

EFFECT OF YOGIC PRACTICES ON CORE STRENGTH AMONG VOLLEYBALL PLAYERS

Dr.G.Vigneshwaran

** Temporary Assistant Professor, Department of Physical Education, Mamonmaniam Sundaranar University, Tirunelveli, Tamilnadu, India*

Abstract

The purpose of the study was to found out the effect of yogic practices on core strength among volleyball players. To achieve the purpose of this study, 20 male inter collegiate volleyball players were randomly selected as subjects from The M.D.T Hindu College, Tirunelveli, Tamilnadu, India. Their age ranged from 18 to 25 years. The selected participants were randomly divided into two groups such as group 'A' yogic practices (n=10) and group 'B' acted as control group (n=10). Group 'A' underwent yogic practices for three days per week and each session lasted for an hour for six week. Control group was not exposed to any specific training but they were participated in regular activities. The "plank test" (in seconds) was used to measure core strength were selected as variables. The pre and post tests data were collected on selected criterion variables prior to and immediately after the training program. The pre and post-test scores were statistically examined by the dependent 't' test and Analysis of co-variance (ANCOVA). The level of significance was fixed at .05 level of confidence, which was considered as appropriate. It was concluded that the yogic practices group had shown significantly improved in core strength. However the control group had not shown any significant improvement on core strength.

Key words: *Yogic practices, Core Strength, Volleyball Player*

1. Introduction

Yoga is a very ancient discipline. It is recognized as one of the most important and valuable gifts of the Indian heritage. Today the world is looking to Introduction 25 yoga for solving the various problems men are facing. At no time in the past yoga has attracted so much attention from people in so many places in the world as it today. Yoga is an indigenous physical and mental training. French scholar, Masson Oural, has described yoga as the permanent basis of Indian culture. Hence it has its varieties and diversions as it has its right and discipline, the different kinds of yoga have played a vital role in forming the spirit of modern India . Yoga is a tool that can deepen and benefit anyone, of any religion. It does not conflict with personal beliefs; it is simply a vehicle to help one transform oneself by promoting conscious connection with oneself, the world, and the highest truth. There are many traditional paths of yoga, including tantra, mantra, kundalini, bhakti, jnana, karma, raja yoga, and others, all of which have their own techniques to awaken these connections. According to the classic text of the Yoga Sutras of Patanjali, "yoga" is the complete "inhibition of the modifications of the mind" quieting of the constant chatter in one's mind so that our True Selves can manifest, rest in our own true nature and be free of suffering. Disease, as described in the sutras, is said to be an impediment to spiritual practice, growth and freedom from suffering Traditional yogic practices include breath control and techniques (pranayama), meditation (including mindfulness), the adoption of specific bodily postures (asanas) and self-reflection^[2]. Asanas are special patterns of postures that stabilize the mind and the body through static stretching. Regular practice of sun salutation regulates pingala nadi (right nostril), whether it is underactive or overactive, thus leading to a balanced energy system at both the mental and physical levels. Volleyball is very popular game worldwide. There is a need of high level of physical and physiological fitness to participate at the elite level.

2. Purpose of the Study

The purpose of the study was to find the effect of yogic practices on core strength among volleyball players.

3. Methodology

To achieve the purpose of this study, 20 male inter collegiate volleyball players were randomly selected as subjects from The M.D.T Hindu College, Tirunelveli, Tamilnadu, India. Their age ranged from 18 to 25 years. The selected participants were randomly divided into two groups such as group 'A' 'yogic practices'

(n=10) and group 'B' acted as control group (n=10). Group 'A' underwent yogic practices for three days per week and each session lasted for an hour for six week. However, control group was not exposed to any specific training but they participated in their regular schedule. The "plank test" was used to measure core strength were selected as criterion variables. The pre and post tests data were collected on selected criterion variables prior to and immediately after the training program. The pre and post-test selected criterion variable scores were statistically examined by the dependent 't' test and Analysis of Covariance (ANCOVA). The level of significance was fixed at .05 level of confidence, which was considered as appropriate.

