



EXPLORING THE INFLUENCE OF ASANAS AND PRANAYAMA ON FLEXIBILITY OF STATE LEVEL KHO KHO PLAYERS

Kotreshi H

College Director of Physical Education

**S R M P P Govt. First Grade College, Hoovinahadagali
Karnataka**

Dr. Shivaji Surywanshi

P E S College of Physical Education

Nagesenvan, Aurangabad.

ABSTARCT

World is the major combination of races and diverse types of customs and traditions are followed in this the social order. Health is wealth and physical fitness is the key for the healthy life. Physical activities are bodily movements produced by skeletal muscles that result in energy expenditure. Physical activity may be our daily occupation, sports and other activities. Exercises are the set of programmers' that can be involved in physical activities. Health related Physical fitness are important for productive living of individuals. Health related physical fitness is necessary for every individual irrespective of age and sex. The knowledge of our own body mechanism, the merits demerits employs a good and healthy system which is the basic and primary need at this century to lead a happy and healthy life in the society. Knowing our own body mechanism, we can avoid many non-communicable diseases like obesity, hypertension, heart diseases and cancer. The intent of the in progress investigation was to measure flexibility of Kho Kho players. In this study players are trained for four weeks, in which different asanas and pranayama were planned. The subjects for the present study were sixty kho kho players. The Sit and Reach Test is a measure to assess the flexibility of lower back and muscles of hamstring.

Key words: Flexibility, Sit and reach, Physical fitness, Health.

Introduction

World is the largest mixture of races and different types of customs and traditions are followed in this society. The development of technology and other forms of scientific basement are up-coming in our society for the development of branches in science. Drastic changes are taking place in field of science and medical science or we can say development in different wings of science. For every individual good health is needed in order to be fit to

perform daily activities which could be playing sports, performing the work related to one's profession and also the routine work performed at home. Staying physically fit is a key to perform all these activities efficiently and proper nutrition; physical exercise and adequate rest is the key to maintain good physical fitness.

The term Physical fitness, exercise and physical activities are often confusing terms. Physical activities are bodily movements produced by skeletal muscles that result in energy expenditure. The life style of every individual is changing and particularly due to the increasing dependence on technology physical activities are declining and hence there is now a greater need for physical fitness. Individuals should be able to work with care and consciousness.

Physical activity may be our daily occupation, sports and other activities. Exercises are the set of programmes that can be involved in physical activities. Lastly physical fitness means a set of traits that are either skill related or the health related and which features can be measured through specific tests (Caspersen, Powell and Christenson, 1985).

Health related Physical fitness are important for productive living of individuals. Health related physical fitness is necessary for every individual irrespective of age and sex. There are five components of health related physical fitness: Cardiovascular Endurance, Muscular Endurance, Muscular Strength, Flexibility and Body Composition.

The knowledge of one's own health formulated in the earlier life can give good result in the future days. The basic idea regarding attitude of weight control, eating disorders are very important to know our health and fitness very clearly. Self-body image or self-appearance play a vital role in uplifting our state of physical, mental as well as social health behavior.

Flexibility is defined for a joint or a group of joints as its range of motion, or degree of extension, that its tissues are capable of. Flexibility prevents injuries in day to day living and as well as in sports. It improves posture flexibility is very important. It aids in stretching muscle for any activity flexibility is important. It facilitates in performing better in sports. Coordination of muscle and nerve can be improved by flexibility.

The objective of study

The intent of the current study was to measure the flexibility level of Kho Kho players and the players were given practice of asanas and pranayama for four weeks.

Methodology

The subjects for the present study were sixty Kho Kho Players of 19 to 23 years of age. The players will be given practice of asanas and pranayama for four weeks. To Measure flexibility the Sit and Reach will be incorporated. The test is to measure and assess the flexibility of lower back and muscles of hamstring. Wells and Dillon in 1952 was first to introduce this to measure flexibility. It is helpful to examine the flexibility of forward pelvis tilt and lower back. Sit and reach box (Baseline 12-1086 Sit and Reach Trunk Flexibility Box, Deluxe) was used in the present investigation. The subjects removed the shoes and sat flat on the floor with legs stretched out and joined together in front with knees straight and feet flat facing the front of the flexibility box. Head and back were placed against the wall. In

a slow and steady movement, the subject was asked to lean forward as much as possible. The subjects were instructed to keep their knees straight and slide hand with the palm facing downward as far as possible by holding the position for three to four seconds. No jerky movements were allowed and the result was recorded in centimeters. And return to the same relaxed position and take rest for ten to fifteen seconds and repeat for three times. The distance reached by the students was recorded in terms of centimeters or in the inch.

