

---

## Effect Of Yoga Practices On Selected Physical Variables Among College Men Kabaddi Players

<sup>1</sup>Dr. Vipendra Singh Parmar

<sup>1</sup>Associate Professor, Department of Physical Education, VSSD PG College, Kanpur, U.P, India

Received: 25 September 2023 Accepted and Reviewed: 30 September 2023, Published : 01 Nov 2023

---

### Abstract

The purpose of the study was to investigate the effect of yoga practices on selected physical variables among college men Kabaddi players. It was hypothesized that there would be significant differences on selected physical components due to the effect of yoga practices among college men Kabaddi players. For the present study the 30 male college Kabaddi players from VSSD PG college, Kanpur, DAV college, Kanpur, Uttar Pradesh, India were selected at random and their age ranged from 18 to 25 years. For the present study Pre-test and Post-test random group design, which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group „A“ and Group „B“. Group „A“ underwent yoga practices and Group „B“ have not underwent any training. Speed and agility were assessed by 50 meter dash and T-test test. The data were collected before and after nine weeks of training. The data were analyzed by applying t-test. The level of significance was set at 0.05. The experimental group showed better improvement on speed and agility skills among college men Kabaddi players than the control group.

**Keywords:** Yoga practices, speed, agility, kabaddi ground .

### Introduction

Many severe health and fitness issues have emerged as a direct consequence of the medical and technological advancements that have made our lives simpler. The most important thing is that you be physically healthy and fit. There are so many benefits to working out that it's almost like a magic potion. The cardiovascular and respiratory benefits are complemented by the fat loss. Strength, endurance, and mental acuity are all enhanced by the boost in energy levels. It's the most vital sort of physical activity you may take part in. In addition to keeping us alert, yoga also elucidates a way of moving forward in life. It's worth noting that India is credited as the birthplace of kabaddi, and that it's also a very effective sport.

Kabaddi's widespread popularity and accessibility have earned it the moniker "GAME OF THE MASSES." The fact that no special gear is required to play makes it a huge hit in underdeveloped regions. Traditionally an outdoor activity played on clay courts, recent years have seen an uptick in popularity of indoor synthetic court tennis. Men's and junior boys' games go 45 minutes and have a 5-minute halftime in which the teams switch ends. It lasts for 35 minutes for girls and sub-junior boys, with a 5-minute break in the middle. Kabaddi is one of the most popular sports in India. Similarly, this sport is gaining respect in the Asian sporting community. It's a team sport, so you'll be playing with other people. Unlike in other disciplines, where we only use our mental and physical talents in part, sport is a medium through which a player cultivates both physical and cerebral abilities, ultimately resulting in a conscious manner of accomplishing whatever one does most successfully. Kabaddi is unlike any other team sport since it requires no special equipment and involves a breath-holding act that strengthens the brain. Kabaddi is a true people's game since it uses the straightforward Tag Game-

style method of a game played only via physical contact. There is no need for a costume, expensive equipment, or a club reservation. With its emphasis on "Cant holding," a unique aspect of Kabaddi, the sport promotes the development of physical strength, stamina, and endurance and also increases cardiovascular endurance and resistance. Because of the close quarters, one's flexibility and agility are fine-tuned as they train to cover ground at a rapid clip in only 20 feet to 30 feet (10 metres to 12 metres). The speed of the player's eyes and body increases. The job of the Kabaddi raider is crucial. A successful raider demonstrates aggression and mental fortitude. He need to have complete faith in his own competence and expertise. Yoga, which has its roots in Indian culture, is a science that may be used to hone both the aforementioned body and mind abilities. The term "yoga chitta vritti nirodha " is used to describe this practise. Both may be honed by the practise of certain Asanas, Pranayam, Dhyan, and Kriya techniques.

