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Effect of Yoga on Selected Strength Variables Among Cricket Players

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ABSTRACT

The purpose of the study was to find out the effect of yoga on selected strength variables among cricket players. To achieve the purpose of the present study, forty male cricket players from Imayam College, Trichy, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 23 years. The subjects were divided into two equal groups of twenty each. Group I acted as yoga group and group II acted as and control group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. Pre test was conducted for all the subjects on selected strength variables. The duration of experimental period was 12 weeks. After the experimental treatment, all the eighty subjects were tested on their strength variables. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using dependant 't' test and Analysis of Covariance (ANCOVA) to find out the significance among the mean differences. In all cases 0.05 level of significance was fixed to test hypotheses. The yoga group had shown significant improvement in all the selected strength variables among cricket players after undergoing yoga for a period of twelve weeks.

KEYWORDS: Yoga, Strength, Cricket.

INTRODUCTION

The fundamental point of the Yoga is command over the brain. An upbeat man is who realizes how to separate the genuine from the incredible, the unceasing from the transient and the great from the terrible by his segregation and astuteness. Subsequently, Patanjali clarifies that the mind must be controlled and afterward submitted to serve the masterful idea of yoga to its most elevated strength. Yoga or any workmanship requires intense sharpness of insight and ready organs of recognition. In yoga there is no challenge yet it requires thinking and reproducing with a longing to perform better. A man who can't control his mind will think that its hard to accomplish this celestial fellowship, yet oneself controlled man can achieve it on the off chance that he makes a decent attempt and coordinates his vitality by the correct methods. A man who works magnanimously for the welfare of others with affection in his heart, love and benevolent assistance is heavenly. The individuals who meet such individuals become quiet and decontaminated. One who has vanquished his brain has total dominance of his self. Yoga can just disclose the approaches to control

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the brain, brings serenity, peacefulness, and readies the psyche for immaculate un qualified self give up to God. From days of yore, yoga has been thriving. In this cutting edge Era Yoga has gotten inescapable to each person. In this cutting edge world, which is in excess of a wilderness, regardless it gets basic for each one how is intellectually and physically spooky, to rehearse yoga to lead a calm life. The bygone idea limited the range of yoga just to a couple of men (certainly no lady was permitted to rehearse yoga). Be that as it may, presently its sexual orientation free, and no limitations. Yoga has two divisions-one to take into account the necessities of the body and the other to the spirit. In any case, the reference of yoga is promptly comprehended as physical wellness work out. Pranayama and Asnas are at the highest point of each one's mind. Swami Vivekananda, Swami Aravindar, Swami Yoganandar were a rare sorts of people who conveyed the message of yoga toward the western world.

METHODOLOGY

The purpose of the study was to find out the effect of yoga on selected strength variables among cricket players. To achieve the purpose of the present study, forty male cricket players from Imayam College, Trichy, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 23 years. The subjects were divided into two equal groups of twenty each. Group I acted as yoga group and group II acted as and control group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. Pre test was conducted for all the subjects on selected strength variables. The duration of experimental period was 12 weeks. After the experimental treatment, all the eighty subjects were tested on their strength variables. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using dependant ‘t’ test and Analysis of Covariance (ANCOVA) to find out the significance among the mean differences. In all cases 0.05 level of significance was fixed to test hypotheses.

RESULTS

TABLE - I
COMPUTATION OF ANALYSIS OF COVARIANCE OF YOGA AND CONTROL GROUPS ON GRIP STRENGTH

	YG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	51.20	52.10	**BG**	8.10	1	8.10	1.73
			WG	177.39	38	4.66	
Post-Test Means	60.34	51.75	**BG**	737.88	1	737.88	202.30*
			WG	138.59	38	3.64	

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Adjusted Post-Test Means	60.28	51.81	**BG**	685.23	1	685.23	187.57*
			WG	135.16	37	3.65	

* Significant at 0.05 level for df 1 & 38 = 4.09 and 1 & 37 = 4.10.

An examination of table - I indicated that the pre test means of yoga and control groups were 51.20 and 52.10 respectively. The obtained F-ratio for the pre-test was 1.73 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post-test means of the yoga and control groups were 60.34 and 51.75 respectively. The obtained F-ratio for the post-test was 202.30 and the table F-ratio was 4.09. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the yoga and control groups were 60.28 and 51.81 respectively. The obtained F-ratio for the adjusted post-test means was 187.57 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37. This proved that there was a significant difference among the means due to the experimental training on grip strength.

