



EFFECT OF SELECTED YOGIC TRAINING ON SPEED OF SCHOOL GOING CHILDREN

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Abstract

The objective of this study was to determine effect of selected yogic training on speed of school going children. A total number of twenty school going children were selected as subject and used as one experimental groups (10) and other control group (10). Yogic exercises was considered the independent variable and speed was considered the dependent variable. To measure the speed, 50 meter sprint test was used as a criterion measure. The test subjects were regularly participating in training program of 45 minutes in the morning before the actual game played for 8 weeks. The Pre Test Post Test randomize group design was used for this study. Tests were administered before the training program and after the completion of the treatment again test were administered. Paired t-test was used to locate significance effect of selected yogic training on speed of school going children at 0.05 levels of significance. In relation to speed, effect of yogic exercise was found significant.

Keywords: Yogic Exercise, Speed and Sprint

Introduction

Yoga is a path towards total harmony of body, mind, and spirit. Practicing yoga and Strength go hand in hand. For the true benefits of yoga to take place, both sides of the brain need to be worked out. That is why a lot of the yoga poses concentrate on training and using both sides of the body. Basically it comes down to retaining the mind and yoga is the great

leveler. You will learn to use both parts of your brain more effectively therefore tuning and realigning everything to work far better than ever before. It will benefit all aspects in your life especially if you are ambitious sport type that likes to get the most out of it that they can. Yoga is not merely a form of exercise for the body. It is an ancient wisdom for a healthier, happier, and more peaceful way of living which ultimately leads to union with the self it improves the strength of muscles.

Yoga also tones both large and small muscles all over your body in balance with one another, while weight training isolates one muscle group at a time. It is an inherent desire in humans to be happy. The ancient sages, through inquiry about life, were able to reach a state of consciousness in which the secrets of healthier, happier, and meaningful living were revealed to them.

Methods

Twenty school going children their age were ranged between 14-17 years from Gwalior M.P. were selected at random as subject of the study and divided in to two groups of 10 subjects each. All subjects were almost from the same socio economic group and were found to be physically fit for the type of programme they were selected. The subjects were divided into two groups (one experimental group and one control group) at random by drawing the lots.



On the basis of various literatures on physical variables finding out the related research study and keeping in mind the specific purpose of the study to find out the selected yogic training on speed was measured by 50 meter sprint was taken as the criterion measures and record in seconds to the nearest tenth of a second.

Pre-test and Post-test randomized group design was employed in the study. The subjects were divided into two groups (one experimental group) and (one control group). The experimental group was imparted 45 minutes of yogic training for 8 weeks under the supervision and guidance of the scholar.

Training and Practice of yogic intervention strategies

The training of experimental given in the Yoga hall of IPS College, Gwalior. The practice session was conducted for a period of 45 minutes in the morning i.e.7.00 am to 7.45 am on Monday to Friday for duration of 8 weeks.

To find the effect of yogic training on speed of school going children the data was examined by applying analysis of Paired T-Test. The level of significance to test was set at 0.05.

Results

TABLE I
COMPARISON OF PRE AND POST TEST OF SPEED OF EXPERIMENTAL AND CONTROL GROUP

	Test	Mean	S.D	S.E.	M.D	t-value
Exp.	Pre	15.00	3.52	0.339	2.00	7.06*
	Post	17.40	3.23			
Control	Pre	12.70	3.52	0.098	.00	1.33
	Post	12.70	3.53			

*Significant at 0.05 level of significance, $t_{0.05(18)} = 2.101$

Table-1 shows that there was significant difference among Pre Test-Post Test of speed of experimental group as calculated t-ratio 7.06 was more than tabulated value 2.10. Thus it

can be said that there was significant effect of eight weeks of yogic training programme on speed. It also shows that there was insignificant difference among Pre Test-Post Test of speed of control group as calculated t-ratio was 1.33 less than tabulated value 2.10. Thus it can be said that there was insignificant effect of eight weeks of yogic training programme on speed.

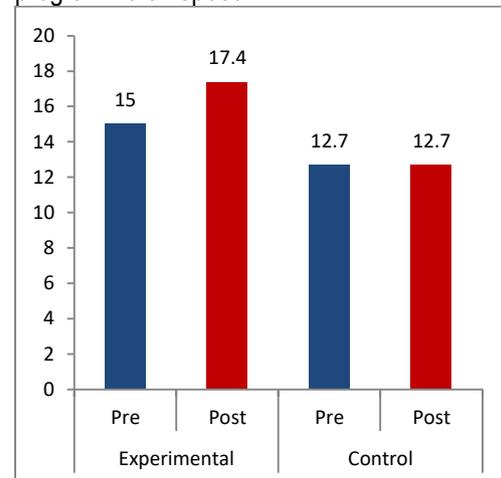


Fig. no. 1: Mean Value of Pre and Post Test of Speed of Experimental and Control Groups.

Discussion

The research scholar has made an attempt to present the discussion of findings. After collection of data, appropriate statistical analysis was conducted. The research scholar examined the determine effect of selected yogic training on speed of school going children. The results in general support that yogic training improves speed of School Going Children. It was found that the experimental group improved significantly. The rate of improvement was higher for the experimental groups in comparison to the control groups. Finally, results show that the participants who followed the treatment of yogic training



improved their speed higher than participants in control group.

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