**Methodology** - The purpose of the study was to investigate the effect of yoga practices on selected physical variables among college men Basketball players. It was hypothesized that there would be significant differences on selected physical components due to the effect of yoga practices among college men kabaddi players .For the present study the 30 male college kabaddi players from from VSSD PG college, Kanpur, DAV college, Kanpur, Utter Pradesh, India were selected at random and their age ranged from 18 to 25 years. For the present study pre test and post test random group design, which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group \_A'and Group \_B'. Group \_A' underwent yoga practices and Group \_B' have not underwent any training. Speed and agility were assessed by 50 meter dash and T-test test. The data were collected before and after nine weeks of training. The data were analyzed by applying t-test. The level of significance was set at 0.05.

TABLE -I

### ANALYSIS OF „T“ RATIO FOR THE PRE AND POST TESTS OF CONTROL AND EXPERIMENTAL GROUP ON SPEED

Variables	Group	Mean		SD		Sd Error	df	t' ratio
		Pre	Post	Pre	Post			
Speed	Control	7.10	7.11	0.21	0.39	0.12	14	0.21
	Experimental	7.09	6.94	0.41	0.32	0.03		<b>4.69*</b>

\*Significant at 0.05 level of confidence.

The Table -I shows that the mean values of pre-test and post-test of control group on speed were 7.10 and 7.11 respectively. The obtained t' ratio was 0.21, since the obtained t' ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on speed were 7.09 and 6.94 respectively. The obtained t' ratio was 4.69\* since the obtained t' ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of

freedom it was found to be statistically significant. The result of the study showed that there was a significant group in speed. It may be concluded from the result of the study that experimental group improved in speed due to nine weeks of yogic practices.

FIGURE-I

**BAR DIAGRAM SHOWS THE MEAN VALUES OF PRE AND POST-TESTS OF CONTROL AND EXPERIMENTAL GROUP ON SPEED**

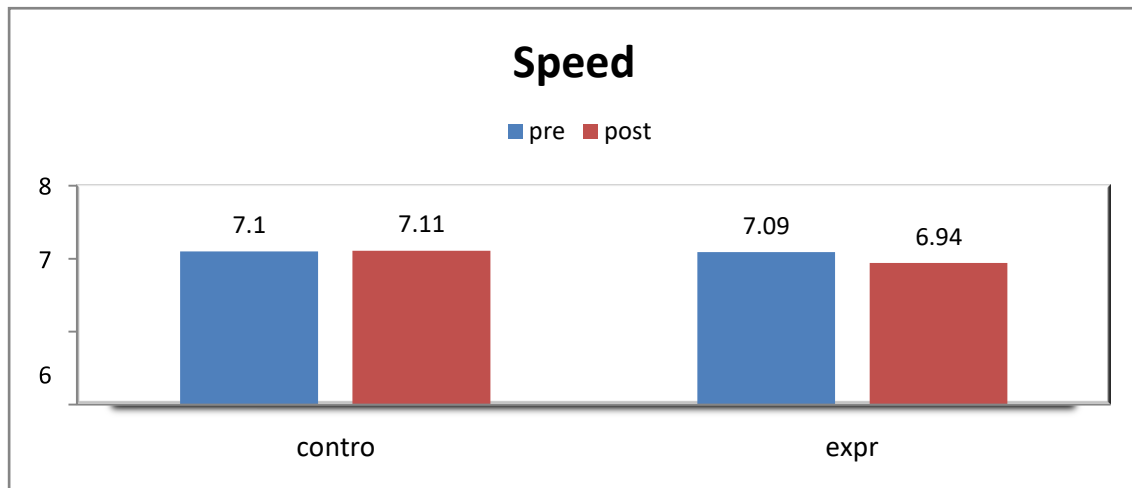


TABLE-II

**ANALYSIS OF „T“ RATIO FOR THE PRE AND POST TESTS OF CONTROL GROUP EXPERIMENTAL GROUP ON AGILITY**

Variables	Group	Mean		SD		Sd Error	df	t' ratio
		Pre	Post	Pre	Post			
Agility	Control	20.73	20.75	1.58	1.65	0.41	14	2.08
	Experimental	20.71	19.99	.62	.70	0.4		<b>8.03</b> *

