

## EFFECT OF YOGIC PRACTICES ON FLEXIBILITY AMONG STATE LEVEL KARATE STUDENTS

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### Abstract:

*The purpose of the study was to find out the effect of yogic practices on flexibility among state level karate students. For this study totally 30 karate students as subjects from Pondicherry region were randomly selected and their age ranged between 20-25 years. The selected subject were divided into two groups within 15 subjects in each group namely one experimental group I (N=15) underwent yogic practices and another group II (N = 15) acted as control group for a period of twelweeks. The groups were drawn at random from the some population 30 subjects of the two groups were tested on selected criterion variable flexibility. Prior and after the training period to find out the variance in each criterion variable due to the application of independent variable analysis of covariance was applied (the process through which the pretest mean difference between the groups can be adjusted to posttest mean). The obtained 'F' ratio was tested for significant at 0.05level of confidence. The finding of the study revealed that there was a beneficial effect on flexibility for experimental group when compared to the control. The training was more effective for yogic practices group.*

### KEY WORDS:

Flexibility, Karate, and Yoga.

### INTRODUCTION

Yoga has a lot of definitions floating around in today's world; however, if we go back to the roots of the word, we find that the term 'Yoga' has its origins in Sanskrit. It means to unite – Yoga helps the body to unite with the other vital metaphysical aspects of the mind and spirit. It is also often defined as a lifestyle which aims to have a healthy mind within a healthy body.

Most simply defined, yoga is a set of poses or 'asanas', coupled with breathing techniques, which help impart strength and flexibility to the body while helping to balance the mind and its' thinking. Unlike other physical forms of exercises, like the aerobics, by practicing yoga, one can not only achieve physical health, but also mental and spiritual wellbeing. The aim of yoga is to promote overall wellbeing of the body. And though, it is found beneficial for a variety of conditions, it is not considered a therapy for specific illness. Unlike other forms of exercises, yoga has a more holistic approach to teach the people the right way to lead their lives disease free and stress free.

Please cite this Article as :J. Sabarinathan<sup>1</sup> and D. Sakthignanavel<sup>2</sup> ,EFFECT OF YOGIC PRACTICES ON FLEXIBILITY AMONG STATE LEVEL KARATE STUDENTS : Academic Sports Scholar (July ; 2014)

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### Karate

Karate is a Japanese word meaning "Empty Hands" indicating that Karate is a Martial Art that does not require weapons other than the parts of the body, but, also means that the practitioner of Karate should strive to empty his or her mind of aggression.

### Statement of the Problem

The purpose of this study is to determine the effect of yogic practices on flexibility among state level karate students.

### METHODOLOGY

The purpose of this study, 30 karate students as subjects from Pondicherry region were randomly selected and their age ranged between 20-25 years. The selected subject were divided into two groups within 15 subjects in each group namely one experimental group I (N=15) underwent yogic practices and another group II (N = 15) acted as control group for a period of twelve weeks. The method of performing the test on flexibility was explained to the subjects before conducting the test. The research scholar explained and demonstrated the sit and reach test to the subjects. The subjects of the experimental group received personalized attention and supervision of the trainer in relation to the yogic practices. The training was given for forty minutes in the morning hours between 7.00 - 7.40am for 5 days a week for six weeks

### TRAINING PROGRAMME

S.No	Yogic Practices	Duration
1	Loosening exercises	5 minutes
2	Suryanamaskar	5 minutes
3	Vajrasana	3-4 minutes
4	Padmasana	3 minutes
5	Pavanamuktasana	3-4 minutes
6	Sarvangasana	3 minutes
7	Yoga Mudra	3-4 minutes
8	Sitali Pranayama	3 minutes
9	Bhastrika Pranayama	3-4 minutes
10	Savasana	5 minutes

### RESULT AND STATISTICAL ANALYSIS

The data collected were statistically examined by applying analysis of covariance (ANCOVA) to find out the difference. Whenever, the obtained 'F' ratio for inter action effect was found to be significant.

