intermediate (8-3 ¼)	1	1	5	3
Intermediate (17 ½ - 8-3 ¼)	27	4	21	2
Advance Beginner (22 ½ - 17 ¾)	1	1	-	-
Beginner (Above – 22 ¾)	1	-	-	-
	31	07	31	07

The on top of table indicates the initial and final check score of aspect split check of flexibility. Out of thirty one boys twenty seven may score intermediate level score and in remainder of the classes one student every. Out of seven women students four scored intermediate level score and one advanced intermediate level score. It shows that in each boys and women most students square measure of intermediate level in aspect split check of flexibility. When half

dozen weeks of yogistic observe coaching once the ultimate check was conducted out of thirty one boy's students twenty one scored intermediate level wherever as out of seven women five women students scored on top of intermediate level rank. It shows that there have been way more improvement within the aspect splits check score of flexibility when half dozen weeks Hinduism coaching programme.

Table II 't' test for Side Splits test of Flexibility

Test	Mean	Standard Deviation	'T' Value
Initial Test	11.97	8.63	0.19*
Final Test	12.37	9.64	

*not significant

Table II indicates the mean difference is 0.40 with't' value 0.19 which is not statically significant. it shows that there is no

immediate effect of yogic practice on flexibility in general and hip joint in particular, but the trend of improvement is there.

Table III Shoulder and Wrist Elevation Test

LEVEL	Initial Test Score of Students		Final Test Score of Students	
	Men	Women	Men	Women
Advance (3.0)	1	-	3	2
Advance Intermediate (8-3 ¼)	1	-	3	1
Intermediate (17 ½ - 8-3 ¼)	25	5	23	4
Advance Beginner (22 ½ - 17 ¾)	2	2	2	-
Beginner (Above – 22 ¾)	2	-	-	-
	31	07	31	07

In above table indicates the score of shoulder & wrist elevation test of flexibility. In the initial test out of 31, 25 boys obtained beginners level score and only one could score advanced beginner rank points. The girls sections all girl students were scored intermediate and beginner level points.

After 6 weeks yogic practice programme only 6 boys students scored higher grade and elevated from beginner to advanced beginners. In girls section there is 3 were scored advance intermediate level in the performance.

Table IV 't' Test for Shoulder and Wrist Elevation

Test	Mean	Standard Deviation	'T' Value
Initial Test	16.16	6.22	0.56
Final Test	17.11	8.45	

*not significant

Table IV indicates mean, SD and 't' of initial and final test shoulder and wrist elevation test of flexibility. The mean difference is 0.95 with. The SD of initial and final test is 6.12 and 8.45 respectively. 't' test value is 0.56 which is not

statically significant. This result does not confirm the immediate effect of yogic practice on flexibility as 't' value is not statistically significant.

Table V 't' Test for Dynamic Flexibility

Test	Mean	Standard Deviation	'T' Value
Initial Test	7.11	1.21	1.67*
Final Test	7.16	1.35	

*not significant

The result presented in table no. 5 revealed little bit improvement in the dynamic flexibility after 6 weeks of yogic practice programme. The mean difference is 0.05 and 't' value is 1.67 which is not statically significant. Through improvement may not be statically significant but it can be said that yogic practices helps to improve to dynamic flexibility.

5. Discussion and Conclusion

The purpose of this investigation was to visualize the result of yogistic practices on flexibility. As declared very well description of study the information it's discovered that there's no immediate result of yogistic practices on flexibility. However the yogistic practices facilitate to enhance dynamic flexibility and conjointly the opposite joint flexibility.

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