



EFFECTS OF YOGIC EXERCISES (ASANAS) ON PHYSICAL EFFICIENCY OF MALE KABADDI

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ABSTRACT

Kabaddi was principally conceived as an approach to build up the physical quality and speed in young fellows. To play kabaddi a player has to fundamentally pick up brave task against inverse players, evading and masonry over hand and feet developments. To exceed expectations in diversion player must learn both hostile and guarded abilities. through contemplation and different asanas. Yoga not just fortifies body it likewise causes player to recoup quick from damage and furthermore encourages them in increasing greater adaptability and security. It additionally builds their forces of focus and to get personality. The reason for the investigation is to de kabaddi players. The irregular gathering configuration was utilized for the investigation involving 25 subjects. The length of preparing program was two months. Pre and Post information identifying with physical found that there was critical distinction in the physical effectiveness of kabaddi players.

KEYWORDS: *Kabaddi, physical effectiveness, yogic activities, reflection, pranayama, Harvard step test, pillager.*

INTRODUCTION :

Kabaddi was essentially formulated as an approach to build up the physical strength and speed in young fellows. Amid its commencement, Kabaddi was played to help the self-protection abilities and to create quick responsiveness to assault. Players of group diversions found that their reflexes of counter assaults were upgraded by kabaddi. Whether it is catcher or looter kabaddi requires gigantic physical quality, mastery, capability at amusement, organizes nerves and muscles, authority over inhale, snappy reflex activity and good judgment.

To play kabaddi a player needs to essentially get the hang of brave task against inverse players, avoiding and masonry overhand and feet developments. To exceed expectations in diversion player must learn both hostile and protective aptitudes. Yoga helps kabaddi players in controlling body and psyche through reflection and different asana. Players locate that different asanas not just upgrade the limit of tight and exhausted muscles yet additionally train mind. Yoga not just fortifies body it additionally causes player to recuperate quick from damage and furthermore encourages them in increasing greater adaptability and solidness. It additionally builds their forces of fixation and to quiet the brain.

LITERATURE REVIEW:

Khodaskar¹ directed an examination to contemplate the impacts of Yogic and non yogic activities on chose physiological factors of Kabaddi players. For these purpose 75 male kabaddi players of the age bunch going from 18 to 25 years were arbitrarily chosen from Physical Education College. The understudies were ordered in three gatherings viz., Group A Yogic exercise gathering, Group B - Non-yogic exercise gathering and Group C - Control gathering. Gathering A and bunch B were given training on yogic and non yogic exercise re and half month for 30 minutes every day for 6 days seven days. All these three gatherings were

additionally associated with customary preparing project of their school. The outcome demonstrates constructive outcome on chose physiological factors on the understudies train practices when contrasted with non yogic exercise gathering.

Madanmohanet al.² examines the impact of yogic exercise on respiratory weights, handgrip, and aspiratory work. 20 younger students of the age in the middle of 12 to 15 years were chosen indiscriminately and were given preparing on various asanasand pranayama for a half year. Control bunch comprises of understudies of a similar sexual orientation. The investigation infers that yogic exercise and pranayama improves working of lungs, reinforce inspiratory and expiratory muscles. It was likewise recommended that yoga ought to be a piece of the school educational programs.

Kathleen³ led an examination to think about molding for perseverance of school men. 49 young men of physical instruction understudies who picked two track field classes were haphazardly picked for the examination. The Harvard step test was led and pre and post scores of molding system of seven weeks were recorded. It uncovers that the customary technique for molding demonstrated a noteworthy increment in the cardio respiratory perseverance. Gharote and Ganguly⁴ thinks about the impact of long term yoga preparing program on Cardio Vascular effectiveness of Harvarad Step test was connected on 11 young men and the consequence of the demonstrated that hour of day by day yogic activities includingpranayama plan, fundamentally improved cardiovascular productivity of the understudy

Krishnan K.⁵ contemplated the impact of chosen yogic practices upon the improvement of adaptability. The investigation led regarding the matters chose from the YMCA College of Physical Education, Madras, and Tamil Nadu state demonstrates a noteworthy improvement in adaptability in the wake of preparing of yogic practices.

