



Effect of Six Weeks Yoga on Flexibility of Collegiate Girls Basketball Players

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Abstract:

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 the 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. Since time is often seen as a limiting factor when exercising, a daily practice of Yoga can be the perfect solution for time-challenged individuals as it gives more benefits with less expenditure of time.

Keywords: Yoga, Flexibility and College Girls Basketball Players.

Aim & objectives

To study the effectiveness of Yoga on flexibility in college girls students

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 a 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.

Methodology

In the present study 20 girls 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)

Result

Mean age was 20.45. Sit and reach test improved after yoga by (mean difference of 4.56 and $P < 0.001$) Shoulder and wrist elevation test improved after Yoga by (mean difference of 5 and $P < 0.001$)

Conclusion

The study indicates that the six weeks of Yoga training may be effective to observe improvising flexibility in girls students.

Material and Method:

The present study was an experimental research which was conducted with a purpose to see the 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. For the 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 and 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 data are presented as mean \pm standard deviation. Statistics was recorded using SPSS Software. Within-group data to compare the difference between pre and post-intervention was analyzed with one way ANOVA. Differences were considered statistically significant at $p < 0.05$.

Table no 1**Showing test and p value**

Test	p-value
Sit and Reach	$p < 0.001$
Shoulder and Wrist Elevation	$p < 0.001$

The total number of participants was 20 girls Basketball players with mean age 20.45. Sit and reach test improved after yoga by (mean difference of 4.56 and $p < 0.001$) & Shoulder and wrist elevation test improved after yoga by (mean difference of 5 and $p < 0.001$).

Discussion of findings:

The study was conducted to examine the effects of yoga on flexibility in girls ranging from the age group of 18-21 years. Mean age was 20.45. Sit and reach test and shoulder and wrist elevation test was used to measure flexibility. Participants within poor to average scores were taken in the study and those who fulfilled the inclusion criteria. Comparing data after intervention showed a significant improvement in flexibility. There was a marked decrease in tightness levels as per the sit and reach test and shoulder and wrist elevation test scores. Test in relation to flexibility shows that the duration of the six weeks of the treatment was sufficient to bring about significant difference. This finding is in agreement with the result of many researchers who proved that yoga improves flexibility.

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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