

EFFECT OF ASANAS ON FLEXIBILITY OF GRASSROOT LEVEL YOUNG BASKETBALL PLAYERS

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ABSTRACT

Yoga is an Art and Science of healthy living. It is a spiritual discipline based on an extremely subtle science, which focus on bringing peace between body and mind. Objective : The main purpose of the study was to find out the effect of selected yogic asanas on the improvement of the flexibility of grassroot level basketball player of Big Ballers Basketball Academy .Methods: A total of 30 students, age range from 8 to 12 years were randomly selected from Big Ballers Basketball Academy to measure the flexibility with sit and reach test were administered. Conclusion: A 8 week days practice on selected Yogic Asanas can positively improve flexibility.

Keywords: Yogic Asanas, flexibility, Sit and Reach Test, Basketball

INTRODUCTION

The ancient Indian discipline yoga implies perfect harmony of mind, body and spirit. Yoga aims to ensure perfect health by physical and mental purification through the control of mind and body. Yoga is an Art and science of healthy living. It is spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is only yoga, which can show the way to perfect health, perfect mind control and perfect peace with one's self, the world, nature and God. Yoga is very important to improve and execute the sportsman's real potential in right time. The practice of yoga can help one for healthy functioning of body and mind to maximize one's own potential. Everyone wants to have strength, speed, endurance, flexibility and co-ordination abilities for safe and success feel life. These abilities are essential perquisite of an effective life of an individual. Without these any high sports performance cannot be achieved. The qualities of person having the above abilities are term as physical fitness. Flexibility is one of the important components of physical fitness. Flexibility is the range of motion around the joint as determined by the elasticity of the muscles, tendons and ligaments associated with the joint under consideration. Stretching exercises are important for the development of the flexibility. Apart from various benefits of asanas, one of the important benefits is that it improves flexibility of joints. The range of movements is greater in yogasanas. All movements in all directions are possible in

Yogasanas. In asanas, the movements like forward bending, backward bending, lifting, twisting are there which help in improving flexibility of the body.

METHODS

For the purpose of the study 30 students were randomly selected from the Big Ballers Basketball Academy. The age range of the participants was 8-12 years. They were medically fit. The subject were divided in two groups one as Asanas. The researcher decided to see the effect of selected asanas on flexibility. The sit and reach test were selected and administered to judge the degree of flexibility.

The asanas are:

- Ustrasana (Camel Pose)
- Dhanurasana (Bow Pose)
- Vrikshasana (Tree Pose)
- Trikona Asanas (Triangle Pose)
- Bhujangasana (Cobra Pose)
- Adho Mukha Svanasana (Downward-Facing Dog Pose)
- Setu Bandha Asana (Bridge Pose)
- Hala Asana (Plow Pose)
- Balasana (Child's Pose)
- Vajrasana (Thunderbolt Pose)
- Matsyendrasana (Seated Spinal Twist)
- Parsvottanasana (Intense Side Stretch Pose)
- Janu sirsasana (head to knee forward bend)
- Bhunamanasana (Walking Pose)
- Ardha Pavanamuktasana (Half Wind-Relieving Pose)
- Chakrasana (Wheel Pose)

The training programs of the Basketball training and Yogic asanas training and Basketball Training alone were given to subjects 3 days a week for 8 weeks. Evening sessions were admitted. Before starting the training session I have taken a Pre test of the all 30 students to check the effect of the training with the help of sit and reach test. once the pre test is taken the training programm is started.

The subject does Proper warm up and basic and fundamental things needed for the training were given to subjects. The I have take both Group 1 The experimental groups training programmes underwent the supervision of me and experts. Throughout the training time, the subjects were closely observed and asked questions regarding their health. No complications have been reported by anyone. Group 2 is doing exclusively their Basketball training only.

After the completion of the treatment plans, the subject of experimental group A Basketball Training with asanas and control group basketball training were again tested as post test using the Sit and reach test and data were collected of Pre and Post test. for the comparison of it.

RESULT OF THE STUDY

Mean score, Standard Deviation of each group was calculated. After calculating the mean, standard deviation the researcher applied t-test. The mean score of the flexibility for students were compared in two situations i.e., before and after asanas.

Comparison of flexibility for students before and after asanas.

Table shows that significant difference was found on the Sit and Reach test before and after asana.

Table 1: Comparison of Sit and Reach test before and after 8 week training of practicing yoga asanas.

		MEAN	S.D	T –TEST	P VALUE
SIT AND REACH TEST	BEFORE ASANAS	3.78	.574	13.662	0.05
	AFTER ASANAS	6.34	.901	1.127	0.019

It is evident from the above table that significant difference was found on the sit and reach test before and after asanas. The mean and standard deviation scores before and after asanas are 0.574 and 0.901 respectively.

In the present study, asanas training had improved flexibility by finding significant differences in comparison during the pre- and post-tests. The study's findings show that, between the pre- and post-test periods, basketball players' influence and asana training significantly improved agility.

DISCUSSION OF FINDING

The aim of the study was to find out the Effect of Asanas on grassroot levels basketball player. the variables that were chosen among basketball players. 30 players from the Big Ballers Basketball Academy were chosen at random to serve as subjects. They were between the ages of 8 and 12. The pre-test was administered to the chosen participants and involved testing them on the flexibility factors utilized in the study. Following the pre-test assessment, the experimental group I patients received their prescribed treatments three days a week for eight weeks, while the control group merely received basketball training. and after eight weeks of training, post tests were carried out in the variables for the two groups. Flexibility was one of the physical variables used for the investigation.

In order to find difference between the means of the selected variables in The repeated measures .The T test for repeated measurements was used since the results of pre test and the post-tests were statistically significant. After it was determined that the F ratio was significant, SPSS was used to determine which potential mean comparisons were significant. Analysis the Covariance is used to find significant differences in the development of selected variables after 8 weeks of training between the two groups—Experimental group 1—basketball training with Asanas training and Group 2—the control group basketball training.

CONCLUSION

On the basis of the result and the discussion of the study following conclusion were drawn.

1. Basketball training with Asanas Training group had significant improvement in flexibility.
2. The Asanas training had a significantly improvement in the legs strength and the flexibility of grassroot level basketball players.

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