**Table - I**  
**Analysis of Covariance for Pre and Post Test Data on Flexibility of Experimental and Control Groups**

Test	Yogic Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	'F' Ratio
Pre-test Mean	31.60	30.13	Between	16.13	1	16.13	1.14
			Within	395.33	28	14.11	
Post-test Mean	37.60	30.06	Between	425.63	1	425.63	36.06*
			Within	330.53	28	11.80	
Adjusted Post Test Mean	34.60	30.09	Between	281.63	1	281.63	265.47*
			Within	28.64	27	1.06	

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\*Significant at 0.05 level.

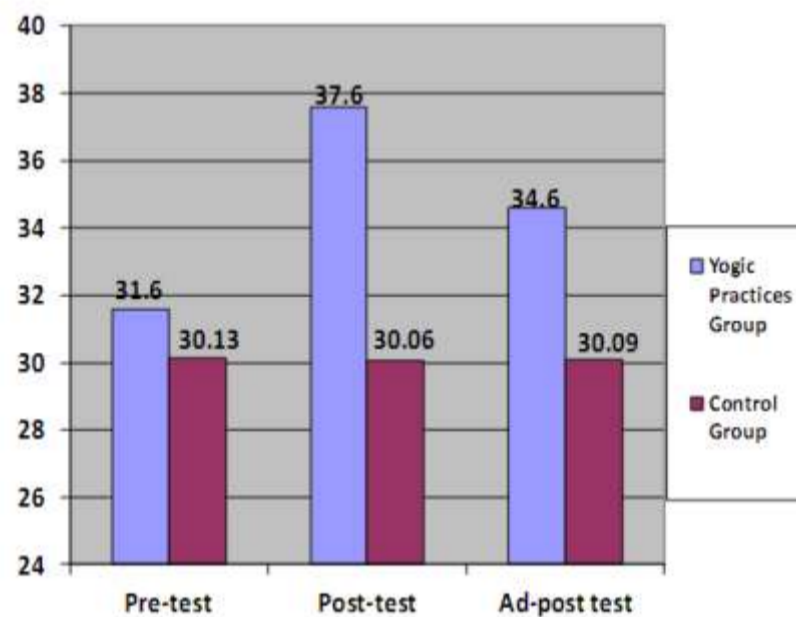
The table value required for significant at 0.05 level of confidence with degree of freedom 1 & 28; 1 and 27 are 4.41 and 4.45 respectively.

Table -I shows that the pretest means on flexibility of the yogic practices group and control group are 31.60 and 30.13 respectively. The obtained 'F' ratio value 1.14 for the pretest score of yogic practices group and control group on flexibility is lesser than the required table value 4.41 for significance at 0.05 level. It revealed that there was no significance difference between the yogic practices group and the control group on flexibility.

The posttest means on flexibility of the yogic practices group and control group are 37.60 and 30.06 respectively. The obtained 'F' ratio value 36.06 for the post test score was greater than the required table value 4.41 for 1 & 28 degrees of freedom at 0.05 level of significance.

The adjusted posttest mean on the flexibility of the yogic practices group and control group are 34.60 and 30.09 respectively. The obtained 'F' ratio value of 265.47 for the adjusted post test score was greater than the required table value 4.45 for 1 & 27 degrees of freedom at 0.05 level of significance. It shows that there was a significant change on the flexibility as a result of the yogic practices programme of the state level karate students.

**Fig -i**  
**Bar Diagram Showing Pre-test, Post-test and Adjusted Post-Test Mean of Experimental and Control Groups on Flexibility**



### DISCUSSION ON FINDINGS

The results of the study showed that there was significant improvement of flexibility due to the influence of yogic practices of state level karate students. These findings of the study are in conformity with the results of Upadhyay, et.al, (March 2010). Mahadevan, et. al., (April-June 2008).

### CONCLUSION

The following conclusion were drawn based on the results of the study Flexibility was significantly increased due to twelweeks yogic practices group when compared to the control group.

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