

## Effect of Yogic Practices on Selected Physiological Variables among Tribal College Women Kabaddi Players

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### Abstract

*The purpose of the study was to find out the effect of yogic practices on selected physiological variables among tribal college women kabaddi players. To achieve the purpose of the present study, thirty tribal college women kabaddi players from Telangana Tribal Welfare residential degree college, Khammam District, Telangana State, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group I (Yogic practices) and Group II acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. The variable to be used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. Analysis of covariance (ANCOVA) was used to test the treatment effect of the training programmes on all the variables used in the study. It was observed that the twelve weeks of yogic practices have significantly improved the VO<sub>2</sub> max of tribal college women kabaddi players.*

**Key Words:** Yogic Practices, Resting Pulse Rate, VO<sub>2</sub> Max, Kabaddi Players.

### Introduction

Kabaddi Game is one among the traditional games and yoga is most prominent one that's still practiced in India. Kabaddi may be a game of two teams of 12 players each, where one team becomes the raiders and therefore the other team anti raiders. Seven players shall take the bottom at a time and therefore the remaining five players shall be reserved. The raider has got to attend the opposing court with the continual clear sound recitation aloud of the word 'Kabaddi' no end to require a breath and will attempt to touch an anti raider and make him out. The aim of yoga is to develop the human consciousness from lower level to higher level various yogic practices are bringing about positive changes and hormones functioning of the body mind completely. Kabaddi may be a combative team game, played with absolutely no equipment, during a rectangular court, either out-doors or indoors with seven players on the bottom in all sides. All sides takes alternate chances at offence and defense. The essential idea of the sport is to attain points by raiding into the opponents' court and touching as many defense players as possible without getting caught on one breath. During play, the players on the defensive side are called "Antis" while the player of the offense is named the "Raider". Kabaddi is probably the sole combative sport during which attack is a private attempt while defense may be a group effort. The attack in Kabaddi is understood as a 'Raid'. The antis touched by the raider during the attack are declared 'out' if they are doing not achieve catching, the raider before he returns to basketball court. These players can resume play only their side scores points against the other side during their raiding turn or if the remaining players achieve catching the opponent's raider (Jadhav, 2012).

Yoga, the Indian science to regulate body and mind through meditation and self-control plays an integral part of Kabaddi. The raider has got to enter the opponent's court chanting the word "Kabaddi" while holding his breath and has got to still do so until he returns to his basketball court. This is often referred to as 'Cant', which is closely associated with "Pranayama" of yoga. While Pranayama is about with holding breath so as to exercise internal organs, cant is that the means to with hold breath with vigorous physical activity. This is often perhaps one among the few sports to mix yoga with hectic physical activity (Nimeshkumar, 2014).

### Methodology

The purpose of the study was to find out the effect of yogic practices on selected physiological variables among tribal college women kabaddi players. To achieve the purpose of the present study, thirty tribal college women kabaddi players from Telangana Tribal Welfare residential degree college, Khammam District, Telangana State, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group I (Yogic practices) and Group II acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. The variable to be used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. Analysis of covariance (ANCOVA) was used to test the treatment effect of the training programmes on all the variables used in the study.

Table 1. *Test selection*

S.No	Variables	Tests/Equipments	Units
1	Resting pulse rate	Bio-Monitor	Heartbeats/Minute
2	VO2 max	Beep Test	ml/kg/min

### Results

The descriptive measures and the results of analysis of covariance on the criterion measures were given in the following tables.

Table 2. *Computation of mean and analysis of covariance resting pulse rate of experimental and control groups*

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	72.66	72.33	BG	0.833	1	0.833	0.814
			WG	28.667	28	1.024	
Post Test Mean	70.20	71.86	BG	20.833	1	20.833	18.154*
			WG	32.133	28	1.148	
Adjusted Post Mean	70.22	71.84	BG	19.039	1	19.039	16.331*
			WG	31.478	27	1.166	

\* Significant at 0.05 level

Table value for df 1, 28 was 4.20, df 1, 27 was 4.21

The above table indicates the adjusted mean value on resting pulse rate of experimental and control groups were 70.22 and 71.84 respectively. The obtained F-ratio of 16.331 for adjusted mean was greater than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on resting pulse rate. The pre, post and adjusted mean values of resting pulse rate of both experimental and control groups are graphically represented in the figure-I.

