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Effect Of Yogic Practices On Selected Motor Ability Components Among University Team Game Players And Non Team Game Players At Hyderabad

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Abstract: The aim of the study is to find out the effect of yogic practices on selected motor ability components among university Team game players and Non Team game players at Hyderabad. The subjects were divided into three equal groups. A group of 90 subjects of University were selected randomly for this study. Furthermore, the subjects segregated into three groups namely i.e. Non Team Game Players Group – I (Experimental),Team Game Players Group – II (Experimental), Combination Team Game Players and Non Team Game Players Group – III (Control Group). The analysis of motor ability components that experiment group showed considerable improvement in flexibility, strength, cardio respiratory endurance. At the same time control group had not shown any significant change in any of the selected motor ability components after the twelve weeks of Yogic practices. Key words: motor ability, flexibility, strength etc.

Introduction

Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means ‘unity ’or ‘oneness ’and is derived from the Sanskrit word ‘yuj ’which means ‘to join’. This type of effort is possible only through the control over sense organs and through continued practice and detachment. “The withdrawal of sense organs from the worldly objects and their control is Yoga”.Yoga is a form of exercise based on the belief that the body and breath are intimately connected with the mind. By controlling the breath and holding the body in steady poses, or asanas, yoga creates harmony. Yoga is a means of balancing and harmonizing the body, mind and emotions and is a tool that allows us to withdraw from the chaos of the world and find quite space within. To achieve this, yoga uses movement, breath, posture, relaxation and mediation in order to establish a healthy, vibrant and balanced approach to living. The word yoga has its roots in the Sanskrit language and means to merge, join or unite. Yoga is a form of exercise based on the belief that the body and breath are intimately connected with the mind. By controlling the breath and holding the

body in steady poses, or asanas, yoga creates harmony.

Aim

The aim of the study is to find out the effect of yogic practices on selected motor ability components among university Team game players and Non Team game players at Hyderabad. The present study is to discover the selected motor ability components due to effects of yogic practices on team game and non team players.

Hypotheses

The following hypothesis are formulated

1. There is a significant difference in selected motor ability variable, flexibility, due to yogic practices to Non Team game players compare to Team game players.
2. There is a significant difference in selected motor ability variable, strength, due to yogic practices to Non Team game players compare to Team game players
3. There is a significant difference in selected motor ability variable, Cardio respiratory Endurance, due to yogic practices to Non Team game players compare to Team game players.

Methodology

The investigator in this chapter reviewed the related studies pertaining to assessment of motor ability variables and such as flexibility, strength and cardio vascular endurance.The purpose of the present study is to find out the effect of yogic practices selected motor ability components among university team game players and non-team game players at Hyderabad were selected as subjects at random and their age ranged from18 to 22 years. The subjects were divided into three equal groups. A group of 90 subjects of University were selected randomly for this study. Furthermore, the subjects segregated into three groups namely as follows;

A. Non Team Game Players Group – I (Experimental),
B. Team Game Players Group – II (Experimental),
C. Combination Team Game Players and Non Team Game Players Group – III (Control Group).

Motor Ability Variables and tests

Sl. No	Variables	Tests
1	Flexibility	Sit & Reach test
2	Strength	Pushups test
3	Cardio respiratory endurance	Cooper's 12min run test

Data Analysis and Interpretation

Table Shows Paired T-Test Is Used To Test The Effect Of Yogic Practices On Selected Motor Ability Variable Flexibility Among University Team Game Players And Non-Team Game Players At Hyderabad.

Group	N	Pre-test		Post-test		Mean diff	t-value	df	Table Value	Sig. (2-tailed)	Inference
		Mean	SD	Mean	SD						
Non-team	30	24.60	1.037	27.73	1.143	3.133	13.140	29	2.045	0.000<0.05	S*
Team	30	24.13	1.889	26.47	1.961	2.333	17.971	29	2.045	0.000<0.05	S*
Control	30	23.53	2.389	23.70	2.380	0.167	1.153	29	2.045	0.258>0.05	NS

From the table it is observe that flexibility of the selected sample in Non-team game players Group, Pre-test mean is 24.60 with 1.037 S.D and Post-test mean is 27.73 with 1.143S.D. Here the Paired 't' calculated value is 13.140 which is greater than table value 2.045 at 29 degrees of freedom with 5% level of significance. Here Post-test flexibility greater than Pre-test because of Yoga training

highly effected among Non-team game players. Hence there is a support available to accept the research hypothesis which means there is a significant improvement in yoga training on flexibility among Non-team game Players of Hyderabad District.

