

Fitness Improvement Efficiency of Yogic Practices in Judokas

Abstract

In this study the aim was assessed the physically fitness abilities of players of judokas of age of 18 to 25 of district level from different places of Hoshiarpur (Punjab). The thirty subjects were finally selected by using the random sampling technique following two groups of experimental and control group with each group comprising fifteen subject only. For this purpose AAHPHER youth fitness test (1976) was used to measure the physical fitness abilities like arm and shoulder strength and flexibility of the subjects. After statistically analysis observed that there were significant differences found between the subjects belonging to experimental group and that of control group. Experimental group was found better than the control group on physical fitness variable pull-up.

Keywords: Fitness Ability, Judokas, Fitness, AAHPHER.

Introduction

Yoga is not new for the society. The saints and sages had propounded it for the benefit of the mankind thousands of years back. Sick people have been using it to maintain good health and the diseased to cure their diseases. The followers of spiritual path have used for it devotion. Yoga is unimaginable therefore the utility and effect of it has always been undoubted. The Yoga institutions, scholars, spiritual scientist and medical practitioners are carrying on researches at a very high level on every aspect of yoga. This is an ongoing process. The scientists are evaluating Yoga at the scientific level. Today Yoga has reached every household and also inspiring people to practice it. The main factor behind it is the desire to stay healthy both mentally and physically.

The Brahmins were written in prose and deal with the rules and regulation for rituals performed by the Brahmin priests. The closing to passages of the Brahmins the Upanishads are also called Vedanta – meaning the end of the Vedas, Upanishad means teaching received by pupil sitting before a sage via a lineage of masters and is still a popular means for transmitting Yogic knowledge. In the rather philosophical Upanishads there is a search for the spiritual truth, a supreme being, as the philosophy becomes monotheistic – worship of one God, also here are the first written references to Yoga and meditation. In the Christian era Yoga has lost its Sheen due to the popularity of Buddhism and Jainism in east India. However these two religions rejected Yogic practices as a whole but contained some of yogic terms in them. “Bhagavad-Gita is the most well known and popular scripture among all Hindus and Yogic literature was also written during this period from third and fifth century (about 300 B.C.). Bera T.K (1993) examined the effect of body composition, cardiovascular endurance and anaerobic power of Yogic practitioner. Forty male high school students, age 12-15 yrs, participated for a study of Yoga in relation to body composition, cardiovascular endurance and anaerobic power. It's divided in two groups-Yoga group and control group. Body composition, cardiovascular endurance anaerobic power was measured using standard method. The duration of experiment was one year. The result of ANCOVA revealed that a significant improvement in ideal body weight, body density, cardiovascular endurance and anaerobic power was observed as a result of Yoga training. This study could not show significant change in body fat, skeletal diameters and most of the body circumferences. It was evident that some of the fat-folds (tricep, sub scapular, suprailiac, umbilical, thigh and calf) and body circumferences (waist, umbilical and hip) were reduced significantly. Shanmugam (1993) investigated the effect of asana and jogging on selected physiological and hematological variables. Among school boys, Asana were found to be more effective then jogging in improving pulse rate, vital capacity, breath holding time and sacrum cholesterol.



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Sample

This study was conducted on male subjects of 18 to 25, of age district level player of judokas different places of Hoshiarpur (Punjab). The thirty subjects were finally selected by using the random sampling technique. The selected subjects were assigned the following two groups with each group comprising fifteen subject only.

1. Experimental Group.
2. Control Group.

Tool of Data Collection

Data was collected on the chosen variable at the pre-test and post experimental stage. The following tests were used to collect the data. AAHPHER youth fitness test (1976) selected test items was used to measure the following physical fitness ability of the subjects.

1. Pull Up - To Measure Arm and Shoulder Strength
2. Sit and Reach Test - To Measure Flexibility

Training Design

A simple random group was adopted for this study as it seemed to be the most appropriate one. The thirty subjects were classified into two equal groups with fifteen subjects in each group. One experimental groups (asana and pranayama) and second as a control group. The training was lasted six weeks. Training of Asana and Pranayama for one hour daily was given to the subject of experimental group. The six days in week in a week is observed in training and Sunday was observed as a rest day. Time was controlled for experimental group and the sessions commenced at 6:00 pm sharp. Pre and post test was taken to see the effect of Yoga Asana and Pranayama on Physical Fitness of Judokas. No experimental training was given to the control group. Following exercises short listed & administrated on Experimental group.

Statistical Design

To find out the significance of the differences between pre and post-test means of the one experimental group and control group 't' test was applied.

Analysis

Analysis of data is in the following variables.