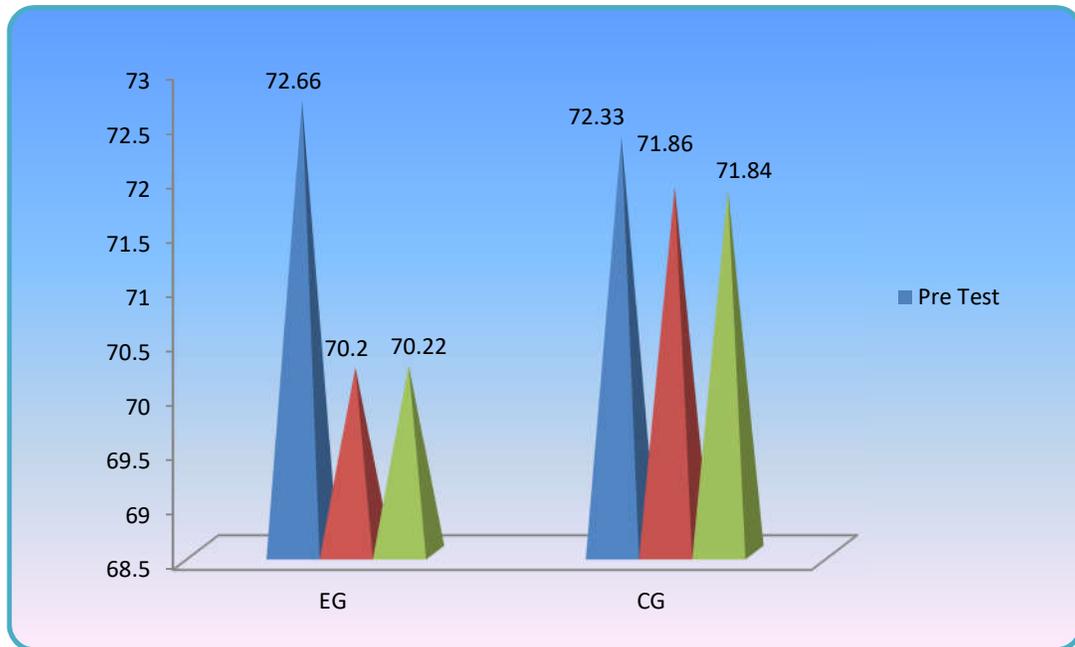


Figure I. Show the mean values on resting pulse rate of yogic practices and control groups

Table 3. Computation of mean and analysis of covariance on  $Vo_2$  max of experimental And control groups

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	47.06	46.60	BG	1.633	1	1.633	0.494
			WG	92.533	28	3.305	
Post Test Mean	53.86	47.40	BG	313.633	1	313.633	63.027*
			WG	139.333	28	4.976	
Adjusted Post Mean	53.77	47.49	BG	289.948	1	289.948	63.499*
			WG	123.287	27	4.566	

\* Significant at 0.05 level

Table value for df 1, 28 was 4.20, df 1, 27 was 4.21

The above table indicates the adjusted mean value of VO<sub>2</sub> max of experimental and control groups were 53.77 and 47.49 respectively. The obtained F-ratio of 63.499 for adjusted mean was greater than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on VO<sub>2</sub> max. The pre, post and adjusted mean values of VO<sub>2</sub> max of both control and experimental groups are graphically represented in the figure-II.

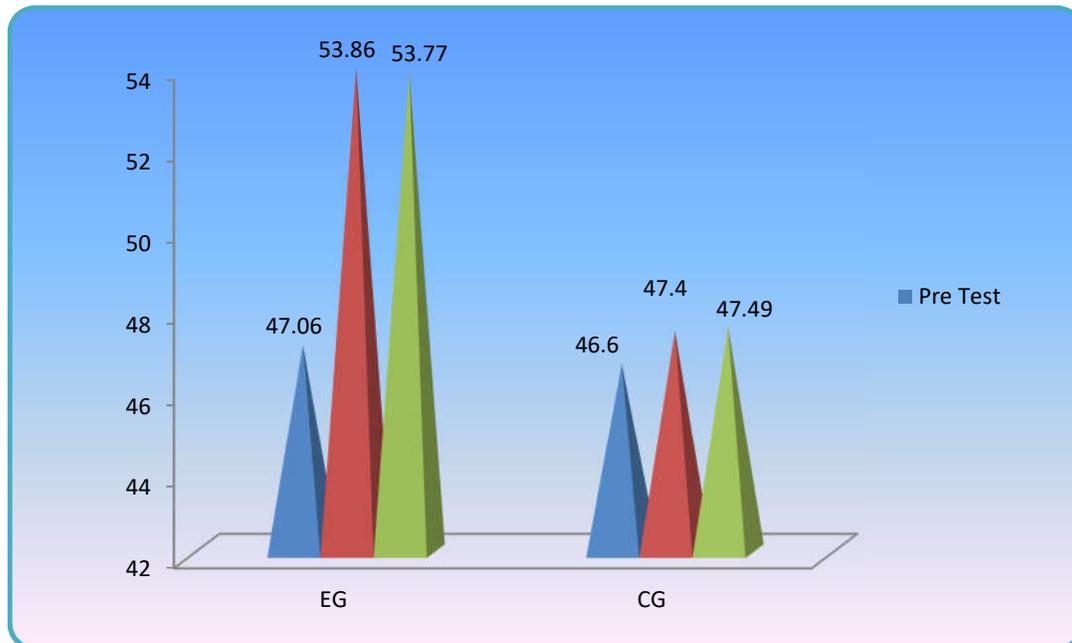


Figure II. Show the mean values on vo2 max of yogic practices and control groups

### Conclusion

1. It was observed that the twelve weeks of yogic practices have significantly improved the resting pulse rate of tribal college women kabaddi players.
2. It was observed that the twelve weeks of yogic practices have significantly improved the VO<sub>2</sub> max of tribal college women kabaddi players.

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