Similarly it is observe that flexibility of the selected sample in Team game players Group, Pre-test mean is 24.13 With 1.889 S.D and Post-test mean is 26.47 with 1.961S.D. Here the Paired 't' calculated value is 17.971 which is greater than table value 2.045 at 29 degrees of freedom with 5% level of significance. Here Post-test flexibility less than Pre-test because of Yoga training highly effected among team game players. Hence there is a support available to accept the research hypothesis which means there is a significant improvement in yoga training on flexibility among team game Players of Hyderabad District.

Similarly it is observe that flexibility of the selected sample, in control Group, Pre-test mean is 23.53 With 2.389 S.D and Post-test mean is 23.70 with 2.380 S.D. Here the Paired 't' calculated value is 1.153 which is less than table value 2.045 at 29 degrees of freedom with 5% level of significance. Here Pre-test and Post-test flexibility scores slightly improved among Controlled group. Hence there is a support available to accept the null hypothesis which means there is no significant improvement in flexibility on control group Players of Hyderabad.

Table Shows Paired T-Test Is Used To Test The Effect Of Yogic Practices On Selected Motor Ability Variable Like Strength Among University Team Game Players And Non-Team Game Players At Hyderabad.

Group	N	Pre-test		Post-test		Mean diff	t-value	df	Table Value	Sig. (2-tailed)	Inference
		Mean	SD	Mean	SD						
Non-team	30	21.20	4.460	27.27	4.856	6.067	11.651	29	2.045	0.000<0.05	S*
Team	30	21.90	4.634	29.172	3.64	7.267	22.866	29	2.045	0.000<0.05	S*
Control	30	19.10	5.313	19.07	5.632	0.33	0.122	29	2.045	0.544>0.05	NS

From the table it is observe that **Strength** of the selected sample in Non-team game players Group, Pre-test mean is 21.20with 4.460S.D and Post-test mean is 27.24 with 4.856S.D. Here the Paired 't'

calculated value is 11.681 which is greater than table value 2.045 at 29 degrees of freedom with 5% level of significance. Here post-test **Strength** greater than Pre-test because of Yoga training highly effected among Non-team game players. Hence there is a support available to accept the research hypothesis which means there is a significant improvement in yoga training onStrengthamong non-team game Players of Hyderabad District.

Similarly it is observe that Strength of the selected sample in Team game players Group, Pre-test mean is 21.90 With 4.634 S.D and Post-test mean is 29.17 with 3.64S.D. Here the Paired 't' calculated value is 22.866 which is greater than table value 2.045 at 29 degrees of freedom with 5% level of significance. Here Post-test Strength greater than Pre-test because of Yoga training highly effected among team game players. Hence there is a support available to accept the research hypothesis which means there is a significant improvement in yoga training onStrengthamong team game Players of Hyderabad District.

Similarly it is observe that Strength of the selected sample, in control Group, Pre-test mean is 19.10 With 5.313 SD and Post-test mean is 19.07 with 5.632 S.D. Here the paired 't' calculated value is 0.122 which is less than table value 2.045 at 29 degrees of freedom with 5% level of significance. Here Pre-test and Post-test Strength scores slightly improved among Controlled group. Hence there is a support available to accept the null hypothesis which means there is no significant improvement in Strength on control group Players of Hyderabad.

Table Shows Paired T-Test Is Used To Test The Effect Of Yogic Practices On Selected Motor Ability Variable Like Cardiorespiratoryendurance That Is Coopers Test Among University Team Game Players And Non-Team Game Players At Hyderabad.

Group	N	Pre-test		Post-test		Mean diff	t-value	df	Table Value	Sig. (2-tailed)	Inference
		Mean	SD	Mean	SD						
Non-team	30	2321.67	73.723	2620.00	73.108	298.333	26.315	29	2.045	0.000<0.05	S*
Team	30	2318.33	83.339	2510.00	127.225	191.667	8.088	29	2.045	0.000<0.05	S*
Control	30	2325.00	57.220	2327.33	55.082	2.333	0.452	29	2.045	0.652>0.05	NS

From the table it is observe that Cardio respiratory endurance of the selected sample in Non-team Group, Pre-test mean is 2321.67with 73.723S.D and Post-test mean is 2620.00 with 73.108 S.D.

