



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 5.2  
IJAR 2016; 2(4): 665-667  
www.allresearchjournal.com  
Received: 17-02-2016  
Accepted: 18-03-2016

**Dr. Ratnesh Singh**  
Associate Professor,  
Department of Physical  
Education, G.G.V. Bilaspur  
(C.G.), Chhattisgarh, India.

**Kunvar Singh**  
Research Scholar,  
Department of Physical  
Education, G.G.V. Bilaspur  
(C.G.), Chhattisgarh, India.

## Effect of eight weeks training of Suryanamaskar on flexibility of cricket players

**Dr. Ratnesh Singh, Kunvar Singh**

### Abstract

The Purpose of the study was to find out the effect of Suryanamaskar training on flexibility of Cricket players. For the present study total 25 Cricket players were selected from GGV Bilaspur (C.G.) the age of the subjects were ranging from 20 - 24 years. The variables selected for the present study were Suryanamaskar training (independent variable) and flexibility (dependent variables). The flexibility data was collected through the pre and posttest. For the study single group design was used in which the pretest was taken prior to the Suryanamaskar training and posttest was taken after Eight weeks of Suryanamaskar training. For comparing pre and posttest means of flexibility, descriptive analysis and paired t-test were applied at 0.05 level of significant. The result of the study showed that there was significant difference between pre and posttest flexibility of Cricket players ( $t=6.713, p<0.05$ ). On the basis of the findings it was concluded that the Suryanamaskar training may be effective for the improvement of flexibility of Cricket players.

**Keywords:** Suryanamaskar training, Flexibility, Cricket players

### Introduction

Suryanamaskar is an old Indian technique for offering requests to God to the rising sun in the morning alongside a progression of physical stances with controlled breathing going for scope of physical, mental and otherworldly advantages (Parag and Manjunath, 2012) [9].

Suryanamaskar's is an elegant joined arrangement of twelve stances alongside managed breathing and unwinding. It diminishes solidness, rejuvenates the body, revives the brain and sanitizes unobtrusive vitality channels. There are number of study have been led on Suryanamaskar and discovered critical change in adaptability. (Choudhary and Krzytof, 2010) [3].

India has a rich convention of yogic practices. Presently a-days yoga, the antiquated routine of stances, breathing and contemplation is picking up a great deal of consideration from social insurance experts. With expanding logical examination in yoga, its restorative perspectives are likewise being investigated. Suryanamaskar – The welcome to the God Sun is additionally a piece of Indian customary yogic practices. Suryanamaskar is the one of the best practice in yogic practices. It is having basically 12 works out, every one having distinctive positions and they are affected on the human body. It is making the human life as socially satisfactory, rationally unwind, physically fit, candidly adjust, and profoundly arousing. Suryanamaskar word is binded from two words one is Surya and other one is Namaskar, it implies Surya is type of flame and Namaskar is type of appreciation.

Suryanamaskar is a progression of twelve physical stances. These substituting in reverse and forward bowing stances flex and extend the spinal segment through their most extreme extent giving a significant stretch to the entire body. S N advances rest and placidness, enhances muscles adaptability, fortifies stomach muscles and enhances the human organ limits and so forth. Such a variety of specialists are found the outcome on this region.

Flexibility is the most important factor that can affect the performance of Cricket players. Bowlers, batsman, fielders and wicket-keepers adequate emphasis on physical fitness components and flexibility is the main component of physical fitness.

**Correspondence**  
**Dr. Ratnesh Singh**  
Associate Professor  
Department of Physical  
Education, G.G.V. Bilaspur  
(C.G.), Chhattisgarh, India.

This denotes the ability to move joints and use muscles through their full range of motion. Suryanamaskar is the combination of twelve stretching, holding and relaxation exercises that is the main factors that increases the flexibility of various muscles.

In modern time competitions cricket players need more preparation especially for training of fast bowlers, batsman, fielders and wicket-keepers, adequate emphasis is given for the development physical fitness characteristics. Therefore, the modern trend in the field of cricket is to assess the related components successfully as part of total body and size of each cricketer and interpret how far each of these components are helpful in the performance of a cricketer under match conditions. (Haree, Dietrich, 1982) [5]

**Distinctive stances of Suryanamaskar**

Each round of Suryanamaskar is finished, after the platitude of Omkara with the significant mantra for the sake of Surya or sun god. While doing the Asanas, Each mantra says familiarity like this

1. Om Mitraya Namah
2. Om Ravaye Namah
3. Om Suryaya Namah
4. Om Bhanave Namah
5. Om Khagaya Namah
6. Om Pusne Namah
7. Om Hiranyagarbhay Namah
8. Om Adityay Namah
9. Om Savitre Namah
10. Om Arkay Namah
11. Om Bhaskaraye Namah
12. Om Savitrasurya Narayanaya Namah

**Objectives of the study:** To find out the significant difference between pre and posttest of flexibility of Cricket players.

**Hypothesis of the study:** it was hypothesized that there will be no effect of Suryanamaskar training on flexibility of Cricket players.

**Methodology**

**Selection of Subjects**

For the present study total 25 male Cricket players including batsman, bowlers, fielders and wicket keeper with age ranging between 20-24 years and studying in department of physical education, G.G.V. Bilaspur Chhattisgarh were selected as subjects.

**Selection of Variables**

❖ **Independent variables**

- Suryanamaskar training

❖ **Dependent variables**

- Flexibility

**Criterion Measures**

Flexibility was measured by sit and reach test and recorded in centimeter.

