



EFFECT OF YOGA ON FLEXIBILITY OF NON ATHLETE AMONG HIGH SCHOOL STUDENTS

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Abstract

Yoga plays important role in modern society, because it needs little space for doing, cost and free from injury. Modern society is not involved in physical activities due to lack of time, space, un aware about the importance of activities this condition may lead to declaim in health as well as fitness. Like this study attract and educate people the importance of yoga especially non athlete. Non athletes are not get chance to involve in activities and nobody tries to educating them to involve in activity. Through this study I try to understand the need, importance and benefits of yoga like physical, mental, emotional and social well being.

Key Words: Yoga, Flexibility.

INTRODUCTION

Derived from the Sanskrit word *yuj*, Yoga means union of the individual consciousness or soul with the Universal Consciousness or Spirit. Yoga is a 5000 year old Indian body of knowledge. Though many think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul.

The science of Yoga imbibe itself the complete essence of the Way of Life, including - *Gyan Yoga* or philosophy, *Bhakti Yoga* or path of devotional bliss, *Karma Yoga* or path of blissful action, and *Raja Yoga* or path of mind control. *Raja Yoga* is further divided into eight parts. At the heart of the *Raja Yoga* system, balancing and unifying these various approaches, is the practice of *Yoga Asana*.

Review of Literature

Stephen cope (2011) The goal of this study was to evaluate potential mental health benefits of yoga for adolescents in secondary school. Students were randomly assigned to either regular physical education classes or to 11 weeks of yoga sessions based upon the *Yoga Ed* program over a single semester. Students completed baseline and end-program self-report measures of mood, anxiety, perceived stress, resilience, and other mental health variables. Independent evaluation of individual outcome measures revealed that yoga participants showed statistically significant differences over time relative to controls on measures of anger control and fatigue/inertia. Most outcome measures exhibited a pattern of worsening in the control group over time, whereas changes in the yoga group over time were either minimal or showed slight improvements. These preliminary results suggest that implementation of yoga is acceptable and feasible in a secondary school setting and has the potential of playing a protective or preventive role in maintaining mental health.

Maja petric (2014) In modern times people have to cope daily with various challenges that can leave an impact on their body flexibility. Physical inactivity is one of the reasons for the diminishment of our natural body flexibility. The consequence of physical inactivity is decreased flexibility of soft tissues surrounding joints. Simple yoga techniques including body postures and breathing techniques can restore natural body flexibility. Methods: Our study involved 9 young healthy females (mean age 23.8 ± 2.9 years). The training program was held twice a week over a period of five months. The program included therapeutic yoga exercises, with the aim of increasing joint mobility as well as stretching shortened skeletal muscles. We used goniometric measurement procedures for measuring joint mobility (for shoulder, hip and ankle joints), linear measurement procedures for measuring the active mobility of the thoracolumbar part of the spine and specific assessing tests for evaluating skeletal muscle shortness. Measurements of body flexibility were taken three times over the five months period. Results: The results obtained by measuring joint mobility showed significant increase of mobility in elevation through abduction, shoulder retroflexion, hip flexion, internal and external hip rotation, dorsal flexion and inversion of the ankle. The mobility of the thoracolumbar part of the spine was increased in all the measured movements: flexion, extension, lateral flexion and rotation of the spine. There was also a significant improvement in the flexibility of m. Soleus, m. Gastrocnemius, m. Rectus femoris, knee flexors and m. Pectoralis major. A significant improvement in body flexibility was also confirmed by the "Back Scratch Test" and the "Sit and Reach Test". Conclusion: Improved body flexibility is one of the most obvious and quickly achieved effects of regular hatha yoga practice. The results of this study confirm that regular practice of yoga has a significant effect on body flexibility in young healthy women, which is particularly obvious in measurements of the increase of the flexibility of skeletal muscles.



Objectives

1. To find out the effect of yoga on flexibility.
2. Try to educate need and importance of yoga.
3. Teach some yoga techniques for daily life.

Hypothesis

Based on research findings it was hypothesized that yoga will be a significant difference in flexibility on high school boys.