Here the Paired "t" calculated value is 26.315 which is greater than table value 2.045 at 29 degrees of freedom with 5% level of significance. Here Post-test Coopers test/ Cardio respiratory endurance more than Pre-test because of Yoga training effectively impact among Non-team game players. Hence there is a support available to accept the research hypothesis which means there is significant improvement in yoga training on Non-team group on Cardio respiratory endurance among Non-team Players of Hyderabad District.

Similarly it is observe that Cardio respiratory endurance of the selected sample in Team game players Group, Pre-test mean is 2318 With 83.339 S.D and Post-test mean is 2510 with 127.225S.D. Here the Paired 't' calculated value is 8.088 which is greater than table value 2.045 at 29 degrees of freedom with 5% level of significance. Here Post-test Cardio respiratory endurance greater than Pre-test because of Yoga training effectively impact among team game players. Hence there is a support available to accept the research hypothesis which means there is a significant improvement in yoga training onCardio respiratory endurance among team game Players of Hyderabad District.

Similarly it is observe that Cardio respiratory endurance of the selected sample, in control Group, Pre-test mean is 2325.00 With 57.220 S.D and Post-test mean is 2327 with 55.082 S.D. Here the Paired 't' calculated value is 0.452 which is less than table value 2.045 at 29 degrees of freedom with 5% level of significance. Here Pre-test and Post-test Cardio respiratory endurance scores slightly improved among Controlled group Hence there is a support available to accept the null hypothesis which means there is no significant differences inCardio respiratory endurance on control group Players of Hyderabad.

Results

Flexibility

- The flexibility of the selected sample in Non team game players Group, Pre test mean is 24.60±1.037 S.D and post test mean is 27.73 ±1.143 S.D. The paired 't' calculated value is 13.140 which is > table value 2.045 at 29 degrees of freedom with 5% level of

significance. Here post test flexibility greater than pre test because of Yoga training highly effected among Non team game players.

- flexibility of the selected sample in Team game players Group, Pre test mean is 24.13 ± 1.889 S.D and post test mean is 26.47 ±1.961 S.D. Here the paired 't' calculated value is 17.971 which is > table value 2.045 at 29 degrees of freedom with 5% level of significance. Here post test flexibility greater than pre test because of Yoga training highly effected among team game players.

- The mean difference between pre-test and post-test is more in Non-team game players than the Team game players. Hence, there is a significant flexibility improvement in Non-team game players than Team game players.

Strength

- Strength of the selected sample in Non team game players Group, Pre test mean is 21.20 ± 4.460 S.D and post test mean is 27.24 ± 4.856 S.D. Here the Paired 't' calculated value is 11.681 which is > table value 2.045 at 29 degrees of freedom with 5% level of significance. Here post test **Strength** greater than pre test because of Yoga training highly effected among Non team game players.

- Strength of the selected sample in Team game players Group, Pre test mean is 21.90 ± 4.634 S.D and post test mean is 29.17 ± 3.64 S.D. Here the Paired 't' calculated value is 22.866 which is greater than table value 2.045 at 29 degrees of freedom with 5% level of significance. Here post test Strength greater than pre test because of Yoga training highly effected among team game players.

- The mean difference between pre-test and post-test is more in Team game players than the Non-Team game players. Hence, there is a significant strength improvement in Team game players than Team game players.

Cardio respiratory endurance

- Cardio respiratory endurance of the selected sample in Non team Group, Pre test mean is 2321.67 ± 73.723S.D and post test mean is 2620.00 ± 73.108 S.D. Here the Paired't' calculated value is 26.315 which is greater than table value 2.045 at 29 degrees of freedom

with 5% level of significance. Here post test Coopers test/ Cardio respiratory endurance more than pre test because of Yoga training effectively impact among Non team game players.

- Cardio respiratory endurance of the selected sample in Team game players Group, Pre test mean is 2318 ± 83.339 S.D and post test mean is 2510 ± 127.225S.D. Here the Paired't' calculated value is 8.088 which is greater than table value 2.045 at 29 degrees of freedom with 5% level of significance. Here post test Cardio respiratory endurance greater than pre test because of Yoga training effectively impact among team game players.

- The mean difference between pre-test and post-test is more in Non-team game players than the Team game players. Hence, there is a significant cardio respiratory endurance improvement in Non-team game players than Team game players.

Conclusion:

The analysis of motor ability components that experiment group showed considerable improvement in flexibility, strength, cardio respiratory endurance. At the same time control group had not shown any significant change in any of the selected motor ability components after the twelve weeks of Yogic practices.

Recommendations:
This study is useful for team game and non team game players for improvement of motor ability components through yogic practices.

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