

# Yog Asana and Its Effects on Physical Fitness of Young Wrestlers

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## ABSTRACT

The objective of this research study was to find out the effect of yogic exercise on Physical Fitness level of young Wrestlers. Two groups one of experimental and one of control group of 20 Wrestlers in each group selected for the research. Experimental group of 20 Wrestlers of 13-16 years of age were randomly selected. The Experimental Group were performing the Yogic Asana for three months. For test effect of Yogic Asana on Physical Fitness, eight Yogic Asana were included and performing four days per week for three months. The AAHPERD Youth Fitness test battery was used for collecting the data. The results of the study showed that there were significance difference was found in physical fitness components of wrestlers and it is also significance at .05 level of significant.

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## INTRODUCTION

The concept of Physical Fitness is a long history. As per Plato "Sound mind dwells in the sound body" proved that the idea of fitness came from ancient times of period. It is big problem that the human being explains the only animal strength and it also compare with other animal. The quotation of Plato reflected that the thinking, ideas and conceptual development comes true physically development or we can say Physical development not to decrease the mental development whereas it improves mental and conceptual development.

It is therefore, the duty of each nation to promote Physical Fitness of everybody. It is a basic need of the performing every type of task by an individual in daily life. Physical fitness is one area of total fitness of the individual. Total fitness is a result of the genetic and environmental make up. The Physically and Mentally fit individual is psychological stable, mentally alert, emotionally balanced and socially adjustable in every circumstance. Now a day many researches are available on effects of Yogic Asana and Kriyas but on a particular game few researches are available. Since last one decade popularity of Yoga and different types of yoga increases with high pace and it is main topic of research and discussion. Researches proved that there are many health and physical benefits of Yog, whereas a few people have now the benefit of Yog in Sports.

Ramajayam Govindaraj et. al. studied the yoga as multifaceted spiritual tool that enhanced the health and well-being with positive effects. He studied also Asanas, Pranayama and Meditation is the helping tools of a well being of person. The Asana is the best physical exercise which is safe and injury free. The article explores the common things and differences between yoga Asana and physical exercises as concepts, possible mechanisms and effectiveness for health benefits. The research also emphasis on breath benefit, relaxation during practice, and importance given to maintenance of postures are some of the elements which differentiate yoga practices from physical exercises.

Govindaraja Setty AG explained the popularity of Yoga in all over the world, irrespective of gender, age, socio-economic status, creed, religion, and nationality, now a day people are very much attracted towards the Yogic activities. He also explained Yoga is traditional practice which increases internal and external calm and coherence of the body, and it has vast scope. They also claim that the yoga is benefited for emotional wellbeing and it provide calm and serene. There are main differences between yoga and physical exercises of scope of practice, method of practice and their effects. This review paper try to makes effort bring out differences between yoga and physical exercise.

## METHODS AND PROCEDURE

The random sampling system was used in the present study. There were two groups one of experimental and other is control group taken for the study. Two groups one of experimental and one of control group of 20 wrestlers in each group selected for the research. The wrestlers selected from the Yogeshwer Dutt wrestling academy. The Experimental Group were performing the Yogic Asana for three months, four day a week and seven sessions per week. For test effect of Yogic Asana on Physical Fitness, eight Yogic Ashanas were included i.e. Suryanamaskar, Halasan, Bhujangasan, Setu Bandh Sarvangasana and Dhanurasana. Each Asan performed for three time and hold for three seconds to five seconds. The AAHPERD Youth Fitness test battery was used for collecting the data. The data were collected pre and post experiment and it was tabulated, statistical analysed and results drawn.

After the statistical analysis, the results were presented in the table. The means difference were calculated to find out the significant difference of the pre- test and post- test of physical fitness components with the help of 't' test at .05 level of significance.

**Table-1 : Pre test and Post test Score of Different Physical Fitness Variables**

<b>Pull Ups Variable</b>	<b>Pre test</b>	<b>Post test</b>	<b>M D</b>	<b>SED</b>	<b>t-value</b>
Experimental Group	4.6	5.7	1.1	.56	1.96*
Control Group	4.5	4.8	.3	.52	.58**
<b>Sit Ups Variable</b>					
Experimental Group	23.5	28.6	5.1	1.5	3.4*
Control Group	24.2	25.8	1.6	1.1	1.45**
<b>Shuttle Run Variable</b>					
Experimental Group	6.32	6.11	.21	.06	3.50*
Control Group	6.30	6.22	.08	.12	.66**
<b>Standing Broad Jump Variable</b>					
Experimental Group	7.28	7.52	.24	.11	2.18*
Control Group	7.23	7.38	.15	.09	1.66**
<b>50 Yards Dash</b>					
Experimental Group	6.41	6.28	.13	.07	1.85**
Control Group	6.42	6.31	.11	.08	1.37**
<b>1.5 mile Run/walk Variable</b>					
Experimental Group	7.88	7.52	.36	.13	2.79*
Control Group	7.83	7.67	.16	.12	1.33**

\*Significant at 0.05 level of significance.

\*\*Not Significant at 0.05 level of significance

The analysis of data Showed the Mean, Mean Different, SED and T-value of different Physical Fitness variables in pre and post experimental Score of Experimental and Control Group, which showed Physical fitness variables like Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, and 1.5 mile run/walk of Experimental Group were observed as significant difference in between pre and post test, whereas in 50 Yards Dash there was no significance difference found.

## CONCLUSION

After obtaining the result of pre- test and post- test of Experimental and Control group, it was found that the Experimental Group is significantly improved in Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, and 1.5 mile run/walk as compare to Control Group. The results of study also showed that in relation to 50 meters dash there is no significance different found between pre and post results of experimental group. The mean differences of between pre test and post test have proved that Yogic life style is better than normal life style. Asana and Pranayam help in improving the physical components like strength endurance, speed, explosiveness and agility. Improve these variables shows that yogic life style can increase the efficiency of the students.

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