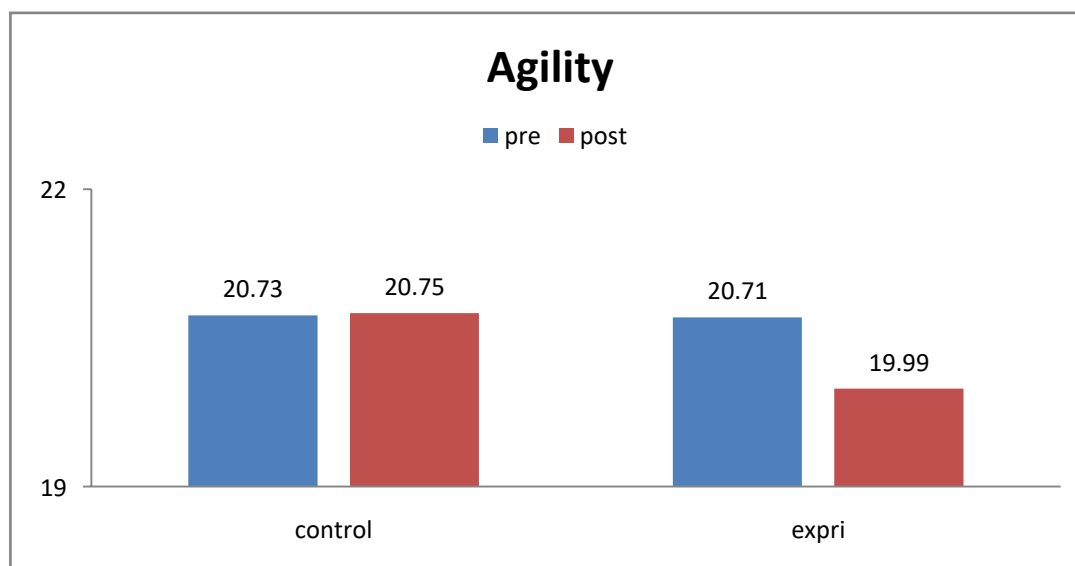
\*Significant at 0.05 level of confidence.

Table II shows that the mean values of pre-test and post-test of control group on agility were 20.73 and 20.75 respectively. The obtained  $t'$  ratio was 2.08, since the obtained  $t'$  ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on agility were 20.71 and 19.99 respectively. The obtained  $t'$  ratio was 8.03\* since the obtained  $t'$  ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in agility. It may be concluded

from the result of the study that experimental group improved in agility due to nine weeks of yogic practices.

### FIGURE –II

**BAR DIAGRAM SHOWS THE MEAN VALUES OF PRE AND POST-TESTS OF CONTROL AND EXPERIMENTAL GROUP ON AGILITY**



### DISCUSSION AND FINDINGS

In case of physical performance i.e. speed and agility performance the results between pre and post (9 week) test has been found significantly higher in yoga practices group in comparison to control group. This is possible because due to regular yoga practices which may also bring sudden spurt in physical performance in college men kabaddi players. The findings of the present study have strongly indicates that yoga practices of nine weeks have significant effect on selected yoga practices i.e., speed and agility skills of college men kabaddi players. Hence the hypothesis earlier set that yoga practices programme would have been significant effect on selected yoga practices components in light of the same, the hypothesis was accepted.

### CONCLUSIONS

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The yoga practices had positive impact on speed and agility skills among college men kabaddi players.
2. The experimental group showed better improvement on speed and agility skills among college men kabaddi players than the control group.

### REFERENCES -

1. Chandrasekaran.K (2003).Yoga for Health, Delhi; Khel Sathiya Kendra.

2. Hofmann, S.G., Andreoli, G., Carpenter, J.K. & Curtiss, J. (2016). Effect of Hatha Yoga on Anxiety: A MetaAnalysis. *J Evid Based Med*. 2016 May 20.
3. Gunalan. A. (2016). Effect of Yogic Practices and its Combination with Physical Exercises on Achievement Motivation. *International Journal of Recent Research and Applied Studies*, 3, 3(15), 61 – 63  
John M.Mayer et.al (2012) || The Impact of Obesity on Back and Core Muscular Endurance in Firefighters ||, *Journal of Obesity* Volume (2012), p. 110-127, 17p.