



EFFECT OF SIX WEEKS YOGA ON FLEXIBILITY OF COLLEGIATE GIRLS BASKETBALL PLAYERS

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Abstract:

Introduction: Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead you to a sense of peace and well being, and also a feeling of being at one with their environment. The practice of Yoga makes body strong and flexible. Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed focus on awareness of the self, the breath, and energy.

Objectives: study the effectiveness of yoga on flexibility in college girl's students **Methodology:** In the present study 20 girl's basketball players of Anantrao Pawar College of Engineering and Research, aged 18-21 years were selected as per inclusion criteria. Variable of flexibility measure through the used where Sit and reach test and Shoulder and wrist elevation test. The subjects were made to do yoga training practice for 6 weeks (6 days/ week). **Conclusion:** The study indicates that the six weeks of Yoga training effective to observe improved flexibility on girl's students.

Keywords: Yoga, Flexibility and College Girls Basketball Players.

Introduction:

Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed focus on awareness of the self, the breath, and energy. It is series of physical postures (asanas) with regulated breathing aiming at range of physical, mental and spiritual benefits. Ross et al. conducted a review which suggests that yoga may be equally effective or better than exercise at improving a variety of health-related outcome measures like blood glucose, blood lipids and oxidative stress. The series of movements stretch the spinal column and upper and lower body through their full range of motion, by alternately flexing the body forwards and backwards. It builds upper body strength through the inherent weight bearing positions, especially in the arms and shoulders. In most cases facilitating mind and body flexibility is easily put aside when it is probably needed the most. However, keeping the body flexible may help decrease tightness and tensions that can lead to chronic and often debilitating

physical problems. We need flexibility to perform activities of daily living with relative ease. There is scientific evidence that the incidence of injury decreases when people include flexibility training in their routines due to the enhanced ability to move unimpeded through a wider range of motion.

Material and Method:

The present study was an experimental research which was conducted with a purpose to examine effect of the Yoga on flexibility of collegiate girls Basketball players such as flexibility. Experimental design was used for this study to check the hypothesis; this research was based on pre-test and post-test group design. Present research whole population a total number of 20 girls Basketball players of Anantrao Pawar College of Engineering and Research, aged 18-21 years were selected on the basis of purposively method of sampling technique. The study was taken to the variables was flexibility. The selected subjects were pre-tested by Sit & reach test and Shoulder and wrist elevation test and six weeks Yoga

program which was given six days in a week was manipulated only on experimental group. After Yoga program both the groups i.e, experimental were post tested for data collection. After data collection, data of pre-test and post-test of both the groups i.e, experimental and control group, compared by

paired sample t-test and interpretation were drawn.

Results of the study:

The obtained results are present in the following table which represents the results of independent sample t-test to compare the mean values of experimental and control group.

Table no. 1
Statistical Analysis of Independent Sample 't' Test

Test	Groups	N	Mean	MD	't' value
Sit & Reach	Experimental Group	10	4.61	1.42	2.57
	Control Group	10	3.19		
Shoulder Flexibility	Experimental Group	10	18.45	3.41	3.88
	Control Group	10	21.86		

Discussion of findings:

The findings relate the effects of yoga on flexibility in girls among the experimental group and control group. Sit & reach and shoulder flexibility test conducted for experimental and control group. To examine the significance of mean differences between the experimental and control group, t-test was applied at 0.05 level of significant with F-value respectively 2.57 and 3.88. In sit & reach, shoulder flexibility test the t-value were found to be statistically significant experimental group compare to the control group. Study support the findings **Kloubec (2010)** studied on Pilates for improvement of flexibility, muscle endurance, balance and posture. The purpose of the study was to determine the effects of Pilates exercise on abdominal endurance, hamstring flexibility, upper-body muscular endurance, posture and balance. The study suggested that individuals can improve their flexibility and muscular endurance using relatively low intensity Pilates exercises that do not require equipment or a high degree of skill and are easy to master and use within a personal fitness routine.

Conclusion:

On the basis of result obtained in the study the researcher made the concluded that six weeks yoga program was significantly improved flexibility of collegiate girls Basketball players which indicate the level of flexibility also the findings of this study may be helpful to the players to doing

regular practice of yoga to improve their flexibility.

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