

EFFECT OF YOGA ON SPEED PERFORMANCE OF SCHOOL BOY

Sarbjit kaur lecture baba farid Sen. Sec. School Bathinda

ABSTRACT

Speed is very essential in sports like Football, Hockey, Cricket, Handball, Basketball, Athletics, Kho-Kho, Softball and other field games for better performance. Speed is an important factor of the motor fitness and it is also a part of our day to day life. Each and every person wants to complete their task as early as possible, it means speed is required for our working ability or to complete the task in a short time. The speed is helpful to perform successive movement of the same pattern at a fast rate. Forty-six male students ($n = 46$) from govt. school sangur, Punjab, were selected randomly for the present study. The subject's age group was ranging from 11 to 14 years. The selected forty six students were then again randomly assigned into two equal groups viz., one control group ($n1= 23$) and one experimental group ($n2 = 23$). Experimental group were received specific yoga training for six weeks. In case of post test of speed, the mean scores of control and experimental group were 9.58 (SD 1.048) and 8.91 (SD .66) respectively, whereas, the mean difference was .67 and the 't' values of post test was 2.60 which was significant ($p<0.05$). The study revealed that, daily Yoga practice help to improve speed ability of school going boys.

Keys- Yoga, Speed and Performance, Yoga and School boys.

INTRODUCTION

Speed is an important factor of the motor fitness and it is also a part of our day to day life. Each and every person want to complete their task as early as possible, it means speed is required for our working ability or complete the task in a short time. Speed is helpful to perform successive movement of the same pattern at a fast rate. With the speed a person is capable to complete the task in faster time. So it is very essential to improve speed of every individual. After the review of various literatures of exercises, yoga and health related fitness was found that more beneficial than the others. Yoga exercises are very easy to perform for the school going children; it improves flexibility, muscular tone and much more which is related to a good health of the children. This study was conducted with the objective "to study the effect of selected yogic practices on speed of the male students aged 11 to 14 years dwelling in slum area of Punjab."

METHODOLOGY

The purpose of this investigation was to collect the information regarding the effect of Yoga practices on performance of Speed of school children dwelling in slum area of Punjab. The following methodology was followed to conduct this experiment. Forty-six ($n=46$) male students of aged 11 to 14 years from Govt. school sangur, Punjab, were selected randomly for the present study. The selected forty six students were again randomly assigned into two equal groups viz., one control group ($n1= 23$) and one experimental group ($n2 = 23$). The experimental group received daily one hour specific 'Yoga' training for six weeks, while control group was treated as non yoga group. Before and after experiment, the data of the performance in speed of both groups were collected for further investigation.

Table 1:- Independent Variables i.e Yogic Practices for the Experimental group.

Sr. No	Name of Yoga Practice	Sr. No	Name of Yoga Practice
1	Shavasana	10	Janushirasana
2	Pawanmuktasana	11	Chakrasana
3	Naukasana	12	Parvatasana
4	Viparitarani	13	Tadasana
5	Bhujangasana	14	Halasana
6	Shalabhasana	15	Brahma Mudra
7	Vajrasana	16	Ujjayi Pranayama
8	Vakrasana	17	Anuloma-Viloma
9	Paschimottanasana	18	Kapalabhati

Statistical Procedure

The collected data were processed by using standard statistical technique 't' test by using SPSS to know, whether the means of both groups statistically differ from each other.

RESULTS OF SPEED PERFORMANCE

It can be seen from the Table 3, in case of pre test of speed, (*50 yard dash test*) the mean scores of control and experimental group were **9.50 (SD 1.01126)** and **9.21 (SD .60227)** respectively, whereas, the mean difference was **0.28** and the 't' values of pretest was **1.15** which is not significant ($p > 0.05$). It reflects that the mean score of pre test of speed of control group and experimental group did not differ significantly. This indicates that the pre-test means of Speed test of Yoga training group and Control group were more or less similar. But in case of post test of speed, the mean scores of control and experimental groups were **9.58 (SD 1.05)** and **8.91 (SD 0.66)** respectively, whereas, the mean difference was **0.67** and the 't' values of posttest was **2.60** which was significant ($p < 0.05$). It reflects that the mean score of post test of Speed of control group and experimental group was differ statistically significant.

Discussion of Findings

Yoga does not promise for the positive results by easy and short cut way. It does not either promise quick fixes for all problems but it leads to positive results if followed in a systematic manner. Yoga like other sports demands tremendous integrity, self-discipline and awareness to take us beyond existing level of physical, motor, concentration skill and other types of qualities related to a particular sport. The result of this investigation supports the above statement. In case of speed, Yoga played a significant role for the slum areas students. Result shows that the Yoga practice were effective in improving Speed of the school children in Punjab. In this context the null hypothesis that "There is no significant difference in mean score of Speed of control and experimental group" is rejected.

Conclusion

The conclusion of the present experimental study is 'daily Yoga practice helps to improve speed ability of school going boys'.

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