FIGURE - I
PRE POST AND ADJUSTED POST TEST DIFFERENCES OF THE, YOGA AND CONTROL GROUPS ON GRIP STRENGTH

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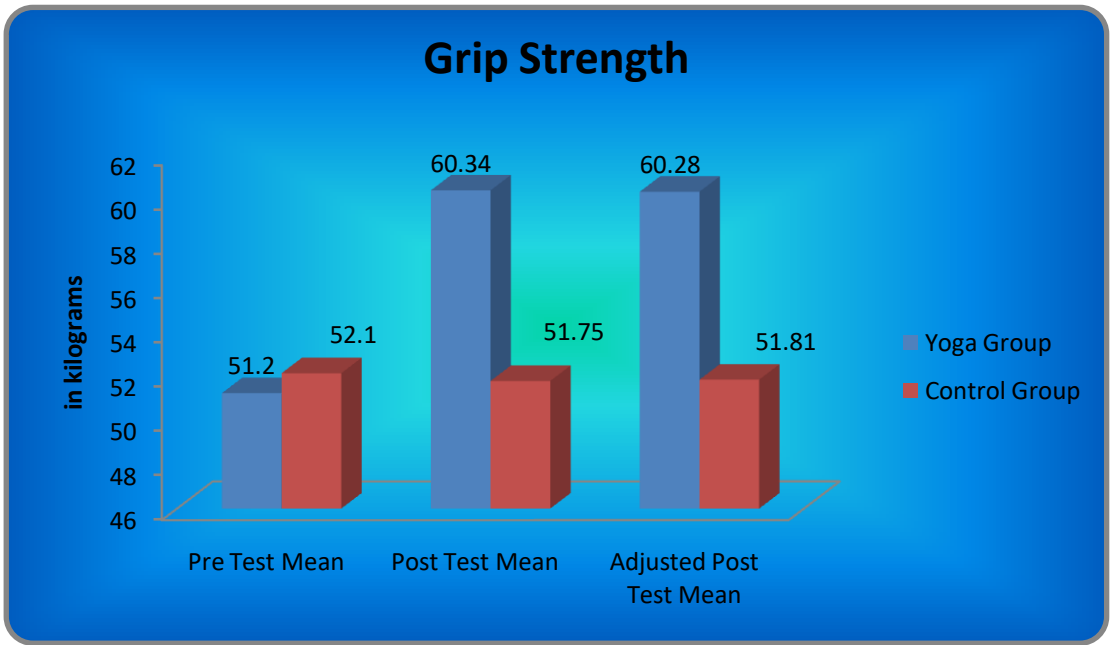

TABLE - II
COMPUTATION OF ANALYSIS OF COVARIANCE OF YOGA AND CONTROL GROUPS ON BACK STRENGTH

	YG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	139.61	142.65	**BG**	92.72	1	92.72	0.97
			WG	3627.12	38	95.45	
Post-Test Means	163.93	138.12	**BG**	6661.56	1	6661.56	99.22*
			WG	2551.23	38	67.13	
Adjusted Post-Test Means	164.19	137.85	**BG**	6766.75	1	6766.75	102.61*
			WG	2439.94	37	65.94	

* Significant at 0.05 level for df 1 & 38 = 4.09 and 1 & 37 = 4.10.

An examination of table - II indicated that the pre test means of yoga and control groups were 139.61 and 142.65 respectively. The obtained F-ratio for the pre-test was 0.97 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups.

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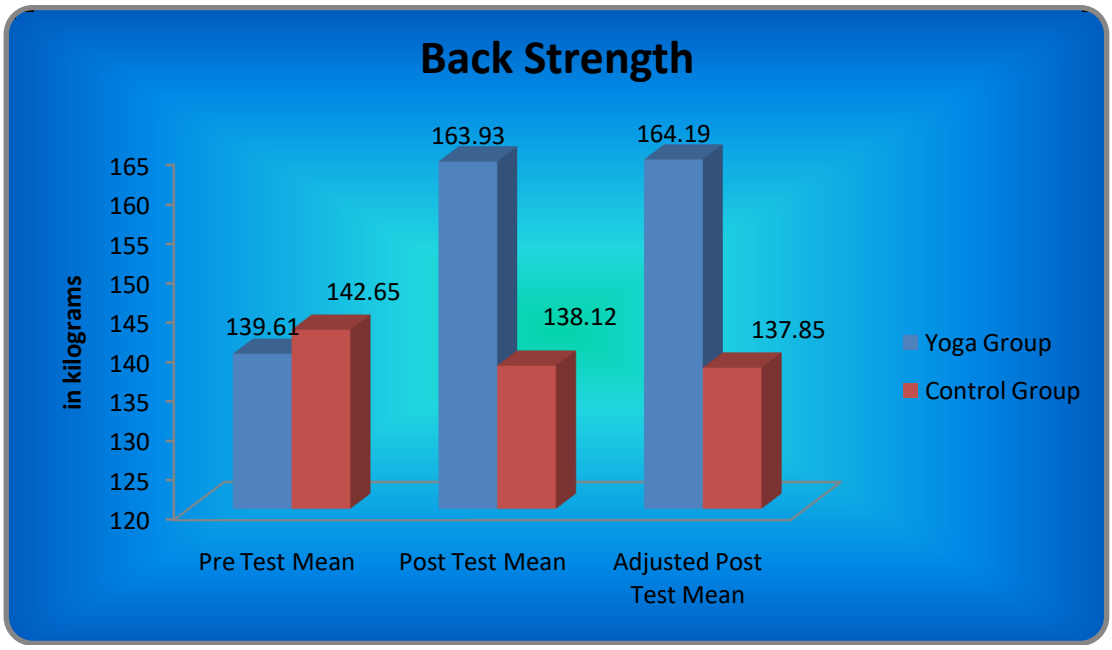
The post-test means of the yoga and control groups were 163.93 and 138.12 respectively. The obtained F-ratio for the post-test was 99.22 and the table F-ratio was 4.09. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the yoga and control groups were 164.19 and 137.85 respectively. The obtained F-ratio for the adjusted post-test means was 102.61 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37. This proved that there was a significant difference among the means due to the experimental training on back strength.

FIGURE - II
PRE POST AND ADJUSTED POST TEST DIFFERENCES OF THE, YOGA AND CONTROL GROUPS ON BACK STRENGTH



CONCLUSION

From the analysis of the data, the following conclusions were drawn:

1. The yoga group had shown significant improvement in all the selected strength variables among cricket players after undergoing yoga for a period of twelve weeks.

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