Research Paper
Impact Factor: 7.358
Peer Reviewed & Indexed Journal
www.ijmsrr.com

IJMSRR
E- ISSN - 2349-6746
ISSN -2349-6738

IMPACT OF YOGASANA ON FLEXIBILITY AMONG SECONDARY SCHOOL STUDENTS

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Abstract
This study was investigated the Impact of Yogasana on Flexibility among Secondary School Students. To achieve the purpose of the study 60 Secondary School Students were selected from Private Secondary School Students, Vijayapura District, and Karnataka state. The subjects was randomly assigned to two equal groups (N=60). Group- I underwent Yogasana (EG) and group - II was acted as control group (CG). The Yogasana Practice was given to the experimental group for 6 days per week for the period of Six weeks. The control group was not given any sort of training except their routine work. The Flexibility before and after training period. The data collected from the subjects was statistically analyzed with't' test to find out significant improvement if any at 0.05 level of confidence. The result of the present Yogasana Practice significantly improved Flexibility of Secondary School Students.

Keywords: Yogasana Practice, Flexibility, Secondary School Students.

Introduction

Yoga is essentially a spiritual discipline based on an extremely subtle Science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite".

According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as Mukti, nirvāna, kaivalya or moksha.

"Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. According toYogic lore, Shiva has seen as the first yogi or ādiyogi and the first guru or ādiguru. Several thousand years ago, on the banks of lake Kantisarovar in the Himalayas, ādiyogi poured his profound knowledge into the legendary saptarishis or "seven sages". These sages carried this powerful Yogic science to different parts of the world including Asia, the Middle East, northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the Yogic system found its fullest expression. Agastya, the saptarishi who travelled across the Indian subcontinent, crafted this culture around a core Yogic way of life.

Yoga is widely considered as an "immortal cultural outcome" of the Indus Saraswati Valley Civilisation – dating back to 2700 BC – and has proven itself to cater to both material and spiritual

uplift of humanity. A number of seals and fossil remains of Indus Saraswati Valley Civilisation with Yogic motifs and figures performing Yoga sādhana suggest the presence of Yoga in ancient India. The seals and idols of mother Goddess are suggestive of Tantra Yoga. The presence of Yoga is also available in folk traditions, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharata including Bhagawadgita and Ramayana, theistic traditions of Shaivas, Vaishnavas and Tantric traditions. Though Yoga was being practiced in the pre-Vedic period, the great sage Maharishi Patanjali systematized and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras.

Statement of the Problem

The purpose of the present investigation is to find out the Impact of Yogasana on Flexibility among Secondary School Students.

Objective of the Study: To find out the significant difference in Flexibility of the subjects by Yogasana Practice among experimental group.

Hypotheses

It was hypothesized that there would be a significant difference in Flexibility of the subjects by Yogasana Practice among experimental group.

Methodology

To achieve the purpose of the study 60 Secondary School Students were selected from Private Secondary School, Vijayapura District, and Karnataka state as subjects. Their age ranged from 13 to 17 years. For the present study Randomized Groups Pre-test and Post test Design was used. They were divided into two equal groups of 30 subjects each and assigned to experimental group and control group. 6 weeks training given to the subjects practicing of simple Yogasana Practice. All the subjects underwent two areas of test sit reach test was to measure flexibility of the subjects before Yogasana Practice and after Yogasana Practice. The analysis of 't' test was used to analyze the data.

Results and Discussions

After the six weeks of Yogasana Practice there would be significant improvement in Flexibility.
The data on Flexibility before and after the Yogasana Practice of experimental and control groups are analyzed and presented in Table-1.

Hypothesis: It was hypothesized that there would be a significant difference in Flexibility of the subjects by Yogasana Practice among experimental group.

Table-1: Significance of differences between pre test and post test scores of Flexibility among experimental and control groups (N=30 each group)

Tests	Group	Mean	Standard Deviation	t' value	Level of Significance
Pre Test	**Control**	7.400	4.159	**0.12**	**NS**
Post Test	**Experimental**	7.533	4.333	**2.99**	**S**
	Control	7.520	3.159		
	Experimental	10.520	4.500		

***Significant at 0.05 level**
(Table value required for significance at 0.05 level for't'-test is 1.671)

From the above table, it can be observed that the obtained‘t’ value 0.12 is less than Table value 2.00 at 0.05 level of significance in the pre test scores. Hence it was not significant on flexibility among control and experimental groups of pre test scores. It was assumed that the two groups started out with equivalent mean scores.

