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Effect of yoga on selected physical fitness component of football players

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Abstract

The paper is highlighting the yogic benefits for reaching optimum level of physical fitness of football players. The human body needs sound relation of nature and natural remedies which are available in physically fit. Yoga is a procedure to control and advance the psyche and figure to increase great health, adjust of psyche and self-acknowledgement. The very essence of yoga lies in attending mental peace, improved concentration powers, a relaxed State of living and harmony in relationship. Regular practice of asana, pranayama and meditation can help such diverse, ailments such diabetes, blood pressure, digestive disorders, chronic fatigue, asthma, varicose veins and heart conditions. The study was undertaken with the aim of observe the effect of yoga (asana & pranayama) on selected physical fitness component of football players. For the study total 40 male football players selected as subject from Bhatner Football Club Hanumangarh, Rajasthan, India. Their age between 16-22 years. Players were given the treatment of selected Yogicasana & pranayama for 12 week Result shown that the regular practice of yoga improved physical fitness component (Muscular strength & endurance and flexibility) significantly.

Keywords: Yoga, physical fitness, football players

1. Introduction

Yoga is considered, both in East and the West, as one of the best exercise for physical fitness. Indians have given great importance to “yoga” and “physical exercise” not only to prevent cure the physical ailments/disease but to keep fit also. Yoga is an ancient science of physical, mental and spiritual development. Yoga has become increasingly popular in western cultures as a mean of exercise and fitness training. Yoga is perhaps the best known way to bust stress, which is the root cause of chronic diseases such as reproductive problems, heart problems, immune system problems, arthritis, depression, and anxiety. Because yoga also helps in healing the mind, the healthy mind can lead to greater physical fitness, and a fit body leads to a healthy life. The effect of yoga on the mind and body's fitness are amazing. The muscles are exercised by stretching and relaxing. Breathing and Blood circulation also improve. One develops stronger muscles, and consequently a stronger body, which makes it more resistant to illness, Weather viral or related to Stress. Relaxation of the body and its fitness are achieved by yoga through breathing techniques known as Pranayama, and strong but gentle Asanas. The exercise target the parasympathetic nervous system, a component of the autonomic nervous system that deals with rest-and- repos mechanism of the body. By focusing on these vital elements, yoga can be a great thing to do to recover from a series of tough workouts. Some of the most popular yoga movements directly improve the range of motion at your joints, which helps to stay on the field longer and move more fluidly. We all know yoga is not as easy as it may seem which why it is great for those who need a new or different challenge in their training programs. And lastly, when we are feeling the most pressure about the big game or try out, yoga of football players and its emphasis on breathing and relaxation can really boost the mental energy, focus and concentration.

1.1 Purpose of the study

The purpose of the present study was to find out the effect of yoga on selected physical variables of football players.

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2. Methodology

2.1 Subjects

Total 40 male subjects were selected sample for this study from Bhatner football club Hanumangarh. The age range between 16-22 year.

2.2 Variable

2.1 Physical Measures

- Muscular strength and endurance
- speed and agility
- Explosive strength of legs
- Flexibility

Tests: Following tests were utilized for present study:

2.3 Test used for physical variables

2.3.1 Muscular strength and: Bent-knee sit ups

2.3.2 Speed and: Shuttle-run

2.3.3 Explosive strength of legs: Standing board jump

2.3.4 Flexibility: Sit and reach test

2.4 Data collection

All data were collected, in month of May and June 2019 when they were attending their summer camp. The researcher him-self specialize in yoga and administered the yoga programme. The subjects were participated in yoga programme six days in a week, only for 12 weeks. Necessary instruction was given by yoga instructor, to the subject before the administration of programme. The required data in different components was collected from the players during morning session.

Aapher youth physical fitness test and sit & reach test for measuring physical fitness variables organized at 1st, 2nd and 3rd day. After collection of pre-test scores on all the selected variables, subjects participated in yoga programme. After 12-week yoga programme, post-test was conducted and all data were collected on all health variables.

2.5 Statistical Procedure

For analysis of the data collected, Mean and SD was computed. To find out the effect of yoga on selected physical fitness component of football players, ‘t’ test was applied and significance level 0.5.

3. Discussion and Findings

Table 1 shows the comparison of means of selected physical variables of pre-test scores. In bent-knee value of pre-test is 38.42 and post-test is 43.31. In shuttle-run mean value of pre-test is 10.46 and post-test is 10.32. In standing broad jump mean value of pre-test is 224.36 and post-test is 229.7. In flexibility value of pre-test is 17.23 and post-test is 24.54.