Prakash⁶ led an investigation to survey the impact of free hand gymnastic activities of yogic asanas on adaptability of young ladies understudies. For this an example of 60 young ladies understudies of the age bunch in the middle of 16 to 18 years was chosen. The information was factually investigated utilizing mean contrast technique (t-proportion). It was discovered that Yogic asanas preparing program was observed to be progressively powerful when contrasted with the free hand gymnastic exercise program in building up the adaptability.

Paul Satinder⁷ considered the impacts of yogic exercise on breathing on the improvement of cant capacity of bandit in kabaddi. 30 male players between age gathering of 18 to 23 years were chosen haphazardly. The subjects were isolated into two gatherings for example Trial Group and Control Group. The pre and post scores were taken for every one of the subjects when the preparation separately and were broke down utilizing 't' proportion. Results demonstrates that there is no critical improvement in the cant capacity of looter when preparing program.

METHODOLOGY

Twenty five male kabaddi players were arbitrarily filled in as the subjects for the examination. So as to acquire the pre and post test scores on physical productivity, Harvard step test by short technique was directed on players. The investigation was led for a time of about two months. The information for physical effectiveness was gathered twice, that is before the beginning of the investigation and after the eight long stretches of the last execution of the tests. The pre-scores were gathered on the principal day before preparing and post-scores were gathered soon after the preparation program. The traningprogramme covers asana like Utthanpada Asana, PaschimothanAsana, Bhujang Asana, Salabha Asana, Matsya Asana, HalaAsana, Shava Asana. So as to consider, the impact of yogic activities on physical productivity t-proportion was connected at 0.05 dimension of hugeness.

The goal of the investigation is to see the impact of yogic activities on physical proficiency of Kabaddi players.

RESULTS AND DISCUSSION

So as to see the huge contrast among pre and post mean estimations of physical effectiveness t-test was connected on the scores as acquired by Harvard step test. It was discovered that there is critical distinction among pre and post mean estimations of yogic exercise gathering. The determined esteem 13.33 is more than the organized estimation of 2.064 which obviously uncovers that there is noteworthy contrast between the pre and post test implies. Thus the yogic exercise preparing program has beneficial outcome on physical proficiency

Table-1: Scores of pre and post Pulse rate and Harvard Step Test of Yogic Exercise group.

Subject	Pulse Pre	Pulse Post	H S Score Pre	H S Score Post
1	79	77	69.04488	70.83825
2	78	73	69.93007	74.7198
3	63	60	86.58009	90.90909
4	72	70	75.75758	77.92208
5	83	81	65.71742	67.34007
6	71	69	76.82458	79.05138
7	68	66	80.2139	82.64463
8	78	73	69.93007	74.7198
9	77	71	70.83825	76.82458
10	75	70	72.72727	77.92208
11	77	73	70.83825	74.7198
12	68	66	80.2139	82.64463
13	90	85	60.60606	64.17112
14	79	75	69.04488	72.72727
15	85	81	64.17112	67.34007
16	87	85	62.69592	64.17112
17	58	56	94.04389	97.4026
18	60	57	90.90909	95.69378
19	93	88	58.65103	61.98347
20	74	71	73.71007	76.82458
21	75	70	72.72727	77.92208
22	79	77	69.04488	70.83825
23	80	76	68.18182	71.77033
24	79	75	69.04488	72.72727
25	88	85	61.98347	64.17112
Total	1916	1830	1803.431	1887.999
Mean	76.64	73.2	72.13723	75.51997

Table-1 shows that the pre (initial) mean value of yogic exercise group was found to be 72.14 which indicates that it falls in the average category. However, the post mean value of yogic exercise group was found to be 75.52 which also falls in the average category, but the index has approved.

Table-2: Significant difference between pre-test and post-test means of yogic exercise in physical efficiency of kabaddi players

No.of subjects	Variables	Means		SD Difference	Calculated value	Table Value
25	Yogic Exercise Group	Pre Test	Post Test	1.269	13.33	2.064
		72.14	75.52			

Significant difference at .05 level of significance, $t.05 (24) = 2.064$

CONCLUSION

In the wake of examining the information it was discovered noteworthy at 0.05 dimension of noteworthiness the 't'- proportion expressed that there is huge change in the physical productivity of male kabaddi player subsequent to rehearsing yogic activities. It was likewise seen that there is increment in physical stamina, adaptability, singular capability, neuromuscular coordination and speedy reflexes.

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