

Effect Of Yogic And Pranayama Exercises On Strength Of School Level Students**Manisha****Maharani Kishori Jat Kanya Mahavidyalya, ROHTAK****MOB- 8950059899**

ABSTRACT

The present study has been designed to investigate the effects of yogic exercise on Strength of school level students. For accomplish the study total 20 students of Rohtak district were randomly selected as sample. The study will be delimited to 8th to 12th class boys only. The study will be delimited to Yoga asana (Tadasana, Trikonasana, Padmasana, Vajrasana, Bhujangasana, Shalabasana, Dhanurasana, Halasana, Chakrasana, Matsayasana) and pranayama exercises (Bhastrika, Kapalbhathi, Anulom Vilom, Shitali, Bhramari, Udgeeth). Every training session will be 45 minutes. The training program will be scheduled in the morning between 6.00am to 7.00am. Three yoga expert will be assist the researcher during training session one for yoga asana and pranayamas. Subjects will underwent a 10 minutes warming up and 10 minutes cooling down exercises which includes jogging, stretching, push-ups etc. The experimental period will be delimited to 12 weeks. The training will be delimited to five day in week. The study will be delimited to physical fitness components Strength only. To accomplish the study SPSS version 20 was used to apply all statistical terms and t test was applied to compare the results. The level of significance was set at 0.05. A significant difference was observed between student's pre and post score of Strength. That is why hypothesis that **“There will be a significant improvement as a result of yoga asana and pranayama on Strength ability of students”** which was formulated earlier was accepted. A positive improvement was find out on Strength ability of students.

Key words: STRENGTH, STANDING BROAD JUMP, YOGIC EXERCISES

INTRODUCTION

Active and dynamic yoga styles are excellent for strength training. They can be seen as the equivalent of doing many repetitions of bodyweight exercises. Ashtanga, with its emphasis on daily practice, many vinyasas and mastery of sequential postures is one of the most effective. Many types of Power Yoga, based on the principles of Ashtanga, honor its name. Rocket Yoga is another particularly strong style of practice, as is Jivamukti. Both incorporate many equilibrium and inverted positions within frantic flows. That said, the styles in which the postures are held for the longest time create muscular strength. In Iyengar Yoga, for example, accessories are used to make difficult positions for longer than in a flow context. Forrest Yoga is particularly known for its attention to detail and for the maintenance times of endurance tests. If you have always practiced frantic yoga, you will be surprised how difficult it is. The slow flow offers a good combination of longer holds with connecting movement. So, if your goal is strength, it incorporates long waiting times and multiple repetitions.

OBJECTIVES OF THE STUDY

- The main objective of the study is to find out the effect of yoga asana and pranayama on Strength of students.

HYPOTHESIS OF THE STUDY

- There will be a significant improvement as a result of yoga asana and pranayama on Strength ability of students.

RESEARCH PROCESS AND METHODOLOGY

For accomplish the study total 20 students of rohtak district were randomly selected as sample. The study will be delimited to 8th to 12th class boys only. The study will be delimited to Yoga asanas, pranayama and their combinations of exercises. The experimental period will be delimited to 12 weeks. The training will be delimited to five day in week. The study will be delimited to physical fitness components Strength only.

ADMINISTRATION OF THE TEST

STRENGTH (STANDING BROAD JUMP)

Objective: To measure the explosive power of an individual

Facilities and Equipments required: Jumping pit, Lime powder and measuring tape.

Procedure and Scoring: The subject stands behind the restarting line, which will be marked on the back of the jumping pit, with feet apart. Before jumping, the examinee should swing the arm backward and bend the knees. To execute the jump, the subject should swing the arms forward, extend the knees, and jump forward as far as possible, attempting to land on the feet and fall forward instead of backward, if balance is lost. Three trials will be taken and the best performance will be recorded as the final score. Measurements will be taken in meters to the nearest centimeter. The best performance will be recorded as the score.

STATISTICAL METHOD

- The obtained data were analyzed by applying t test in order to determine the Strength ability of school students.
- The level of significance was set at 0.05.

