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Implication of yogic practices on flexibility of students

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Abstract
The purpose of the preset study was to find out the effect of yogic practices on flexibility of university students. To achieve the purpose of this study, a qualified physician examined 30 university students were selected at random, their age ranged from 18 to 24 years of age. The selected subjects were divided into one experimental groups and a control group with fifteen subjects in each (n=15). Experimental group underwent yogic practices (YPG) and Group II served as control group (CG) for the training period of 12 weeks. All the subjects were informed about the nature of the study and their consent was obtained to co-operate until the end of the experiment and testing period.
The result of this study was that yoga practices groups showed significant improvement in flexiblity endurance when compared with a control group as well as pretest.

Keywords: Yoga practice, flexibility

Introduction
Yoga is a psycho-somatic-spiritual discipline for achieving union and harmony between our mind, body and soul and the ultimate union of individual. Yoga is perhaps the only form of activity, which massages all the internal glands, and organs of the body in a thorough manner. Yoga acts in a healthy manner on the various body parts. This stimulation and massage of the organs in turn benefits the mass by keeping away diseases. Yoga ensures the optimum blood supply to various parts of the body, by gently stretching muscles and joints as well as massaging the various organs. Regular yoga practice brings about mental clarity and calmness, increases body awareness and also relieves chronic stress patterns, relaxes the mind, centers attention and sharpens concentration.
Regular practice removes obstructions, which impede the flow of vital energy. When the cells work in unison, they bring back harmony and health to the system. 20 to 25 minutes (every morning or 17 evening) of pranayama practice increases lung capacity, breathing efficiency, circulation, cardiovascular efficiency, helps to normalize blood pressure, strengthens and tones the nervous system, combats anxiety and depression, improves sleep, digestion and excretory functions, provides massage to the internal organs, stimulates the glands, enhances endocrine functions, normalizes body weight, provides great conditioning for weight loss, improves skin tone and complexion

Objectives of the study
The core aim of the present study was to find out the effect of Yogic Practice on flexiblity of adolescents.

Methodology
The purpose of the preset study was to find out the effect of yogic practices on flexibility of university students. To achieve the purpose of this study, a qualified physician examined 30 students were selected at random, their age ranged from 18 to 24 years of age. The selected subjects were divided into one experimental groups and a control group with fifteen subjects in each (n=15). Experimental group underwent yogic practices (YPG) and Group II served as control group (CG) for the training period of 12 weeks. All the subjects were informed about the nature of the study and their consent was obtained to co-operate until the end of the experiment and testing period.

Test administration
Sit and Reach Test

Objective
To measure the flexibility.

Equipment's
Measuring stick and Mat.

Procedure
The investigator has directed the subjects to take a long sitting position. Hands were kept by the side of his body heals were placed 10 cm apart. The equipment (Measuring stick) was placed that the 40 cm mark of the scale with a line on the floor. The subjects were asked to sit erect then slowly raise both the hands till they come to vertical position and palms facing each other, they were asked to reach forward to the yard stick (scale) and maximum possible measurement was taken one quarter of the centimeter. Three trails were given with adequate rest in between.

Scoring
The best of three trails was treated as final score in cms. *(Johnson and Nelson, 1988)*

Analysis of data

The data collected from the three groups before and after the experimental period was statistically examined to find out the significant improvement using the analysis of covariance (ANCOVA).

Flexibility

The analysis of covariance on the data obtained for flexibility of pre and post-test of yoga practices (YPG) and control (CG) groups have been presented in table I.

Table 1: Analysis of covariance for the pretest and post test data on body flexibility of yogic practicesand and control groups

	Experimental Group	Control group	SOV	Sum of Squares	df	Mean Square	'F' Ratio
Pre Test Mean	14.47	14.55	B	0.04	1	0.04	14.24
SD	0.07	0.03	W	0.09	28	0.003	
Post Test Mean	16.52	14.66	B	25.81	1	25.81	465.41*
SD	0.07	0.122	W	1.55	28	0.05	
Adjusted Posttest Mean	15.57	14.61	B	19.22	1	19.22	378.57
			W	1.37	27	0.05	

*Significant at 0.05 level of confidence they require table value for significant at 0.05 level of confidence with degree of freedom1 and 28 is 4.20and degree of freedom for 1and 27 at 4.21

Table 1 shows that the pre-test means in flexibility of the YGP and the control groups (CG) are 14.47and 14.55 respectively, resulted in an "F' ratio of 14.24, which indicates statistically no significant difference between the pretest means at 0.05 level of confidence. The posttest means of flexibility of the YPG and the control groups (CG) are 16.52, and 14.66 respectively, resulted in an "F' ratio of 465.41, which indicates statistically significant difference between the posttest means at 0.05 level of confidence. The adjusted posttest means of flexibility of the YPG and the control groups (CG) are 15.57 and14.61 respectively. The obtained F-ratio value was 378.57, which was higher than the table value 4.21 with df 1 and 27 required for significance at 0.05 level. It indicates that there was a significant difference among the adjusted posttest means of flexibility of the YPG and the control groups (CG).

The pretest, posttest and adjusted post-test mean values of yogic practice group (YPG) and control group (CG) on flexibility are graphically presented in figure 1.

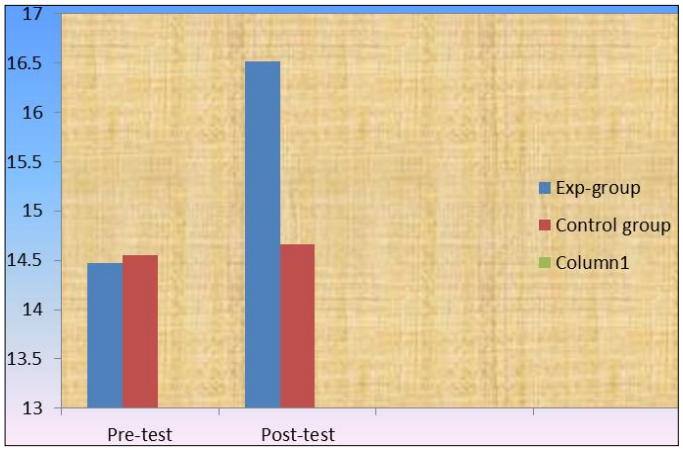

Fig 1: Graphical representation of the data on flexibility

Conclusions

The result of this study was that yoga practices groups showed significant improvement in Flexibility when compared with a control group as well as pre test.

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