



A PILOT STUDY EXAMINING THE EFFECTS OF YOGA TRAINING ON THE FLEXIBILITY OF KABADDI FLEXIBILITY PLAYERS

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Abstract : The aim of the study is to determine the Effects of Yoga on Flexibility of Kabaddi Players, Two groups were targeted; experimental and control group; 15 Kabaddi players considered as experimental group and 15 other than Kabaddi players considered as control group. The training programme was only given to experimental group. The age of the subjects were ranged between 15 to 25 year Pre and Post-tests were applied on experimental group's to Flexibility . Flexibility was measured by using Bend & Reach . The result shows that there were significant difference was found in pre and -post test of Flexibility ($t = .<.05$), on experimental group. The findings of the study revealed that there was significant effects of 3 week Training Programme (Yoga) on found on Flexibility of Kabaddi Players

INTRODUCTION

Kabaddi is a contact team sport. Played between two teams of seven players, the objective of the game is for a single player on offence, referred to as a "raider", to run into the opposing team's half of a court, touch out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath. The game is known by numerous names in different parts of the Indian subcontinent, such as: kabaddi or chedugudu in Andhra

Pradesh and Telangana; kabaddi in Maharashtra, Karnataka and Kerala; kabadi or ha-du

du in Bangladesh; bhavatik in Maldives, kauddi or kabaddi in the Punjab region; hu-tu-tu in Western India, hu-do-do in Eastern India; chadakudu in South India; kapardi in Nepal; and kabadi or sadugudu in Tamil Nadu .Flexibility is the ability to move muscles and joints through a full normal range of motion (ROM). Flexibility helps performance, posture, promotes efficient movement, prevents incorrect body alignment, maintains appropriate muscle length and balance and also decreases injury risk . Yoga means to attain physical and mental purification and balance. The aim of the Yoga is to eliminate toxin and impurities within the body that accumulate due to dietary habit. Yoga provides physical and mental relation for sports man in the playing field is very much necessary to produce the desired results. There are several crucial situations in competition where a relaxed mind and body will enable to player to achieve your top performance. Today sport is considered as the most important factor for around development. Sports is also linked with the image of country and national pride. Everybody accepts the importance of sports as a base for health of body and mind. Yoga is an ancient spiritual practice that emphasizes breath control, meditation, and body posture. Yoga has proven to be an effective way to increase flexibility and strengthen our muscle tone.

METHODOLOGY

Two groups were targeted; experimental and control group; 15 Kabaddi players considered as experimental group and 15 other than Kabaddi players considered as control group. The training programme was only given to experimental group. The age of the subjects were ranged between 15 to 25 years. The data was collected through respondents in the form of different experimental tests in Nanded of Maharashtra . The demographic information about Gender, age, daily smoking, drug use, etc. was obtained before seeking responses. The research design was experimental research design Pre and Post-tests were applied on experimental group's to flexibility test . Flexibility was measured by using Bend & Reach . The main aim of this test is to evaluate the flexibility of the Kabaddi players. Obtained data was collected from the 15 Kabaddi players those participated in experimental group. Similarly obtained data was collected from 15 Kabaddi players those participated in control group. Training was only given to those students who participated in experimental group.



TRAINING PROGRAMME

Training programme was planned as 03 weeks, 5 days a week &, 60 minutes per day in morning sessions.. The Surya Namaskar, Padmasana (the lotus pose), Vajrasana (the thunderbolt pose), Trikonasana (the triangle stretch pose), Navasana (The Boat pose), PadaHastasana (the forward bending pose), Halasana (the plough pose), Matsyasana (the fish pose), Bhujangasana (the cobra pose), Shalabhasana (the locust pose) , and six circuit training exercise were performed.

RESULT AND DISCUSSION

The present section is dedicated to the presentation of results along with the discussion of present study. The results and discussion have been presented in console comprehensive manner that is easy to comprehend starting with selected variables.

TABLE -1

PRE AND POST TEST OF MEAN SCORES AND STANDARD DEVIATION WITH T-RATIO OF PHYSICAL FITNESS OF CONTROL GROUP (OTHER THAN KABADDI PLAYERS)

Parameter	Stages	Numbers	Mean scores	S.D.	t-ratio
Flexibility	Pre Test	15	13.45	2.60	0.94 NS
	Post Test	15	13.49	3.11	

Table 1 depicted Mean Scores, Standard Deviation and t-ratio of pre and post-test of Flexibility. With regards to mean score of pre and post of Flexibility of control group were obtained 13.45 and 13.49 , However, the Standard Deviation of pre and post of Flexibility of control group were obtained 2.60 and 3.11 respectively. The result given in Table 1 reveals that no significant difference of Flexibility was found between pre and post-test of control group .

