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The Power of Targeted Yoga Training On Fitness Variables In School-Level Kabaddi Players Of Jammu.

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ABSTRACT
The study aimed to determine the impact of specific yoga skill training on the fitness variables of school-level kabaddi players. Thirty subjects, aged 13-17 years, were selected from Higher Secondary Schools in Jammu. They were divided into two groups: an experimental group (Group I) and a control group (Group II). Group I underwent specific yoga skill training for 12 weeks, while Group II served as the control group and did not receive any special training beyond their regular routine. The physical fitness variables of speed and flexibility were chosen as dependent variables. A pre- and post-test random group design was employed for the study. Data were collected before and after the 12-week training period and were statistically analyzed using a t-test to determine significant improvement, and analysis of covariance (ANCOVA) to assess differences between the experimental and control groups. The results indicated a significant improvement in speed and flexibility.

Keywords: Yoga skill training, Flexibility, Speed, Kabaddi..

INTRODUCTION

Sport-specific training is essential for introducing and refining the skills needed to excel in any sport. Young athletes who participate in this training often experience increased confidence in their flexibility, speed, and hand-eye coordination. The Sports Yoga Skill Training program is a year-round, elite-level sport-specific training designed to enhance the physical, technical, tactical, and psychological aspects of the sport. This training, which includes daily Hatha Yoga practices over a 12-week period, helps build character, knowledge, and direction, refining the necessary skills to excel in any sport.

Hatha Yoga, a 5,000-year-old healing system, combines body postures ("asanas"), breathing techniques, and mental focus to promote better health and alleviate suffering. Although promising, it has not been extensively evaluated through rigorous clinical research. Hatha Yoga incorporates various physical movements that enhance all physical components, leading to improved physical fitness. The practice includes intense breathing, coordinated sequences of muscle contraction and relaxation, changes in breathing patterns, and a focus on mental attentiveness and awareness, all aimed at synchronizing the body and mind.

Exercise, in general, is known to improve health by enhancing cardiovascular fitness, muscle strength, respiratory function, metabolism, and immune function. In Kabaddi, a sport requiring high levels of flexibility, speed, and concentration, resistance training and other exercises can sometimes add unnecessary bulk, hindering a player's ability to perform. Therefore, training and conditioning are crucial for skill performance in Kabaddi. Yoga, transmitted from teachers (gurus) to students over millennia, has evolved

through various traditions and philosophies into diverse practices. Different schools of yoga emphasize different aspects of the eight limbs: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.

In the twentieth century, yoga's introduction to the West highlighted its potential for health maintenance, prevention, and treatment of chronic diseases. Most Western yoga practices include postures, breath control, and meditation, with different styles varying in their emphasis on each component. As a mind-body practice, yoga likely has multiple biological mechanisms, with its effects similar to those of other types of exercise. Generally, yoga is considered a low to moderate-intensity exercise.

2. Methodology

The study aimed to examine the impact of specific Yoga training on selected fitness variables among school-level kabaddi players. A total of 30 subjects, aged between 13 and 17 years, were selected from Higher Secondary Schools in Jammu.

2.1 Research Design

All subjects were divided into two groups as experimental (Group-I) and control group (Group- II). Group-I underwent specific yoga skill training for a period of 12 weeks and group-II was treated as control group and haven't get any special training other than the routine.

2.2 Criterion Measures

1. The evaluated physical fitness parameter, speed was assessed by 50m dash and the unit of measurement was in seconds.
2. Flexibility was assessed by sit and reach test and the unit of measurement were in centimeters.

The specific yoga training program was conducted for 45 minutes per session, three times a week, over a period of twelve weeks. Each 45-minute session included a 10-minute warm-up, 25 minutes of specific skill training combined with yoga practices, and a 10-minute cool-down. Every two weeks, the intensity of the training load was increased by 5%, starting from 65% and progressing to 80%. The training volume was determined based on the number of sets and repetitions. The duration of each action in the specific skill training with yoga practices was consistent across the three weekly sessions (Monday, Wednesday, and Friday).

2.3 Collection of Data

The data were collected prior and after training period of twelve weeks on the above said variables to observe the effects of specific Yoga training.

3. Analysis of Data

3.1 Statistical Procedure

Data were statistically analyzed with t-test to find out the significant improvement between pre and post-test. In all cases the criterion for statistical significance was set at 0.05 level of confidence.