4. Analysis of Data

TABLE-1
MEANS AND DEPENDENT 'T' TEST FOR THE PRE AND POST TESTS ON CORE STRENGTH OF
EXPERIMENTAL AND CONTROL GROUPS (In Seconds)

Criterion variables	Test	Experimental Group Mean	Control Group Mean
Core strength (In seconds)	Pre test	55.26	55.39
	Post test	91.78	57.21
	't'test	12.81*	1.61

*Significant at .05 level. (Table value required for significance at .05 level for 't'-test with df 9 is 2.26)

The table-1 shows that the pre-test mean value of experimental and control groups on core strength are 55.26 and 55.39 respectively and the post test means are 91.78 and 57.21 respectively. The obtained dependent t-ratio values between the pre and post test means of yogic practices and control groups are 12.81 and 1.61 respectively. The table value required for significant difference with df 9 at 0.05 level is 2.26. From the above table the dependent 't'-test value of core strength between pre and post tests means of experimental group was greater than the table value 2.26 with df 9 at .05 level of confidence, it was concluded that the experimental group had significant improvement in the core strength when compared to control group.

TABLE-2
COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE ON CORE STRENGTH OF
EXPERIMENTAL AND CONTROL GROUPS

	Experimental Group	Control Group	Source of Variance	Sum of Squares	Df	Mean Square	F
core strength (Adjusted Post Mean)	90.07	57.14	BG	300.18	1	300.18	26.08*
			WG	195.67	17	11.51	

* Significant at 0.05 level. Table value for df 1, 17 was 4.45

Table-2 shows that the adjusted post test means values on core strength of experimental and control groups 95.24 & 79.27 respectively. The obtained f- ratio of 34.95 for adjusted post test mean is greater than the table value 4.45 with df 1 and 17 required for significance at 0.05 level of confidence. The results of the study indicated that there was a significant mean difference exist between the adjusted post test means of yogic practices and control groups on core strength.

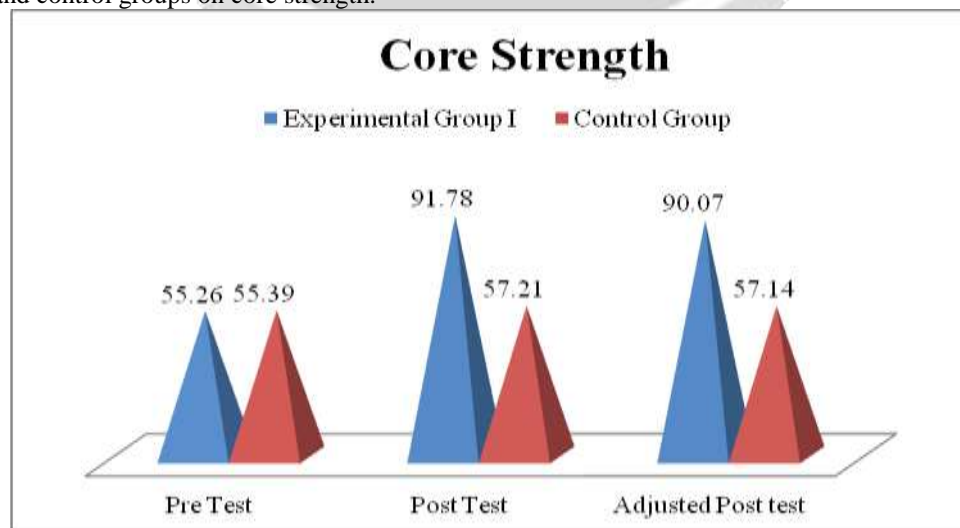


Figure-1: Pre, post and adjusted post tests mean values of experimental and control groups on core strength.

5. Discussion on findings

The present studies were found statistically significant improvement on core strength due to the effect of yogic practices among volleyball players.

6. Conclusions

1. There was significant improvement on core strength due to the effect of yogic practices among volleyball players.
2. However the control group had not shown any significant improvement on any of the selected variables.

7. References

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