It can also observed from the above table that the obtained‘t’ value 2.99 is greater than Table value 2.00 at 0.05 level of significance in the post test scores. Hence the stated hypothesis is accepted that there was a significant Impact of Yogasana of Flexibility among control and experimental groups.
Hence, the hypothesis is statistically proved and stated hypothesis accepted. The study confirms with the findings of Deepla (2008) who reported an improvement in flexibility along with some other variables due to Yogasana. According to Gitananda and Bhavani (1989), Suryanamaskar serves the purpose of providing one of the best systematic scientific stretches possible for the human body. These carefully structured movements Flexibility backward bending with forward bending. It increases the flexibility of the body. The comparison of flexibility mean scores of pre and post tests among groups is shown in graphical representation in Fig.1

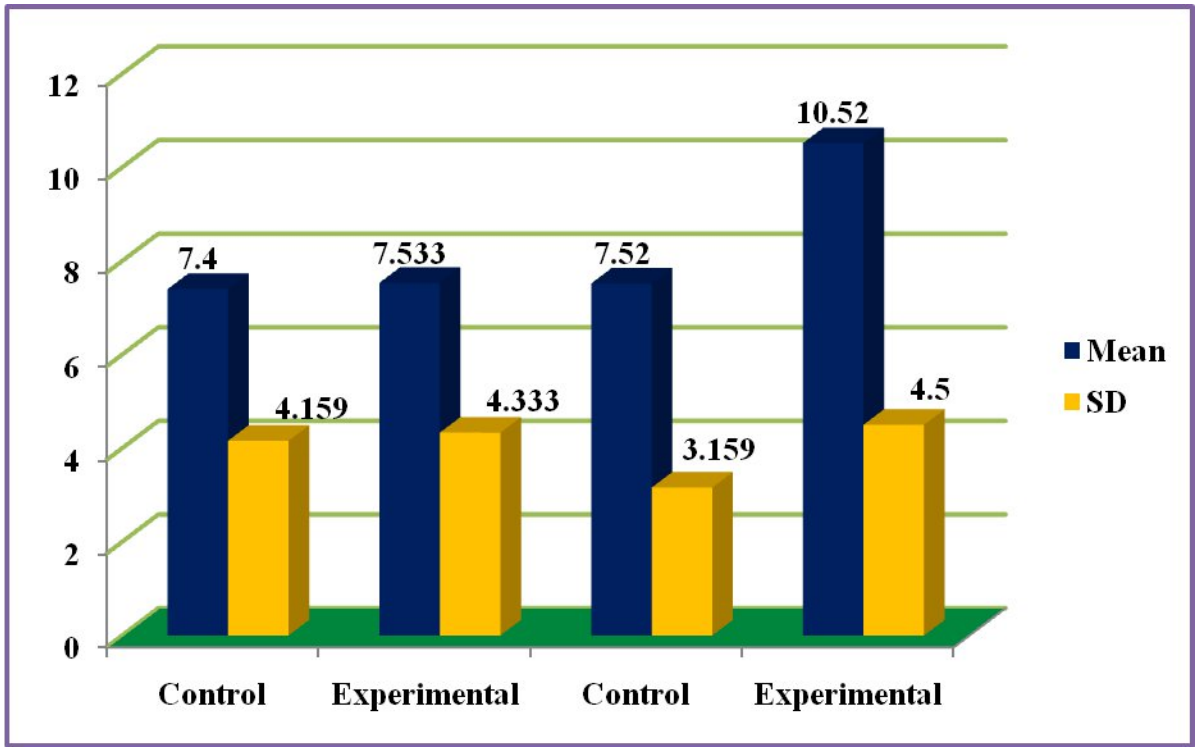

Fig.1. Bar graph showing comparison of flexibility pre and post test mean scores among experimental and control groups

Conclusion

There was a significant difference between control and experimental group on Flexibility. There was significant improvement were noticed on Flexibility due to six weeks Yogasana among Secondary School Students. The study revealed that the above said Flexibility were significantly improved due to the impact of Yogasana like ardha chakrasana, trikonasana, Paschimothasana, garudasana, tadasana

and on physical fitness variable among Secondary School Students. The Flexibility had increased significantly Yogasana group when compared along with the control group.

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