Table no. 1

STRENGTH MEAN DIFFERENCE BETWEEN PRE AND POST SCORE OF STUDENTS

(N = total numbers of students)

Group Statistics							
Variable	Group	N	d.f	Mean	Std. Deviation	Std. Error Mean	T value
STRENGTH	PRE TEST	20	38	1.63	.22	.05	3.27*
	POST TEST	20		1.88	.26	.05	

* Significant at 0.05 level

Table 1. Shows that 't' value (3.27). The students Strength pre mean score was lower than the post mean score. The Strength mean score of students pre test is (1.63) is lower than the mean score of post test (1.88), which shows a significant difference. t value 3.27 is higher than the table value 0.05. So significantly there is a difference between pre and post test score of students in their Strength.

Figure 1
STRENGTH MEAN DIFFERENCE BETWEEN PRE AND POST SCORE OF STUDENTS

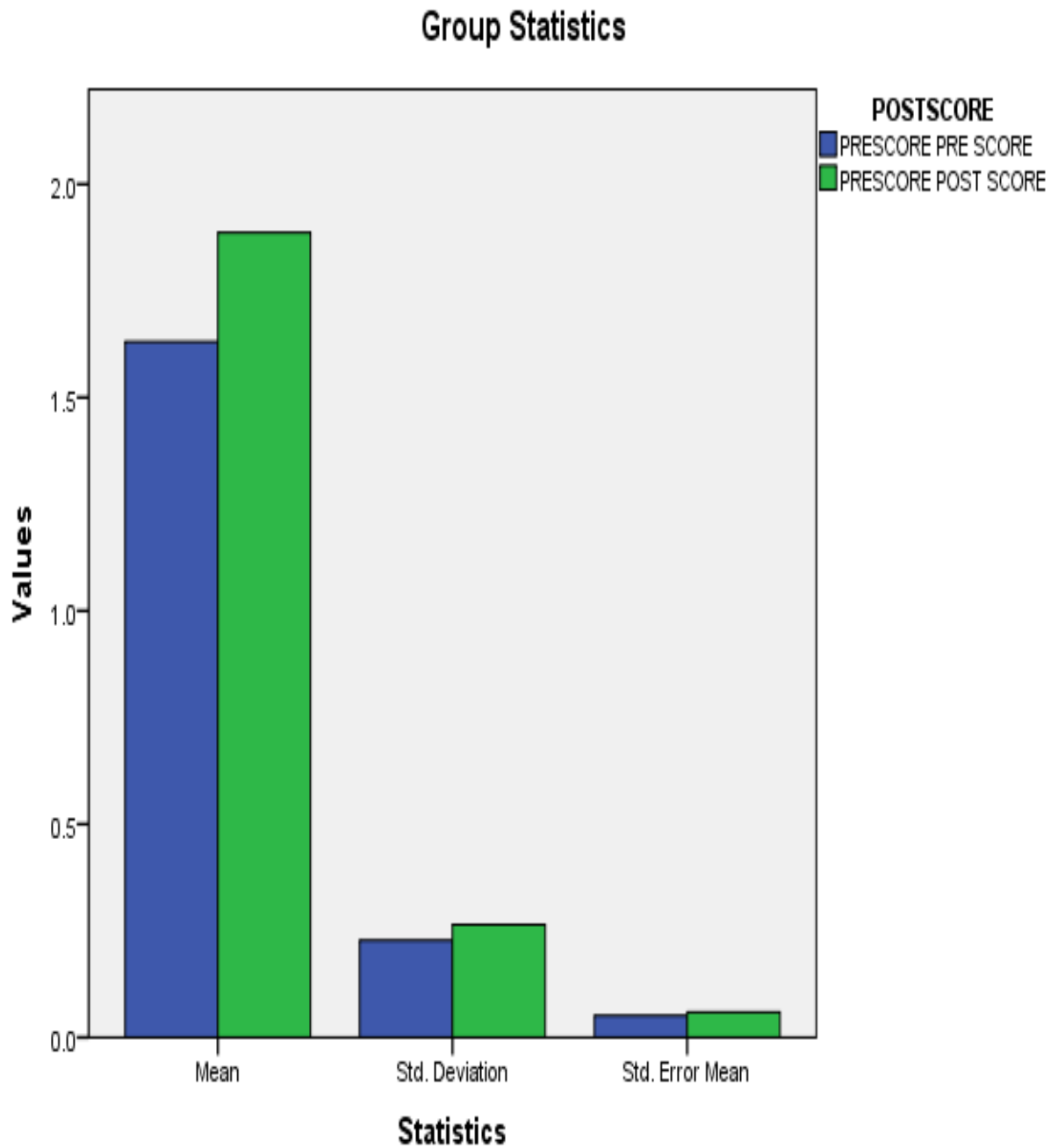
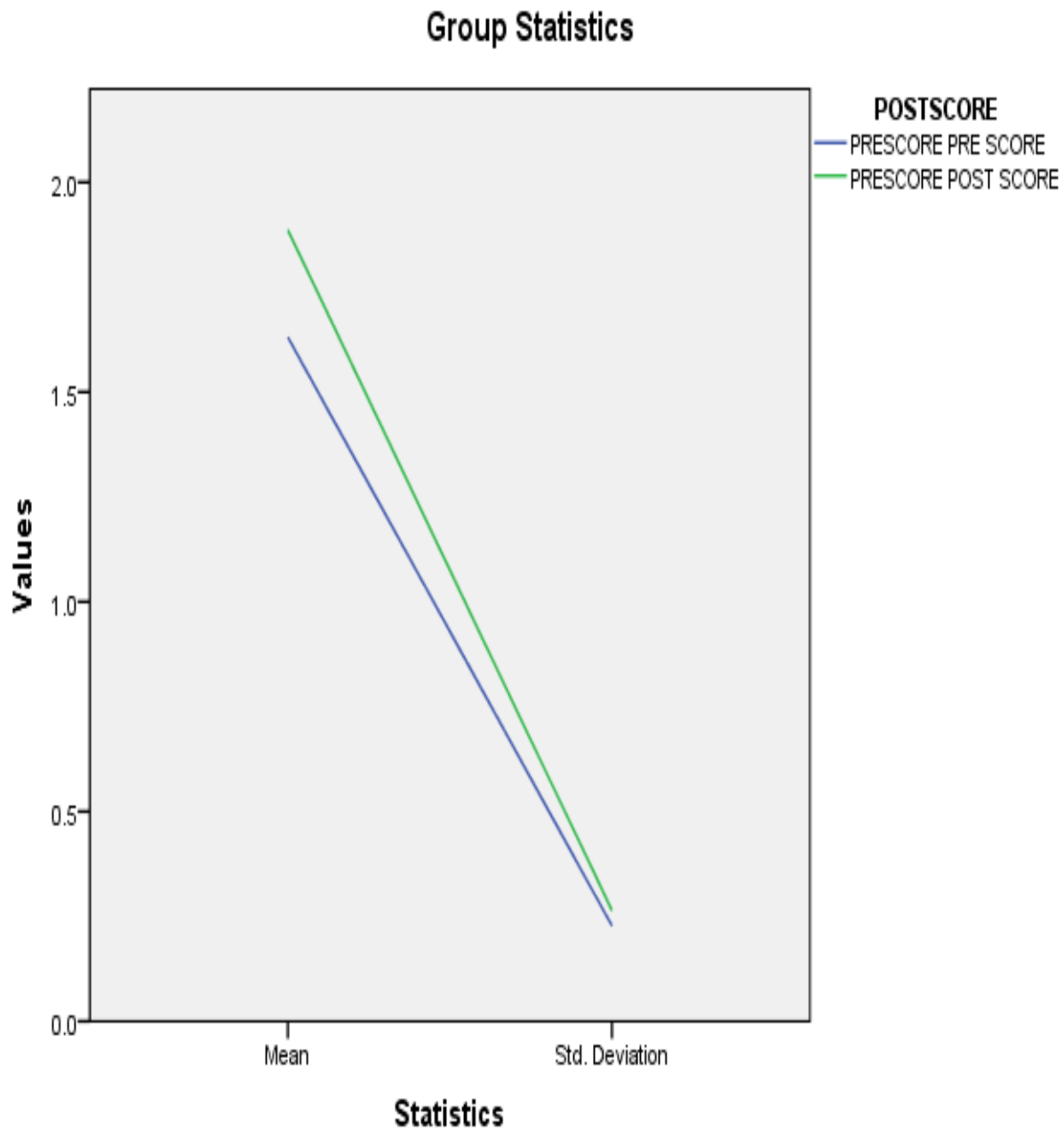


Figure 2

LINE DIAGRAM OF STRENGTH MEAN AND STANDARD DEVIATION SCORE



RESULT

A significant difference was observed between students pre and post score of Strength. That is why hypothesis that “**There will be a significant improvement as a result of yoga asana and pranayama on Strength ability of students**” which was formulated earlier was accepted. A positive improvement was found out on Strength capacity of students.

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