

EFFECT OF YOGIC ASANA ON MUSCULAR STRENGTH AMONG YOUNG GYMNASTS

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Abstract

Muscular strength is a major physical fitness component, and it's also important in many sports as well as part of an overall fitness profile. Such as In gymnastics, Muscular strength is an important physical attribute. Yoga is more than a workout; it's a way of life. The ancient art of breathing, postures & meditation is gaining popularity and adaptability. As a result current investigation was undertaken. This study aimed to determine the effect of yogic asana practice on Muscular strength among young gymnasts. For this purpose, 30 subjects aged 10 to 14 years were selected randomly from Deogiri Gymnastics Academy. For this study, the Pre-Test Post-Test Equivalent Group design was employed. The selected criterion variable, namely, muscular strength, was measured using the push-up test. The data of the study was analysed by using 't-test'. The results study after six weeks of training were found to be significant at the 0.05 level of confidence. The results clearly show that the yogic asana practices have an effect on Muscular strength among young gymnasts.

INTRODUCTION:

Yoga is a spiritual practice that began in India around 6,000 years ago and is based on an ancient philosophy that combines several concepts and routines. These include meditation, self-reflection, breath control and the practice of physical postures that develop strength, flexibility. Yogic Asana practices create a flow between each posture that is designed to help you regain your energy and release tightness in your muscles is one of the most important key components in sports. In every sports, players need muscular strength to perform skills smoothly & perfectly. Having good muscular strength in the body has many benefits in sports. Practising of yoga has been associated with many positive outcomes in

various aspects of physical performance & wellbeing (polsgrove et.al., 2016). Yoga asana has a great way to work on muscular strength of the muscles. Many yoga poses require us to support the weight of our own body. Yoga asanas enhance muscular strength of young gymnasts which helps to perform skills is very easily in gymnastics. Gymnastics is a sport involving the performance of sequences of movements requiring physical strength, flexibility, balance and kinesthetic awareness, such as different types of rolls, jumps. Gymnastics is considered to be a dangerous sport, due in part to the height of the apparatus, the speed of the exercises and the impact on competitors' joints, bones and muscles.

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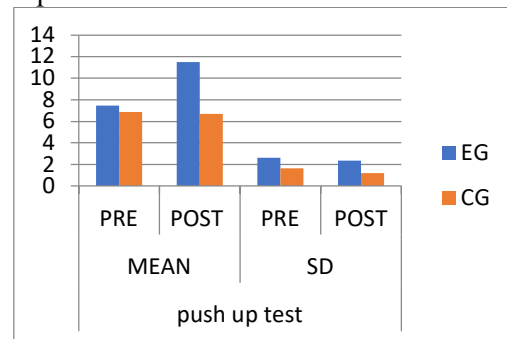
Objectives of the Study

Methodology

The present investigation is an experimental research conducted with the purpose to see efficiency to yoga asana in improving the Muscular strength of young gymnasts. For the present study, 30 boys a subject was are chosen. Further, they were divided in two groups equally, consisting of 15 players each in the experimental group and control group. The push-up test was administered as a pre-test& post-test. The experimental group practised a selected yogic asana for a total six weeks as yoga intervention. This six-week training program included yogic asanas like bakasan, Purvottanasana (upward plank),Mayurasana,Tittibhasana(flyer pose),Adhomukhsvasana, Bhujagasan. The yogic asanspractice programme was carried out for 5 days per week during morning session at 5.30pm to 6.30pm.The age group of subject was ranged between 10 to 14 years young gymnast randomly selected from Deogiri gymnastic Academy.

In all, 30 subjects were for tests for this study. Every subject was allotted with a code and a separate self-contained form for test results. The test was selected in the aspect of development. In development the investigator selected the standard test of muscular strength, push up test.

For this study the Pre-Test Post-Test Equivalent Group design was employed. In this experiment the equivalence of the experimental and control groups is provided by random assignment of subjects. The same were symbolically represented as below:



The Figure shows Mean scores and standard Deviation Push test Among Control Group & Experimental Group

The outcome of the study indicates experimental group shown significant improvement in muscular strength among young gymnast. The control group had not shown any significant changes. The analysis of the study indicates that

the experimental group had shown significant level difference among young gymnast. The systematically designed training develop depend variables are very important quilts for better performance in yoga asana.

CONCLUSION

After the investigation of composed data by using t test, the resulting outcome of present research study came to the presence. This means that is a significant difference between the effect

of yogic asana on the muscular strength level in the pre-test and post-test results of between the experimental group and the control group of young gymnasts.

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