1. Pull Ups
2. Sit and Reach Test

Table- 1

Significance Difference between pre-test and post- test of the experimental and control variable on Pull-up

Groups	Tests	N	Mean	SD	df	t-value
Control	Pre-test	15	8.20	1.01	28	0.27*
	Post-test	15	8.30	1.08		
Experimental	Pre-test	15	8.73	1.49	28	2.19*
	Post-test	15	9.80	1.16		

Table $t_{0.05}=2.04$

** Significant at level of 0.05 confidence

The table 1 represents the number of students in control group were 15. The means of pre and post-test scores of control group were 8.20 and 8.30 respectively. This implies that the pull up scores in pre-test was slightly higher than in pos-test. Standard deviation of the pre test was lower i.e. 1.01 than the post- test i.e. 1.08, signifying that there was

more variation in the scores of students in post-test than in pre-test. The calculated 't' value from the data was 0.27. The calculated value was less than the table 't' value at 0.05 level of confidence and therefore, the calculated 't' value was not significant. It was interpreted that the mean differences in pull up in pre-test and post-test were not significant. Thus there was no effect on strength of the control group.

The above table also shows the number of students in experimental group also was 15. The means of experimental group on pre and post-test were 8.73 and 9.80 respectively. It is seen that the pull up scores in pre-test were quite higher than the post-test scores. Standard deviation of the pre- test scores was 1.49 and those of post- test was 1.16 indicating that there was more stability in the scores of students in post-test. The calculated 't' value from the data was 2.19. The calculated 't' value was more than the table 't' value at 0.05 level of confidence and hence, the calculated 't' value was significant. Therefore, it is interpreted that the mean differences in pull up that existed between the pre -test and post-test scores were significant. Thus the post-test scores of experimental group were significantly higher than the pre- test scores.

Table- 2

Significances on the Differences between the pre and post-test of Experimental and Control Group Variable on sit and Reach Test

Groups	Tests	N	Mean	SD	df	t-value
Control	Pre-test	15	15.26	0.84	28	1.01*
	Post-test	15	15.57	0.81		
Experimental	Pre-test	15	15.92	2.29	28	4.22**
	Post-test	15	19.33	2.13		

Table $t_{0.05}=2.04$

** Significant at 0.05 level of confidence

The table 2 represents the number of students in control group to be 15. The means of pre test and post-test scores of control group were 15.26 and 15.57 respectively. This implies that the sit and reach scores in pre-test were slightly lower than in post-test. Standard deviation of the pre-test was higher i.e. 0.84 than the post-test i.e. 0.81, signifying that there was more variation in the scores of students in post-test than in pre- test. The calculated t value from the data was 1.01. The calculated 't' value was less than the table 't' value at 0.05 level of confidence and therefore, the calculated 't' value was not significant. It was interpreted that the mean differences on sit and reach. In pre-test and post-test were not significant. Thus there was no effect on flexibility of control group.

The above table also shows the number of students in experimental group also was 15. The means of experimental group on pre and post- test were 15.92 and 19.33 respectively. It was seen that the sit and reach scores in pre- test were quite lower than the post- test scores. Standard deviation of the pre-test scores was 2.29 and those of post-test were 2.13 indicating that there was more stability in the scores of students in post-test. The calculated 't' value from the data was 4.22. The calculated 't' value was more than the table 't' value at 0.05 level of confidence and hence, the calculated 't' value was significant. Therefore, it was interpreted that the mean

differences in sit and reach that existed between the pre test and post-test scores were significant. Thus the post -test scores of experimental group were significantly higher than the pre -test scores.

Discussion

The results of t-test demonstrated in this study found significant on the variable pull up and sit and reach. 't' test analysis on pull up demonstrated significant differences between experimental and control group in table- 1 while the control group were not found significantly different on this variable. This indicates that regular practice of Asana improves the strength of the arms and shoulders which is required for fitness of judokas. However, there have been improvements of pull up although in varying degrees as a result of the experimental treatment. The present study 't' test analysis on sit and reach demonstrated significant differences between experimental and control group table- 2 while the control group were not found significantly different on this variable. This indicates that's the regular practice of Asana and Pranayama improve the flexibility which are required for sit and reach. However, there have been improvements of sit and reach although in varying degrees as a result of the experimental treatment.

Conclusion

There were significant differences found between the subjects belonging to experimental group and that of control group. Experimental group was

found better than the control group on physical fitness variable pull-up.

On the variable of shuttle run the subject belonging to experimental group differed significantly than the control group. Experimental group post -test scores on the variable of shuttle run indicating effect of selected yogic practices on the variable of shuttle run. It has not significantly effect on shuttle run variable.

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