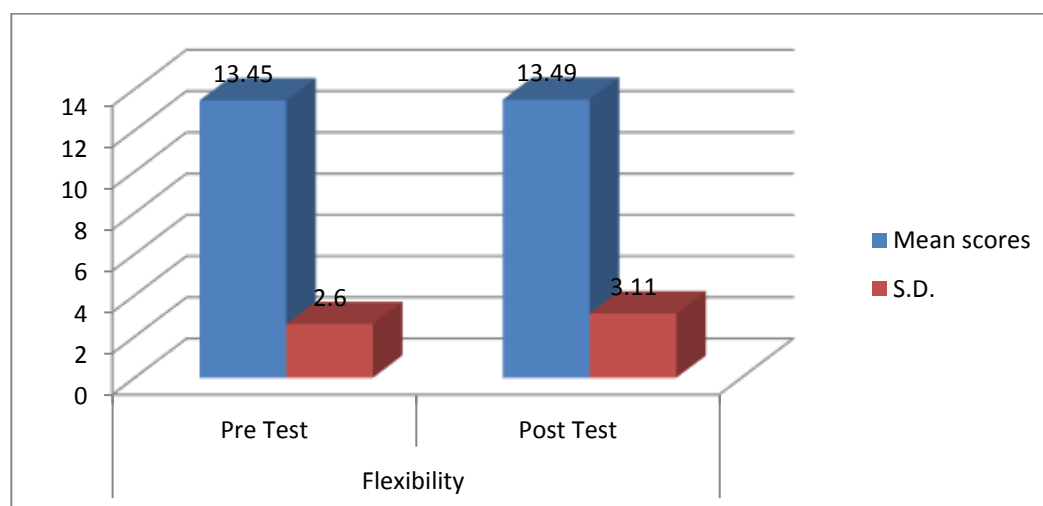


Figure-1 shows the Mean Scores and Standard Deviation of pre and post-test of Flexibility of control group

TABLE-2

PRE AND POST TEST OF MEAN SCORES AND STANDARD DEVIATION WITH T-RATION OF PHYSICAL FITNESS OF EXPERIMENTAL GROUP (KABADDI PLAYERS)

Parameter	Stages	Numbers	Mean scores	S.D.	t-ratio
Flexibility	Pre Test	15	14.23	2.67	4.12*
	Post Test	15	16.78	3.27	

Table 2 depicted Mean Scores, Standard Deviation and t-ratio of pre and post-test of Flexibility. With regards to mean score of pre and post of Flexibility of Experimental group (Kabaddi Players) were obtained 14.23 and 16.78 , However, the Standard Deviation of pre and post of Flexibility of Experimental group (Kabaddi Players) were



obtained 2.67 and 3.27 respectively. The result reveals that significant effects of circuit and yoga training on Flexibility was found between pre and post-test of Experimental group (Kabaddi Players)

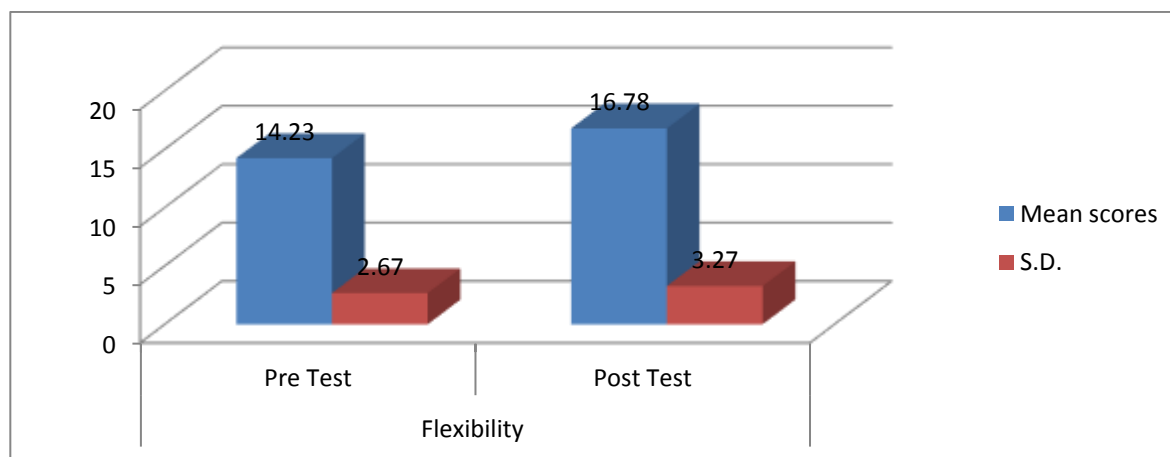


Figure-2 shows the Mean Scores and Standard Deviation of pre and post-test of Flexibility of Experimental group

Discussion

Yoga is a great way to work on flexibility and strength . Yoga poses can help to enhance flexibility as the body is encouraged to hold yoga stretches for a period of time, allowing muscles to go deeper into the stretch. It may sometimes be uncomfortable, and can take time to notice the impact of the stretches and greater flexibility yoga is a highly structured activity that mimics critical aspects of athletic performance including balance, flexibility, muscular strength, muscle endurance, and movement efficiency . **Flexibility maintain appropriate muscle length and avoid muscle shortening. Helps improve muscular weaknesses. Reduces the risk of injury. Improves posture** and the ability to move . Increased flexibility can improve aerobic fitness training, muscular strength and endurance, and sport-specific training. Increased range of motion (ROM) is a key component in preventing injuries through unimpeded, fluid movement. ... **Flexibility enhances movement and mobility for the athlete.** increases flexibility to stave off injuries that result from overuse, such as rotator cuff damage. ... Dynamic warm-ups prepare your body for high intensity work and prevent severe, immediate injuries, such as a hamstring pull. Asanas (static postures) during which all the targeted and supporting muscle groups are engaged. athletic performance is believed to be improved as performance in the components of fitness related to that sport improves. The regular practice of yoga enhances the overall health and flexibility of our bodies. Yoga , lose weight, have improved energy and vitality and boost our metabolism. Yoga increase flexibility through the various poses that are performed in yoga designed to stretch the muscles, making the body limber. The body loves this benefit of yoga because it loosens soreness and tight muscles, and serves as a recharge after more strenuous work activity. Being more flexible means that the body is less susceptible to muscle injuries and faster recovery is more likely to occur.

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