Methodology

The present study was confined to the students from AEMS PUBLIC SCHOOL CHELARI Kerala. The sample of thirty boys and girls students (fifteen experiments and fifteen controls)

Training Method Used

The following asana are used for the purpose of study.

- Uttanasana
- Utthita Trikonasana
- Supta Padangustasana
- Upavistha Konasana
- Sucirandhrasana
- Eka Pada Rajakapotasana
- Agnistambhasana

Administration of Yoga

The nature and importance of the study was explained to the subject for maximum participation. The researcher verbally explained the yoga to the experimental group. The experimental group was given six week yoga asana. The yoga asana given three days in a week Monday, Wednesday and Friday was given.

Collection of Data

The pre test data on flexibility were taken using sit and reach test. After the pre test the subject were given six week training. The post test was taken for both groups using sit and reach test after six week training.

Statistical Technic

To find out there was any significant difference after the training period among control and experimental groups, the dependent 't' test was applied.

Analysis of Data

The purpose of this study was to find out the effect of six week yoga training on back and hamstring flexibility of non athlete high school students. The pre and post test data pertaining to respective physical variable were collected by employing standard test and instrument used on both the control and experimental group.

Result

The detailed statistical analysis of the data collected is presented in the following tables and figures.

Table .1 Mean comparison of flexibility in the control and experimental group

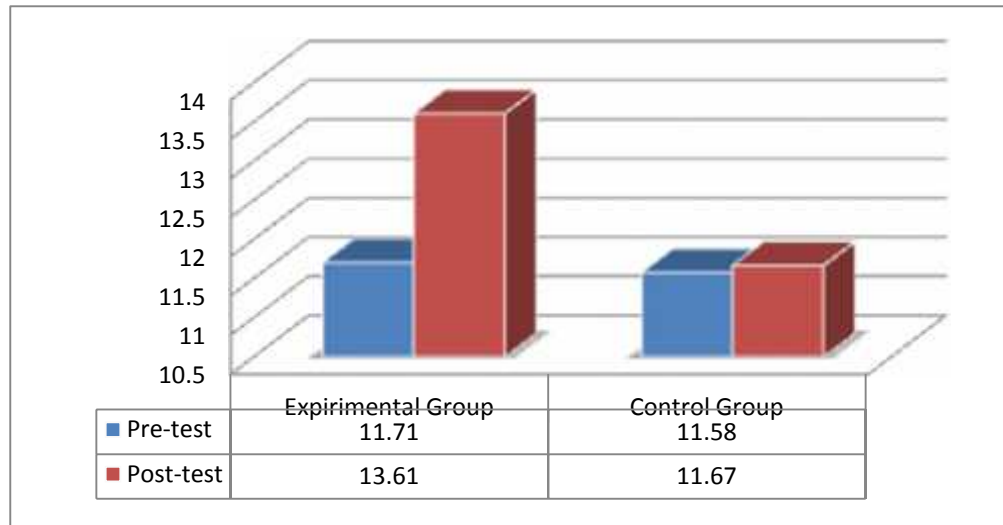
Groups	N	Pre-test		Post-test		t-ratio
		Mean	SD	Mean	SD	
Experimental Group	15	11.71	2.56	13.61	2.54	5.902*
Control Group	15	11.58	2.59	11.67	2.58	1.88

*Significant level is 0.05 = 't' value = 2.045

The above table indicates that there is no significant difference between pre and post test of flexibility in control group, since the calculated t value of flexibility 1.88 is lesser than tabulated t value of 2.045 at 0.05 level of significance with 14 degrees of freedom. But in experimental group there is a significant difference between pre and post test of flexibility, since the calculated t value of flexibility 5.902 is higher than tabulated t value of 2.045 at 0.05 level of significance with 14 degrees of freedom.



Figure 1-Mean difference of flexibility in the experimental and control groups



Discussion on Findings

From the statistical analysis that is evident that in the case of flexibility in control group between pre and post test, there is no significant difference. But in case of experimental group there is a significant difference between pre and post test of flexibility.

Conclusions

The result of the study permits the following conclusion.

1. Six week of yoga asana increase the flexibility.
2. The control group had no change in flexibility.

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