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## INFULENCE OF YOGIC EXERCISES INTERVENTION ON STRENGTH DEVELOPMENT OF HIGH SCHOOL KHO-KHO PLAYERS OF DHARWAD DISTRICT



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### ABSTRACT:

Yogic exercises not only increase the general strength but also tone up the muscles because these exercises stretch out the muscles and due to their slow stretch and hold nature along with breathing mechanism improves the muscular tone and strength of the muscles.

To achieve the purpose of the study six weeks yoga training was administered and Kraus-Weber test is framed to find out the minimum muscular strength required to participate in the training programme and also to find out the improvement in muscular strength after the training programme. The 72 Kho-Kho players (Boys) who represented Dharwad district in the district level Kho-Kho tournament ranging from 15-17 years of age were drawn as subjects.

The results clearly indicated that the six weeks yoga training was improved muscular strength. Hence it is concluded that there is a positive and significant effect of yogic exercises in the improvement of muscular strength of Kho-Kho players.

**KEY WORDS:** Yogic Exercises, Muscular strength, Training.

### INTRODUCTION:

The person who is physical fit will be able to carry out the essential of his job without undue fatigue. Fitness is characterized by man's ability to function efficiently with in his potentialities. Fitness implies not only the acquisition of certain physical skills but also the ability to withstand the emergency demands training and competitions.

High level of strength is essential to good performance in all-athletic games and in sonic events strength is of almost important. Greater strength often results in better performance. Its relative significance various depending of the nature of the particular activity. A person having muscular fitness can carry out his daily routine efficiently and effectively with least effort and strain. Muscular fitness plays an important role in all aspects of athlete's performance improve-



ment.

### **YOGIC EXERCISES:**

Yogic practices not only make the internal organs fit but also strengthen the muscles. Yogic exercises increase the general strength and tone up the muscles because these exercises stretch the muscles, due to their slow movement and held position with breathing mechanism improves the muscle tone.

### **TRAINING:**

The word "Training" has been a part of human language since ancient times. It denotes the process of preparation for some task. This process invariably extends to a number of days and even months and years.

### **ESSENCE OF YOGA IN THE NEW MILLENNIUM:**

All yoga exercises and processes aim at purification, nervous control and coordination of muscles. They give gentle exercise to the body as a whole including individual organs. The Simplicity of technique, lack of fatigue and non-requirement of any accessories are great advantage of yogic exercises. Yoga can make people aware of their bodies and further make them realize the need of emotional and physical well being.

Now amongst the physical exercises most effective ones are Yoga and Naturopathy. The main target is health and mind culture. I express my heartfelt realization to the elite assembly that yoga exercises can help mankind in this endeavor to solve the physical problems so that health for everybody in the 21' century can be ensured. These Yoga practices especially Yogasana can cure and help in preventing diseases, helps in regulating the breathing mechanism and increasing vital capacity, develops the muscular fitness, Fitness, endurance, strength and flexibility and is considered as the most cost benefit therapy.

### **OBJECTIVES OF THE STUDY:**

- The purpose of the study is to assess the selected yogic exercises intervention on strength (muscular strength) development among the Kho-Kho players.
- To study the effect of yogic exercise on the muscular strength of the Kho-Kho players.

### **METHODOLOGY:**

The Kraus- Weber test consists of six tests; the first five tests were used to find out the muscular strength and the last one to indicate the flexibility. All the six tests, namely Abdominal Psoas (A+), Abdominal minus Psoas (A-), Psoas and Lower Abdomen (P), Upper Back (UM, Lower Back (LB) and Length of back & hamstring muscles (BH) are modified and were used to test 72 Kho-Kho players ranging from 15 to 17 age group. The modified Kraus-Weber test were conducted on the Kho-Kho players, the pre training performance of Kho-Kho players is recorded. After the training again the Kraus-Weber test was administered to find out the improvement in the muscular strength of the Kho-Kho players.

### **TEST ADMINISTRATION:**

In order to assess the muscular strength of the subjects the modified Kraus-Weber tests were administered are given below.