Findings of the study

The raw data on flexibility measured in terms of sit and reach were subjected to suitable norms based expression. The below test was done before the practice of asanas and pranayama.

Table: 1 Norms based expression of flexibility of Kho Kho Players before the practice session of asanas and pranayama

Flexibility ranges	Number of subjects	Percentage	Normative category
40 cm and above	20	33.33	Excellent
29cm to 39cm	15	25	Good
23 cm to 28 cm	20	33.33	Average
15 cm to 22 cm	10	16.66	Fair
14 cm and below	05	8.33	Poor

From table 1 it becomes clear that 33.33% of the kho kho players are ‘Excellent’ in Flexibility; 25% of are having ‘Good’ Flexibility; 33.33% of are ‘Average’ and 16.66% are having ‘Fair’ and 8.33% are poor in their Flexibility. The above results are graphically shown in figure 2.

Figure 2 Graphical illustration of norms based classification of Kho Kho players on flexibility

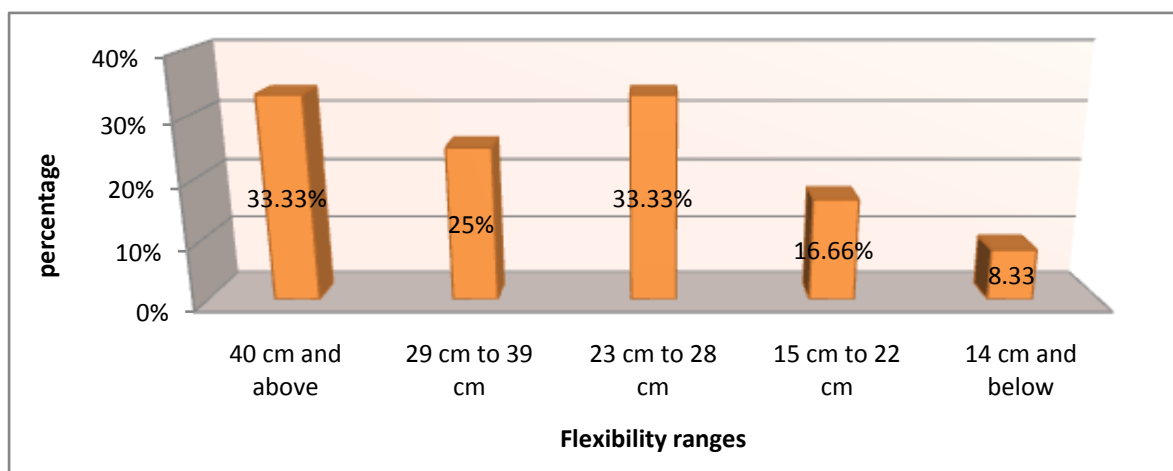
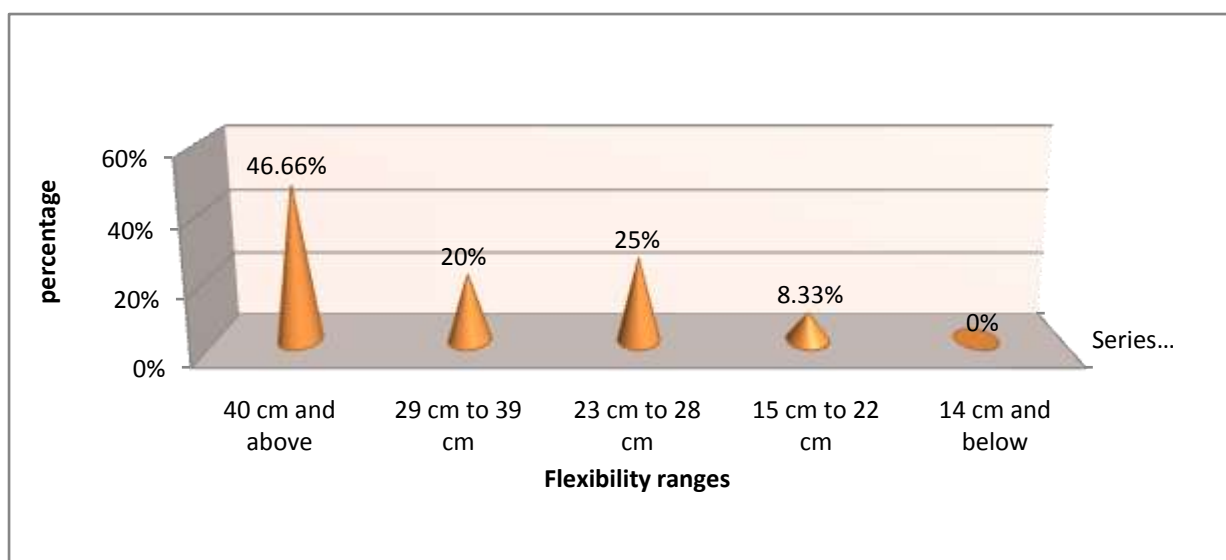