Table 1
Computation of 't' Ratio on Speed of school level Kabaddi players on Experimental Group and Control Group

Group	Mean		N	SD	Std. Error	't' Ratio
Experimental Group	Pre Test	(7.820)	15	(0.500)	(0.005)	(13.03)*
	Post Test	(7.760)	15	(0.510)		
Control Group	Pre Test	(7.770)	15	(0.480)	(0.74)	(1.68)
	Post Test	(7.850)	15	(0.450)		

*Significant at 0.05 level for the degree of freedom (2.14, 1 and 14)

Fig. 1 The graphical representation of mean and SD of pre test and post test performance on Speed of school level Kabaddi players on Experimental Group and Control Group test has been presented in **Figure 1**.

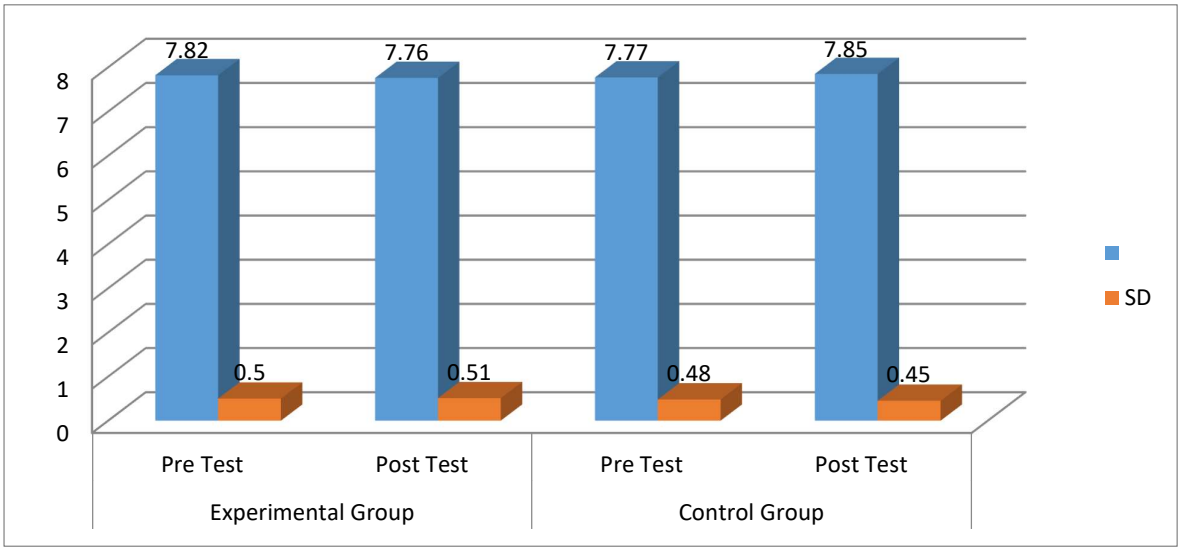

Fig.1. Comparison of Mean and SD Scores in pre test and post test performance on Speed Test

Table 2

Computation of 'T' Ratio on Flexibility of school level Kabaddi players on Experimental Group and Control Group

Group	Mean		N	SD	Std. Error	't' Ratio
Experimental Group	Pre Test	(23.450)	15	(1.240)	(0.960)	(2.550)*
	Post Test	(25.900)	15	(1.250)		
Control Group	Pre Test	(23.800)	15	(1.150)	(1.400)	90.610)
	Post Test	(24.500)	15	(1.510)		

*Significant at 0.05 level for the degree of freedom (2.14, 1 and 14)

Fig. 1 The graphical representation of mean and SD of pre test and post test performance on flexibility of school level Kabaddi players on Experimental Group and Control Group test has been presented in **Figure 2**.

