

# A Study of the Effects of Yoga training on the Explosive Strength

Dr. Jaydeepsinh Rathod  
SDJ International College Surat

**Abstract:** The purpose of this research study was to study the effects of yoga training on the explosive Strength. In this research study, 20 students in the yoga training group of students studying at SD Jain Modern School, Vesu and 20 students in the controlled group, a total of 40 students were selected as subject subjects. The differences between the mediators were measured at 0.05 by the Least Significant Difference Post Hock test by applying the One Way Analysis of Covariance test to find out the effects on the group. The conclusion was as follows. The 08-week yoga training program saw a significant improvement in the explosive strength of the subjects.

## Introduction:

Although the physical education of yoga (asana and pranayama) was used extensively in the health education of ancient India, it was not widely accepted due to its secrecy and its higher moral and spiritual aims. As a result, it may seem that yoga is of little or no use to those whose main purpose in life is limited to the attainment of good health. But this assumption is not true. The simple reason is that the protection of health is the initial sacred duty of every human being according to yoga. Of particular importance is the fact that yoga is not just a human body structure; But on the contrary, the mind and the soul which are the special features of human personality are considered to be of special importance. Therefore, it should be constantly remembered that whenever health is mentioned in yoga, it includes mental as well as mental and spiritual health in addition to physical. Even when physical education is planned from the initial point of view of such health, human is not considered as a department but as a whole.

Although the scientific body development in yoga asanas and practices has been considered, the asanas and practices have remained in the dark and unpopular for thousands of years, partly because of their ancient connection with spirituality and religion and partly because of the traditional secrecy attached to them. Due to the relationship between spirituality and religion, those who do not have a natural inclination to believe in spiritual and religious advocacy are bound by the right to yoga. And because of secrecy, this yoga education was deprived of the reasonable popularity it deserves. What's even worse is that both of the above causes create an atmosphere of traditional mysticism for and around yoga that sometimes loses its original meaning and thus jeopardizes its true scientific qualities and social and practical values.

In the Ashtanga Yoga introduced by Maharshi Patanjali in the sense of human social welfare, he has given importance to Asana and Pranayama. It shows that man can achieve the goal of his life only if his body is well-to-do. Then whether he is worldly or ascetic. Regardless of one's occupation, physical fitness is one of the basic needs of a person and maintaining physical fitness should be his main objective. Those who want to do yoga in the sense of introspection or attainment of God should be prepared by using and implementing the eight steps of Ashtanga Yoga which are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Yama is five - Ahimsa, Satya, Asteya, Brahmacharya and Aparigraha, rule five. Defecation, contentment, penance, self-study and devotion to God. Man can move forward in Yogasadhana only if he fully implements these rules and regulations with his mind, words and deeds.

Physical ability is measured by a person's activity and coping with the situation. So that he can live a good life. In today's modern age one does not do much physical labor but does other activities to keep the body healthy. On that basis, we get the idea that what is capacity? And how much is it necessary? Physical exertion alone is not necessary for one's physical capacity but at the same time social, mental, emotional and spiritual matters are closely related to physical capacity. Cannot accomplish any task without capacity.

A person with physical ability is always restrained and well thought out. A person who believes in regularity also largely respects social and legal law. That is why the coming century will truly be a golden age. For that the physical capacity of the common man can be considered an important aspect.

### Purpose of the study

The purpose of this research study was to study the effects of yoga training on the Explosive Strength.

### Selection of the subjects

In this research study a total of 40 students were selected as subject subjects, 20 students in the yoga training group of students studying at SD Jain Modern School, Vesu and 20 students in the controlled group.

### Criterion of measurement

No.	Variable	Test	Measurement
1	Explosive Strength	Standing Broad Jump	Meter/Cm.

### Design of the Study :

A total of two groups were formed by selecting 40 subjects. The yoga training group experimental group was given experimental fitness and the controlled group was kept free from experimental fitness. Statistics were aggregated by the pre-test before the start of the 08-week yoga training program and the final test after the completion of the training program.

### Statistical Process

The Least Significant Difference Post Hock test tested the significance of the differences between the mediators by applying the One Way Analysis of Covariance test to find out the effects on the yoga training group.

### Result of the Study :

**Table - 1**

**Experimental and controlled group scattering co-scattering analysis of Explosive Strength test appearance**

Test	Analysis of Covariance						
	Yoga Training	Control	Sum of square (SS)		Degree freedom (df)	Mean sum of square (MSS)	F
Per test Mean	1.470	1.46	A	0.01	1	0.01	0.28
			W	2.27	38	0.05	
Post test Mean	1.786	1.474	A	0.77	1	0.77	20.32*
			W	1.83	38	0.04	
Adjusted Mean	1.785	1.478	A	0.82	1	0.82	21.40*
			W	1.82	37	0.04	

**\*Significance Level at 'F' = 0.05 (1,38) & (1,37) = 4.105**

Table-1 showed a pre-test 'F' ratio of 0.28. Which was found to be meaningless at 0.05 level. The 'F' ratio of the final test of both the groups was found to be 20.32. Which was found to be significant at 0.05 level and the 'F' ratio of the revised median was found to be 21.40. Which was found to be meaningful at 0.05 level.

**Conclusion :**

The 08-week yoga training program saw a significant improvement in the explosive strength of the subjects.

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