

EFFECT OF SELECTED PRANAYAMA, ASANA, AND MEDITATION PRACTICES IN ENHANCING RUNNING ABILITY IN KHO-KHO PLAYING

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Abstract:

The objective of the present study was to analyze the effect of selected yogic practices in enhancing the Running ability among the men Kho-Kho players. With the assistance and help of the experts in the field of yoga, sports and previous researches on these areas a comprehensive and suitable yoga package was evolved. Thirty men Kho-Kho players at the High School level were selected at random to be treated under the designed training package to find out the training impacts and outcomes. The selected Kho-Kho players underwent ten weeks of intensive yogic training besides their regular sports training. The Running ability was measured before and after the treatment by administering the Warner Test of Kho-Kho Skills. The data were analyzed by using 't' ratio for interpretation. The designed training package was suitable and made positive training impacts on running ability among the Kho-Kho players.

KEYWORDS:

Kho-Kho, Running Ability, Yoga, Asana, Pranayama, Meditation.

INTRODUCTION

There is no country in the world where Kho-Kho is not played in some form or other. There is definitely something very inherent in the game, which possesses a great appeal both to the players and to the spectators. Kho-Kho is a game, which calls for strenuous, continuous thrilling action and therefore appeals to youth, the world over. Kho-Kho, as popularly known Worldwide is a game where the foot is used much more than other part of the body. As Bernard Shaw would put it in his critic comment that "The Kho-Kho think with their feet" is quite true.

The skills in Kho-Kho can be performed efficiently only when the players keep their physical fitness tremendously high. Cardiovascular fitness is quite necessary to play Kho-Kho, moreover Kho-Kho is considered to be one of the best and popular endurance games, which require fabulous endurance to survive till the end of the game, as playing area and playing strategy are wide. Another important aspect is that, legs, the lowest extremity is to be used to execute most of the skills in Kho-Kho. It is evident from the practical experiences in Kho-Kho coaching that a tremendous range of flexibility is very much required for efficient execution of Kho-Kho skills both on and off the grounds.

Yoga one of the ancient Indian disciplines provides a stable and sustaining body system when done in a systematic manner. Asanas, a component in the yogic system tunes the range of flexibility of the practitioner. The science of yoga proclaims that yogic techniques and practices aim at selective as well as wholesome shaping of human body and mind. Hence a selective package of yogic practices of Asana (Physical Postures), Pranayama (Breathing Practices) and Meditation (Mental Practices) would prove a positive impact among the Kho-Kho players in executing the skills for the better playing performances.

Selection of Asana, Pranayama, and Meditation practices.

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Table – 1
Asana, Pranayama, and Meditation practice schedule with time split

| Yogic Practice | No | Name Asana, Pranayama, and Meditation | Duration |
|-----------------------|-----------|--|-----------------|
| Asana | 1. | Padmasana | 30 – Min. |
| | 2. | Vajrasana | |
| | 3. | Paschimottanasana | |
| | 4. | Matsyasana | |
| | 5. | Vakrasana | |
| | 6. | Bhujangasana | |
| | 7. | Sarvangasana | |
| | 8. | Shalabhasana | |
| | 9. | Pavanmuktasana | |
| | 10. | Dhanurasana | |
| | 11. | Halasana | |
| | 12. | Arthakatti Chakrasana | |
| | 13. | Trikonasana | |
| | 14. | Shantiasana | |
| Pranayama | 1. | Nadi Suddhi | 20 – Min. |
| | 2. | Nadi Sothana | |
| | 3. | Ujjayi | |
| | 4. | Bhramari | |
| | 5. | Sitali | |
| | 6. | Sitakari | |
| Meditation | 1. | Yoga Nidra. | 10 – Min. |

The Scientific basis of yoga offers a wide range of variations in asana, pranayama and meditation on how to utilize the effects of yoga for various needs. An intensive review of related literature on these area and consultations with the experts in yoga, a selected yoga training package was designed for the Kho-Kho players and is presented in Table-1.

The study was conducted to analyze the effect of selected yogic practices in enhancing the kicking ability among the men Kho-Kho players.

MATERIALAND METHODS

Thirty soccer men players were selected at random as subjects for the study. The designed yogic practices were taught step-by-step for one week as orientation to understand and to get acclimatized with the yogic practices. The initial test on running ability was measured by administering Warner Test of Kho-Kho Skills (Item-No. I) and the Kho-Kho were recorded.

The treatment i.e. the selected Asana, Pranayama, and Meditation practices as shown in Table 1 was given to the subjects for weekly three days viz. Monday, Wednesday and Friday. The treatment was given to them for 10 weeks. These practices were performed only in the early morning. After the 10 weeks

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of treatment again the final test on the running ability was conducted and the Kho-Kho was recorded.

The obtained scores were statistically analyzed by using the paired sample 't' test as suggested the running ability was conducted and the Kho-Kho were recorded.

RESULTS AND DISCUSSION

The calculation of mean of the yogic group before and after treatment is presented in the table 2. Using the means, standard deviation of the group 't'- ratio was computed to find out whether there was any significant difference among the Kho-Kho of initial and final tests. The mean

Running ability Kho-Kho of the yogic group containing Kho-Kho players before the treatment was 39.68 and the mean after the treatment was 44.82. There is a significant difference between the Kho-Kho of before treatment and after treatment. The significant difference is due to the selected hathayogic practices that included asanas, pranayama and meditation undergone by the group for a period of 10 weeks.

**Table 2:
Computation of analysis of 't' ratio of pre-treatment
And post-treatment on kicking ability in soccer**

| Group | Mean | Diff. Between Mean | S.D. | S.E.M. | SE of diff. of the ean | t-ratio |
|------------------------------|-------------|-----------------------------------|-------------|---------------|---|----------------|
| Before Yogic Treatment | 39.68 | 5.14 | 5.14 | 1.24 | 0.84 | 7.56 |
| After Yogic Treatment | 44.82 | | 2.56 | 1.38 | | |

The practice of asanas, pranayama and meditation techniques like asanas stretches the muscles and joints in the body, besides providing gentle massage to the vital internal organs. Thus it enhances the smooth and free flow of blood circulation throughout the body physiologically and enhances the flexibility.

Pranayama is the practice of breathing exercise that works in a progressive manner on the breathing mechanism centrally and the effects spread to the periphery too. Lungs, intercostals muscles, diaphragm and ribs are highly exercised during the pranayama practices. Thus it may enhance the lung functions in the body, which

Paves a way for the development of endurance. The meditation technique works upon the central nervous system particularly on the autonomic nervous system that brings tranquility to the mind. Having evidenced the scientific positive outcomes through the selective asanas, pranayama and meditation practices the designed training schedule is comprehensive and have contributed to the development of skill execution in Kho-Kho.

CONCLUSION

The designed asanas, pranayama and meditation practices did contribute to the development of flexibility among the Kho-Kho players, which consequently enhanced the running ability in Kho-Kho.

Based on the finding it is concluded that selected asanas, pranayama and meditation yogic practices could be of great contribution to sports training sessions as a complementary training method for improving and developing skill execution in soccer.

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