

EFFECTS OF YOGIC TRAINING PROTOCOL ON FLEXIBILITY LEVEL IN MALE COLLEGE STUDENTS

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Abstract

In the present study it was planned to check the effect of yogic training on flexibility level in male college students. The subjects for this study were selected from University College, Ghanaur. For the purpose of the study, total 20 male college students were selected as a subject. The age of the all subjects was ranged between 22 to 26 years. To check the level of flexibility in male college students, Sit and Reach Test was used by the researcher. After the collection of relevant data; to investigate the effect of yogic training on level of flexibility in male college students Mean, SD and t-test was applied. The level of significance was set at 0.05 percent ($p < 0.5$). The result of present study revealed that level of flexibility in male college students increase significantly due to the application of twelve - week yogic training protocol.



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Introduction

At the point when we utter the word yoga, individuals think it is tied in with sitting in some incomprehensible stance. Postures are only a minute part of yoga. Yoga isn't just about winding your body, remaining on your head or pausing your breathing – a carnival craftsman can show improvement over most yogis. Yoga isn't only an activity. It is a cycle and framework through which people can track down their most elevated conceivable potential.

Flexibility, often also referred to as joint mobility or suppleness, it is also understood as the capability of the muscle to stretch maximum without getting any kind of injury. The energy liberation processes of body due to coordinative processes of central nervous system. The type of flexibility required varies considerably from sport to sport. For example, the hurdler requires the best possible hip flexor movement, and the swimmer ankle flexibility. While some sports demand greater flexibility about one specific region, others such as gymnastics, multi-event athletics and the martial arts, require a high level of flexibility in many joints. Several sports require static or extent flexibility. However, the majority of major sports require dynamic flexibility, where the joint is forced to work at a very high speed. Flexibility of a person is less when he gets up in the morning, when he is under some

psychic depression or when his muscles cool down. Fatigue also lowers Flexibility. After warming up flexibility increases

Methodology and Procedure

In the present study it was planned to check the effect of yogic training on flexibility level in male college students. The subjects for this study were selected from University College, Ghanaur. For the purpose of the study, total 20 male college students were selected as a subject. The age of the all subjects was ranged between 22 to 26 years. To check the level of flexibility in male college students, Sit and Reach Test was used by the researcher. After the collection of relevant data; to investigate the effect of yogic training on level of flexibility in male college students Mean, SD and t-test was applied. The level of significance was set at 0.05 percent ($p < 0.5$).

Results of the Study

Table No. 1: Comparison of mean and standard deviation values of pretest and posttest of Flexibility level among male college students

Test	Mean	N	Std. Deviation	T - Ratio
Pre Test	14.75	20	4.65	5.46*
Post Test	17.34	20	4.53	

t.05 (19) = 2.26

This above table 1 shows that mean values of pre and post-test of flexibility level of selected subjects group Mean were recorded as 14.75 and 17.34 whereas the standard deviation was 4.65 and 4.53 respectively. The calculated t- ratio for pre and post flexibility level was 5.46 which is greater than the tabulated value 2.26. Hence this results clearly declare that there was significant effect of eight weeks yogic training on flexibility level among male college students.

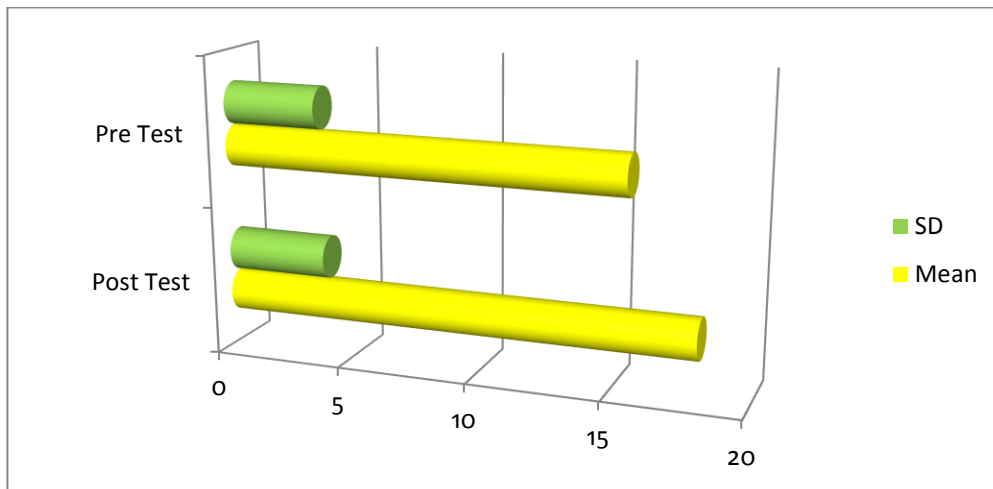


Figure - 1: Comparison of mean and standard deviation values of pretest and posttest of Flexibility level among male college students

Conclusions

The result of present study proved that of Flexibility level increase significantly in among male college students due to the application of twelve - week yogic training protocol.

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