

## YOGA PRACTICE ON THE FLEXIBILITY OF SWIMMERS

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### Article Info

Received: 10/02/2025

Revised: 19/02/2025

Accepted: 11/03/2025

**Keywords:** Yoga Practice, Shoulder Flexibility Test and Inter University Swimmers.

### Abstract

The objectives of this study are to examine the effect of yoga practice on the flexibility variable of inter-swimmers. It is an experimental study in which a pre-test & post-test non-equivalent groups design was. Inter-university, 20 female swimmers were selected as a sample by using a purposive sampling technique from Mumbai University, Mumbai. They were equally divided into, experimental group (n=10) and a control group (n=10). Shoulder flexibility pre-test & post-test were conducted on both groups data obtained were analysed by using an Independent sample t-test. The result of yoga practice was effective in improving the flexibility of inter swimmers. This showed a significant effect at the 0.05 level; thus researcher concludes that there was significant improvement found in the shoulder flexibility performance of the experimental group as compared to the control group of inter-university swimmers due to the treatment given.

### INTRODUCTION:

Swimming is the movement of the body through water using arms and legs. People can swim in the sea, swimming pools, rivers and lakes. People swim for exercise, for fun, and as a sport. There are several styles of swimming, known as "strokes", including: front crawl, breaststroke, freestyle, butterfly, and backstroke. As swimming is a low-impact sport, most people think that the chances of getting injured are small. However, what many may now know is that putting joints through repetitive motion with poor stroke mechanics may cause an overuse injury. In the university level competitive swimmers swim 7 to 8 km per day and five to six days per weeks, which corresponds approx to 2000 rotations of the shoulder per day. The combination of these

repetitive movements with a large range of motion of the joint makes the shoulder more prone to injury in this sport (Stocker et al., 1995; Pink and Tibone, 2000; Weldon and Richardson, 2001; Lynch et al., 2010).

Yoga, therefore, not only contributes to other sports but also is a sport by itself, which is excellent in nature. In yoga, all the movements are slow and motionless and gradual with proper breathing.

#### **Flexibility:**

Flexibility is the ability of a muscle to relax and yield to stretch. This definition emphasizes the contractile component of soft tissue structures around a joint rather than the movement available at specific joint or joints.

### Material and Method:

The present study was experimental research that was conducted with the purpose of investigating the effect of yoga practice on the flexibility of inter-university swimmers. In this study inter inter-university 20 female swimmers were selected as a sample by using a purposive sampling technique from Mumbai University, Mumbai. They were equally divided into, experimental group (n=10) and a control group (n=10). In this study flexibility variable was selected, and for that variable, measures of shoulder flexibility test were used to collect data. Yoga practice for 60 minutes practice 6 days per week. Prior to the practice, the experimental group had given Sukshamvayam. Yoga session includes Vrukshashana, Tadasana, Trikonasana, Padamasana, Goumukhasana, Vajrasana, Sarvangasana, Naukasana, Siddhasana, ArdhHalasana, Shalbhasana, and Bhujangasana.

The researcher assembled the subjects and gave them instructions about the experiment, also providing an explanation of the shoulder flexibility test. After the experimental group implemented eight weeks of yoga practice for experimental group inter inter-university female swimmers and the control group, they did not part yoga practice but they keep on focused regular activity. Before yoga practice, conducted pre-test by the shoulder.

### CONCLUSION

On the basis of the results obtained in the study, the researcher concluded that the shoulder flexibility test was improved through regular participation in eight weeks of yoga practice in the female inter-university swimmers.

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flexibility experimental and control groups, after the completion of yoga practice, conducted post-tests for data collection.

### Statistical Tools

After collecting data, pre-test or post-test of the experimental & control groups was analysed through the independent sample t-test and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

### Discussion of the findings:

The findings effect of yoga practice on the flexibility variable of the experimental & control groups revealed the following indications. The shoulder flexibility test conducted for the experimental group indicates significant improvement in the flexibility variable. To examine the significance of mean differences between pre- and post-test among the experimental and control groups, a t-test was applied at a 0.05 level of significance with t-values of 3.88 and 0.98. The pre- and post-test scores for the experimental group on the flexibility variable, i.e. shoulder flexibility test, calculated t-values were found to be statistically significant.

The research findings of **Amorim et al. (2011)** support the findings of the present study. He concluded that Pilates training has a positive effect on flexibility and muscular strength in dance students. Another study supports the findings of the study.

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Cite this article:

Deepika Patil and Hemant Verma, 2025 "Yoga Practice on The Flexibility of Swimmers". *JES Bulletin*, 3(2):252-253