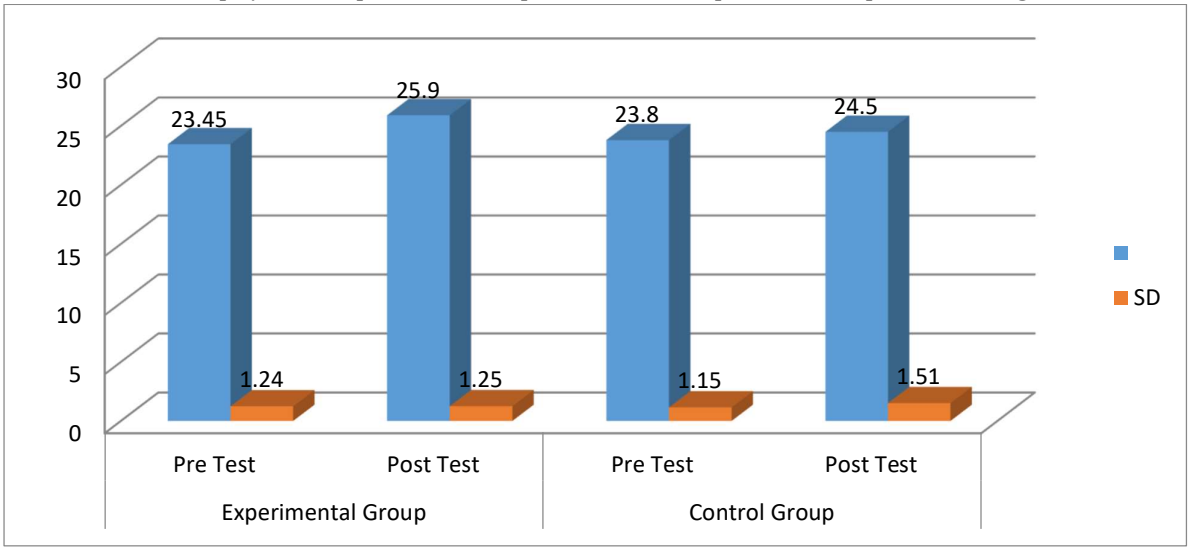

Fig. 2. Comparison of Mean and SD Scores in pre test and post test performance on Flexibility Test

Table 3
Analysis of covariance of specific yogic skill training practice and control groups on Speed and Flexibility

S. No.	Variable	Adjusted Post-test Mean		Sources	SS	df	MS	F-ratio
		Experimental	Control					
1.	Speed	(19.03)	(16.84)	SSB	(34.1)	1	(34.1)	(26.49)*
				SSW	(34.75)	27	(1.29)	
2..	Flexibility	(2.16)	(1.94)	SSB	(0.34)	1	(0.35)	(46.13)*
				SSW	(0.02)	27	(0.01)	

*Significant at 0.05 level of confidence, (df 1 and 27 is 4.21)

3.2 Discussion of Findings

Table I reveals the computation of mean, standard deviation and 't' ratio on Speed of experimental and control group. The obtained 't' ratio was 13.03 and the required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since obtained 't' value was greater than the tabulated value and found to be significant.

Further the computation for the same for Control group the obtained 't' ratio on speed was 1.68, and the required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained t-value was lesser than the tabulated value and found not to be significant.

Table 2 reveals the computation of mean, standard deviation and 't' ratio on flexibility of experimental and control group. The obtained 't' ratio of flexibility was 2.55 and the required tabulated value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained 't' value was greater than the tabulated value and found to be significant.

Further the computation for the same for Control group the obtained 't' ratio on flexibility was 0.61 and the required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained t-value was lesser than the table value and found not to be significant.

Table-3 The adjusted post-test means for Speed and Flexibility in the Experimental and Control groups were 19.03 & 16.84 and 2.16 & 1, respectively. The obtained F-ratio values for Speed and Flexibility exceeded the tabulated value of 4.21, with a df of 1 and 27 required for significance at the 0.05 level. Since the F-ratio values were higher than the tabulated value, it indicates a significant difference between the adjusted post-test means of the Experimental and Control groups in terms of Speed and Flexibility among school-level kabaddi players.

3.3 Result

1. There was a significant improvement takes place on selected fitness variables namely speed and flexibility due to the effect of twelve weeks specific skill training with yoga practices.
2. There was a significant difference exists between experimental and control groups on selected fitness variables such as speed and flexibility.

4. Conclusion

Regular yoga practice facilitates muscle contraction and relaxation, which enhances an individual's flexibility. Specific skill training aids in accelerating movements, engaging fast-twitch muscle fibers during speed

activities, thereby improving both speed and flexibility. Based on the findings and results, it is concluded that targeted Yoga skill training effectively enhances fitness variables like speed and flexibility in Kabaddi players.

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