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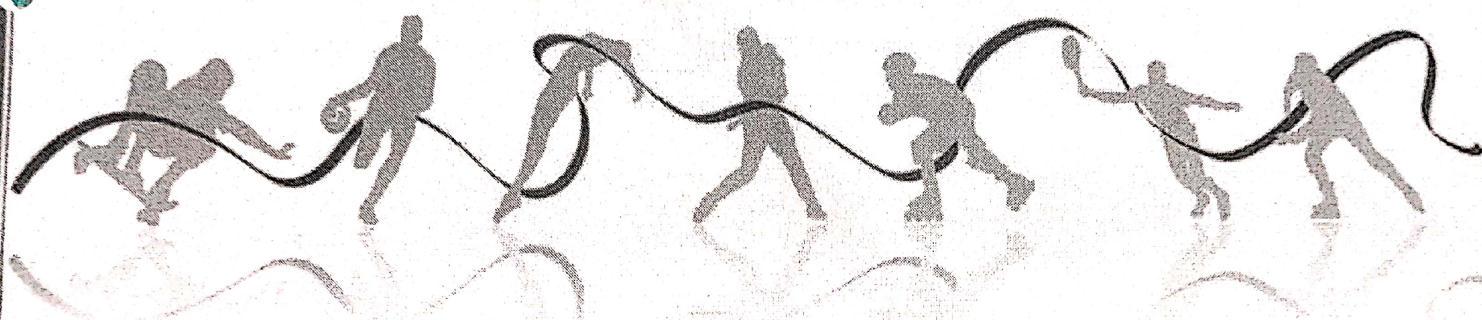
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EFFECT OF YOGIC PRACTICES ON FLEXIBILITY AND CO-ORDINATION OF FOOTBALL PLAYERS

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ABSTRACT

Football is one of the most popular sports in the world. It appeals to all age groups of various skill levels, and men and women play it for recreation as well as competition. Flexibility and co-ordination play important role for the development of football skills. It has been observed from the result of the finding of this study that the experimental group had shown significant improvement in flexibility and co-ordinative ability compared to control group, it may be because of due to nature of regular yogic exercises. The regular yogic exercises might have developed the muscle tone, joint mobility, and neuro-muscular co-ordination. Hence, a significant improvement in the performance has shown the selected subjects.

Key Words: Yogic Practices, Flexibility, coordination and Player.

INTRODUCTION :-

The game of Football is passing through an exciting period of changes and development that is making teachers and coaches reevaluate their coaching methods, techniques and tactics. Many research studies have also been completed in the foreign countries for the development of the football game. But in our country such researches have been left behind in comparison with the western countries. Therefore, the present researcher has selected the such type of study, related to Football. Yogic practices like asanas, pranayam and meditation increases the performance of the player. This help calm the mind and enhances a concentration skills. Memory lapses can also be prevented through yogic practices that enhance the power of recall. One can draw upon the immense power of the mind with consistent yogic endeavor.

METHODOLOGY

Twenty Football players were selected randomly from Chandrapur district, who have participated in inter-university and inter-collegiate tournament. The age group of the subjects were ranged between 18 to 28 year. The following tests were administered for data collection:-

(1) Sit and Reach test was administered to measure trunk flexibility and the score was recorded in centimeters.

(2) Shoulder Elevation test was used to measure shoulder and wrist flexibility and the score was be recorded in centimeters.

(3) Eye- Hand Co-Ordination test was applied to assess the co-ordination between eye and hand, and the score was recorded in seconds.

(4) Eye-Foot Co-Ordination test was applied to assess the co-ordination between eye and foot, and the score was recorded in seconds.

RESULT OF STUDY:-

The t-ratio statistical technique was employed to determine the





difference in the performance between Pre-test and Post-test means of each groups. When differences were found to be significant by t-ratio, tabulated t value was observed to assess the significant difference between the means.

Table No: 01

Mean Difference between Pre-test and Post test of Control Group

Group	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	199.48	18.93	7.65	8.14	0.94
Post Test	207.13	17.46			

@ Not significant at 0.05 level of confidence.

Tabulated t 0.05(9) = 2.262

From the above Table it is revealed that there is no significant difference between the Pre-test and Post-test of control group. Because the calculated 't' value i.e. 0.94 is less than the tabulated t value i.e. 2.26.

Calculated t = 0.94 < tabulated t 0.05(9) = 2.262

Table No.2

Significant of Mean Difference between Pre-test and Post test of Experimental Group

Group	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	198.46	27.75	34.25	10.83	3.25
Post Test	232.71	15.91			

* significant at 0.05 level of confidence.

Tabulated t 0.05(9) = 2.262

If calculated 't' is greater that the tabulated t 0.05 then there is a significant difference between the Means of two test performance of group.

From the above table it is revealed that there is significant difference between the Pre-test and Post-test of Experimental group. Because the calculated 't' value i.e. 3.25 is greater than the tabulated t value i.e. 2.26.

Calculated t=3.25 > tabulated t 0.05(9) = 2.26

Table No: 03

Significant of Mean Difference between Post test of control and Experimental Group

Group	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	207.13	17.46	27.60	7.69	3.57
Post Test	232.71	15.91			

* significant at 0.05 level of confidence.

Tabulated t 0.05(18) = 2.31

If calculated 't' is greater that the tabulated t 0.05 then there is a significant difference between the Means of two test performance of group.

From the above table it was revealed that there is significant difference between the Control Group and Experimental Group. Because the calculated 't' value i.e. 3.57 is greater than the tabulated 't' value i.e. 2.31.

Tabulated t 0.05(9) = 2.262

If calculated 't' is greater that the tabulated t 0.05 then there is a significant



difference between the Means of two test performance of group.

From the above table it is revealed that there is significant difference between the Pre-test and Post-test of Experimental group. Because the calculated 't' value i.e. 3.25 is greater than the tabulated t value i.e. 2.26.

$$\text{Calculated } t=3.25 > \text{tabulated } t 0.05(9) = 2.26$$

Table No: 04

Significant of Mean Difference between Post test of control and Experimental Group

Group	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	207.13	17.46	27.60	7.69	3.57
Post Test	232.72	15.91			

* significant at 0.05 level of confidence Tabulated t 0.05(18) = 2.31

If calculated 't' is greater than the tabulated t 0.05 then there is a significant difference between the Means of two test performance of group.

From the above table it was revealed that there is significant difference between the Control Group and Experimental Group. Because the calculated 't' value i.e. 3.57 is greater than the tabulated 't' value i.e. 2.31

CONCLUSION :-

It has been observed from the result of the finding of this study that the experimental group had shown significant improvement in flexibility and co- coordinative ability compared to control group, it may be because of due to nature of regular yogic exercises. The regular yogic exercises might have developed the muscle tone, joint mobility, and neuro-muscular co-ordination. Hence, a significant improvement in the performance has shown the selected subjects.

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