- Abdominal Plus Psoas muscles (A+)

- Abdominal Minus Psoas muscles (A-)
- Psoas and Lower abdomen (P)
- Upper Back (U13)
- Lower Back (LB)
- Back and Hamstring (BH)

**Apparatus:**

- Wrestling mat
- Stop watch

**Yogic exercises:**

The yogic training consists of the following selected yogic exercises.

**1. Sitting yogic exercises:**

- Paschimotanasana (The Posterior Stretch)
- Ardha Matsyendrasanas
- Padmasana (The lotus Posture)
- Sawankasana (The Hare Posture)

**2. Standing yogic exercises:**

- Talasana (Palm Tree posture)
- Trikonasana (The Triangle Posture)
- Padahastasana (The Feet and Hands Posture)
- Ihkatasana

**Procedure:**

The modified Kraus-Weber Tests were administered to the Kho-Kho players. The each test item is demonstrated correctly to the Kho-Kho players and then asked them to do the same. The yogic exercises arc also demonstrated correctly and asked them to do the same.

**Training Schedule:**

WEEKS	MORNING	EVENING
1 <sup>st</sup> week	Sitting yogic exercises 30 minutes	Standing yogic exercises 30 minutes
2 <sup>nd</sup> week	Sitting yogic exercises 40 minutes	Standing yogic exercises 40 minutes
3 <sup>rd</sup> week	Sitting yogic exercises 40 minutes	Standing yogic exercises 50 minutes
4 <sup>th</sup> week (6 days)	Sitting yogic exercises 40 minutes	Standing yogic exercises 50 minutes
5 <sup>th</sup> week (6 days)	Sitting & Standing yogic exercises 40 minutes	Sitting & Standing yogic exercises 40 minutes
6 <sup>th</sup> week (Alternate one session each day)	Sitting & Standing yogic exercises 40 minutes	Sitting & Standing yogic exercises 40 minutes

**Statistical Technique:**

Mean, Standard deviation and 1-value were used to compute the data.

**ANALYSIS AND INTERPRETATION OF DATA:**

From the obtained data the following table is tabulated for analysis.

**Table-1**  
**Pre and Post-training performance of Kho-Kho players**

Training		A+ (in 1mt.)	A- (in 1 mt.)	P (in secs)	UB (in secs)	LB (in secs)	BH (in secs)
Pre-training	M	22	27	12	13	11	13
	SD	2.7	3.6	2.8	3.1	2.6	3.1
Post-training	M	29	38	15	16	13	16
	SD	4.6	4.2	3.4	3.9	3.3	4.2
<b>T-value</b>		8.6*	9.98*	6.25*	4.80*	4.02*	4.56*

\*Significance at 0.05 level

Table-1 and graph shows the mean scores of pre and post training performance in modified Kraus-Weber test. It clearly shows the significance difference in the performance of the Kho-Kho players in two conditions. Thus, yogic asanas introduced to the Kho-Kho players are responsible for bringing improvement in the muscular strength. The Yogic exercises influence the muscular strength in the Kho-Kho players is proved.

**CONCLUSIONS:**

- The selected yogic exercises intervention improved the strength (muscular strength) among the Kho-Kho players.
- The positive and significant effect of yogic exercises on the muscular strength of the Kho-Kho players.
- The selected yogic exercises because of their slow movement and held position improve the muscular tone. This improved muscle tone of the abdominal, lower back, upper back and back & hamstrings is responsible for the improvement of muscular strength of the Kho-Kho players.

**RECOMMENDATIONS:**

- The results of the survey taken of the muscular fitness of the Kho-Kho players should be great concern to the coaches and trainers in the welfare of the Kho-Kho players.
- The results bring out the weakness of the Kho-Kho players and also suggest the importance of including suitable yogic exercises for the improvement of muscular fitness.
- A larger sale of study may be conducted on state, national and international Kho-Kho players and also on different genders for longer periods.

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