Table 1: Compression of Means of Selected Physical fitness component variables of pre & post test scores

| Components | Group | Mean | SD |
|--|-----------|--------|------|
| Muscular strength & endurance (Bent-knees sit ups) | Pre-test | 38.42 | 9.35 |
| | Post-test | 43.31 | 8.3 |
| Speed and agility (Shuttle-run, in sec) | Pre-test | 10.46 | 2.48 |
| | Post-test | 10.32 | 3.28 |
| Explosive strength (Standing board jump, in cm) | Pre-test | 224.36 | 25.4 |
| | Post-test | 229.7 | 28.9 |
| Flexibility (in cm) | Pre-test | 17.23 | 4.32 |
| | Post-test | 24.54 | 6.03 |

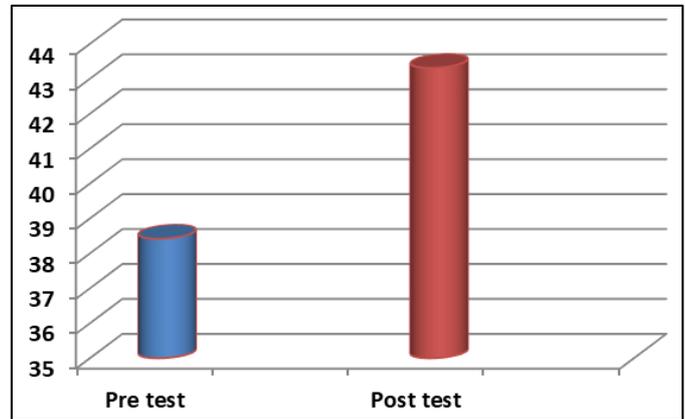


Fig 1: Comparison of Mean Difference in sit-ups

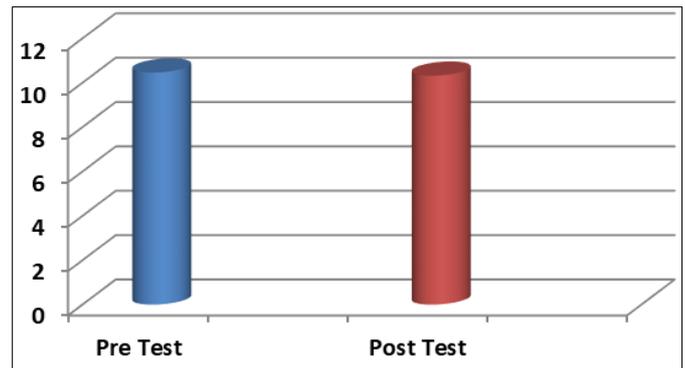


Fig 2: Comparison of Mean Difference in Shuttle Run

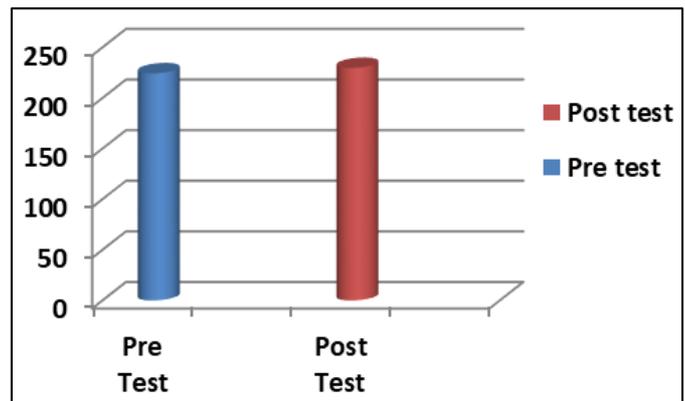


Fig 3: Comparison of Mean Difference in SBJ

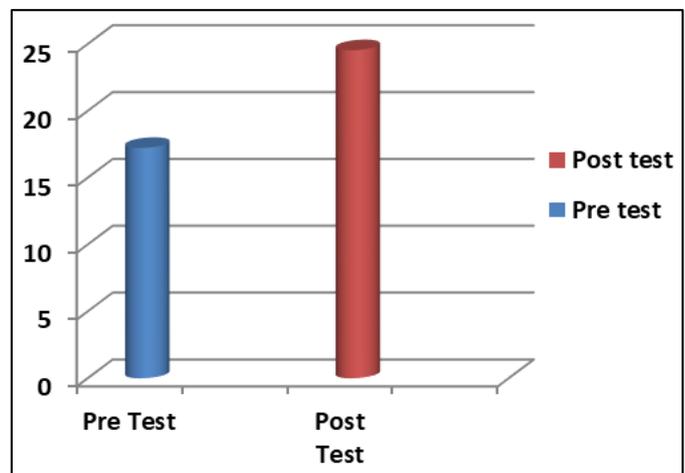


Fig 4: Comparison of Mean Difference in Flexibility

4. Conclusions

- Twelve weeks Yoga training is beneficial for improvement in Muscular strength & endurance of trunk & flexibility of football players.
- Twelve weeks Yoga training is not beneficial for improvement of speed and agility; Explosive strength of legs of football players.

5. References

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