**Experiment Design**

For the study single group design was used in which the pretest was taken prior to the Suryanamaskar training and posttest was taken after eight weeks of Suryanamaskar training. Suryanamaskar were given to subjects on Six days i.e. (Monday to Saturday). Each training session consisted of 30 minutes Suryanamaskar training and two session (morning and evening) in the day.

**Statistical Procedure**

The data were analyzed by applying descriptive statistical and paired t-test. The level of significance were set at 0.05

**Result and Findings of the Study**

**Table 1:** Descriptive and comparative statistics of pre and posttest of flexibility

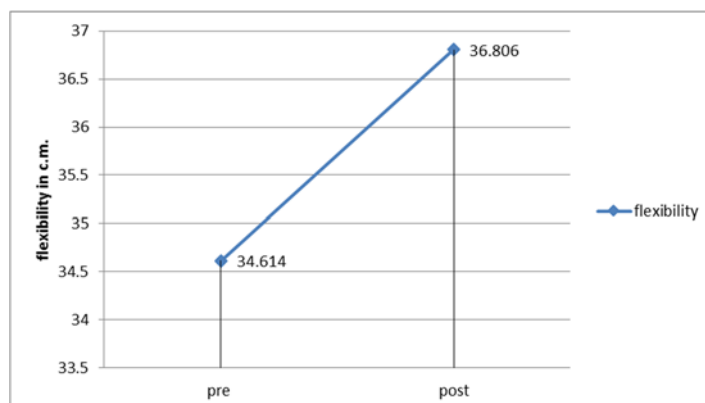
Variables	Test	N	Mean	Std. Deviation	Std. Error of Mean	t-value	Sig.
Flexibility	Pre	25	34.614	1.174	.234	6.713*	.000
	Post	25	36.806	.804	.160		

\*statistically significant at .05 level of significance.

Table 1 reveals that the mean of pre & posttest of flexibility are 34.614 & 36.806 and S.D. 1.174 & .804 respectively. The obtained t-value for flexibility 6.713 is significant at 0.05 level of significance. This confirms that significant

difference exists between the means of pre and posttest in relation to flexibility.

**Fig. 1:** Graphical presentation of mean values of pre and posttest in relation to flexibility



**Fig 1:** Shows That The Mean Score Of Flexibility Posttest (36.806) Is Higher Than The Mean Score Of Pretest (34.614).

## Discussion

The purpose of the study was to determine the effect of Suryanamaskar training on flexibility of Cricket players. The finding of the study revealed that there was a significant improvement found in flexibility to practice of Suryanamaskar. The probable reason is the Suryanamaskar is the combination of twelve exercise that is included stretching, holding and relaxation exercises that increases the flexibility. Many researcher had already proofed that Suryanamaskar is good flexibility training that is uses by coaches and trainer to improve flexibility of players. Finding is in agreement with the result of Choudhary and Krzytof, (2010) and Sankar and Pancholi, (2011). Yoga asana were also shown to improve flexibility and health perception (Cowen and Adams, 2005).

## Conclusions

On the basis of findings of the results of the study indicate that the significant difference was found in pre and posttest of flexibility. On the basis of the findings it was concluded that the Suryanamaskar training may be effective for the improvement of flexibility of Cricket players.

Initially it was hypothesized that there will be no significant effect of Suryanamaskar training on flexibility of Cricket players.

## References

1. Alter Michael J. Science of flexibility. Human Kinetics, 2004.
2. Bal BS, Kaur PJ. Effect of selected asanas in hatha yoga on agility and flexibility level. Journal of sports and health research. 2009; 1(2):75-87.
3. Choudhary R, Krzytof Stec. The effect of dynamic Suryanamaskar on flexibility of university students. J.A.D. Research. 2010; 1(1):45-48.
4. Harlod M, Barrow, Rojemary Mcgee. A practical Approach to measurement in physical education Second edition Philavellephiala lea and febiger, 1973.
5. Harree Dietrich. Principles of Sports Training” Berlin: Sportverlag, 1982.
6. Kerketta I, Singh K, Bisht S. Effect of six weeks training of Suryanamaskar on flexibility and agility. Laxmi Book Publications, Solapur, 2015; 4(4):1-4.
7. Mishra MK, Rathore VS. Effect of six weeks training of aerobic exercises on selected physiological variables. International Journal of Physical Education, Sports and Health, 2015; 2(2):116-118.
8. Mishra MK, Pandey AK, Dubey S. Effect of eight weeks yogic training on selected physiological variables. International Journal of Physical Education, Sports and Health. 2015; 1(3):16-18.
9. Parag J, manjunath NK. The effect of Suryanamaskar on sustained attention in school children. Yoga physical therapy. 2012; 2(2):2-4.
10. Rajkumar J. The Impact of Yogic Practices the Intercollegiate Soccer Players, Indian Journal for Research in Physical Education and Sports Sciences, 2010; 5(1):1-7.
11. Shankar G, Pancholi B. The effect of Suryanamaskar yoga practice on the heart rate, bood pressure, flexibility and upper body muscle endurance in healthy adults. International journal of health sciences and research. 2011; 1(1):2-6.
12. Shrikrishna, Essence of Pranayama Lonavala: Kaivalyadhama Asharam Publication, 2<sup>nd</sup> edition 1996, 13.
13. Singh Amandeep, Singh Sukhdev, Gaurav Vishaw. Effects of 6-Weeks Yogasanas Training on Agility and Muscular Strength in Sportsmen. International Journal of Educational Research & Technology. 2011; 2(2):72.
14. Sjomane NE. Yoga tradition in Mysore Palace. Abhinav publications, 1999.