
Impact of Yogic training on flexibility

Submitted by

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Abstract

Practicing yoga has been associated with many positive outcomes in various aspects of physical performance and well-being. The premise of yoga differs from specific types of training because of its multifaceted requirements that challenge the body in varied ways. The present was conducted to determine the yogic training on flexibility. Subjects of this study were selected from athletes in Chennai division, who were below 18 -22 years of age. The study, However, they were divided randomly into two equal groups as Control group, Yogic training group(N=14). The tests for selected dependent variables is flexibility by sit and reach method. The continued practice of yoga will lead to a sense of peace and well-being, and also a feeling of being at one with the environment. over a 8 weeks subjects took training period. Results suggest that a regular yoga practice that there was a significant improvement on increase the flexibility and balance as well as whole body measures of male college athletes and therefore, may enhance athletic performances that require these characteristics.

Introduction

Practicing yoga has been associated with many positive outcomes in various aspects of physical performance and well-being. The premise of yoga differs from specific types of training because of its multifaceted requirements that challenge the body in varied ways.

Tran et.al 37 studied the effects of hatha yoga practice on the health-related aspects of physical fitness. Ten healthy, untrained volunteers (nine females and one male), selected ranging in age from 18-27 years. The subjects were evaluated before and after the 8-week training program. Isokinetic muscular strength for elbow extension, elbow flexion, and knee extension increased by 31%, 19%, and 28% respectively, whereas isometric muscular endurance for knee flexion increased 57%. Ankle flexibility, shoulder elevation, trunk extension, and trunk flexion were also increased relatively there was increase in maximal oxygen uptake.

Procedure

The present study was to determine the effect of Yogic training on flexibility of polytechnic college men athletes. fourteen male students (n=14) were randomly selected as subjects from the all over Chennai division, Tamil Nadu. The age was ranged between 18 and 22 years. The selected subjects were randomly assigned into two equal groups such as yogic training group (YTG) and the control group (CG) for the strengths of fifteen (n=14) each. Experimental training group underwent respective Yogic training programme for eight weeks for five days per week and a session on each day. The control group did not involve in any special training apart from their regular activities. The flexibility was taken as a criterion variable for the present study and it was measured by sit and reach method. The collected data were statistically examined by SPSS. The confidence level was fixed at 0.05 levels, which is appropriate to the present study.

Data Analysis

Mean, Standard deviation were used for the analysis of data, and statistical significance was fixed at 0.05 levels. The difference in the mean of each group for selected variable was tested for the significance of difference by "t" test. The level of significance was set at 0.05. The results have shown the significant improvement in flexibility, since $\text{cal. } t (=8.122) > \text{tab } t_{.05} (14) (= 2.145)$. The programme of eight week yogasanas training programme also shown significant improvement in case of flexibility.

Results and Discussion of the study

Chen et.al, 38 studied the effects of yoga exercise intervention on health related physical fitness in school-age asthmatic children. 31 voluntary children (exercise group 16; control group 15) aged 7 to 12 years were purposively sampled from one public elementary school in Taipei County. There was improved BMI, flexibility, muscular strength, and cardiopulmonary fitness after yoga practice among yoga group, where as no changes were noticed among control group subjects.

John Walsakom 40 evaluated the response of selected asanas on balance, flexibility, muscular endurance and reaction time among school boys.. Balance was measured using by stoke stand, flexibility was measured with the reliable equipment sit and reach box.

Tekur and others 2008 compared the effect of a short-term intensive residential yoga program with physical exercise (control) on pain and spinal flexibility in subjects with chronic low-back pain (CLBP). Spinal flexibility measures improved significantly in both groups but the yoga group had greater improvement as compared to controls on spinal flexion.

Mark and their group 2001 determined the effects of hatha yoga practice on the health-related aspects of physical fitness, including muscular strength and endurance, flexibility, cardiorespiratory fitness, body composition, and pulmonary function. subjects were required to attend a minimum of two yoga classes per week for a total of 8 weeks. the subjects were evaluated before and after the 8-week training program. isokinetic muscular strength for elbow extension,

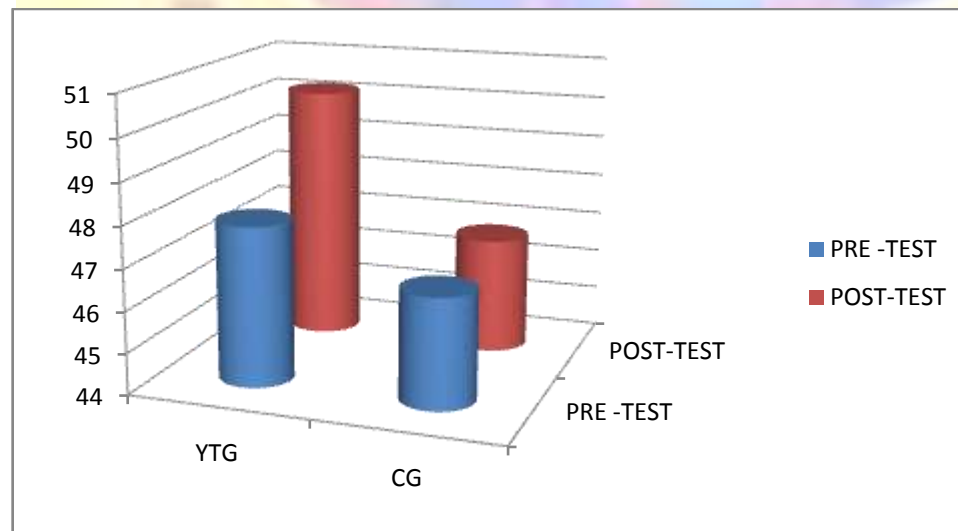
elbow flexion, and knee extension increased by 31%, 19%, and 28% ($p < 0.05$), respectively, whereas isometric muscular endurance for knee flexion increased 57% ($p < 0.01$). ankle flexibility, shoulder elevation, trunk extension, and trunk flexion increased by 13% ($p < 0.01$), 155% ($p < 0.001$), 188% ($p < 0.001$), and 14% ($p < 0.05$), respectively.

MEAN, STANDARD DEVIATION (SD), STANDARD ERROR OF MEAN (SEM) ON FLEXIBILITY OF EXPERIMENTAL AND CONTROL GROUP

Group	Mean	SD	Standard error mean	't' value
Yogic training pre	47.86	10.88	2.81	8.122
Yogic training post test	50.20	10.50	2.7136	
Control Group pre	46.66	9.20	2.37	0.414
Control group post	46.8000	9.5874	2.2172	

*Significant 0.05 level of confidence 't' .05 (14) = 2.145

The Graphical values shows Mean pre and post test values of Yogic training (YTG) and Control Group(CG) on flexibility



Conclusion

There was a significant improvement due 8 weeks training of Yogic practices as experimental group when compared with control group.

References

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