Table: 2 Norms based expression of flexibility of Kho Kho Players after the practice session for four weeks

Flexibility ranges	Number of subjects	Percentage	Normative category
40 cm and above	28	46.66	Excellent
29cm to 39cm	12	20	Good
23 cm to 28 cm	15	25	Average
15 cm to 22 cm	05	8.33	Fair
14 cm and below	00	00	Poor

From table 1 it becomes clear that 46.66% of the Kho Kho players are ‘Excellent’ in Flexibility; 20% of are having ‘Good’ Flexibility; 25% of are ‘Average’ and 8.33% are having ‘Fair’ Flexibility. The above results are graphically shown in figure 2.

Figure 2 Graphical illustration of norms based classification of Kho Kho players on flexibility



Discussion

From the above two tables it is very clear that the practice of yogic asanas may not help the Kho Kho players in terms of Flexibility. There is no significant impact of yogasanas on motor fitness of Kho Kho Players. There are some players may have got the excellent practice and in turn that may have helped to attain good flexibility. But compared to these test asanas may give some positive push to enhance flexibility. So, the result is 46.66% of the Kho Kho players are ‘Excellent’ in Flexibility; 20% of are having ‘Good’ Flexibility; 25% of are ‘Average’ and 8.33% are having ‘Fair’ Flexibility.

Conclusion

The practices of flexibility activities in practice classes are insufficient. Involvement towards the flexibility aspects is minimal. Knowledge of joints and its functions are unfamiliar. The men's tend to have less flexibility when compared to women's. Training sessions give least importance to the stretching before and after the physical activity, negligence of yoga and asana in the daily activities. The practice sessions are scheduled less in a week's time-table. Time table of for each and every aspect of fitness must be incorporated. Lack of nutrition may cause the level of flexibility. A personal health issue hinders the performance of flexibility.

References

1. Brewer, W. A. and Olson, S. L. (2015), "Are There Relationships between Perceived and Actual Measures of Physical Fitness and Health for Healthy Young Women?", comprehensive psychology, SAGE Journals, volume 4, Article 2. ISSN-2165-2228.
2. Caspersen, C. J., Powell, K. E. and Christenson, G. M. (1985) "Physical activity, exercise and physical fitness: definition and Distinction for health related research"; Public Health Report; Vol-100(2); PP: 126-131.
3. Haugen, T., Ommundsen, Y. and Seiler, S. (2013), "The Relationship Between Physical Activity and Physical Self-Esteem in Adolescents: The Role of Physical Fitness Indices", Pediatric exercise science 25(1):138-53.
4. Monroe, C. M. Thomas, D. Q. Lagally, K. and Cox, A. (2010), "Relation of college students' self-perceived and measured health-related physical fitness", PubMed, US National Library of Medicine National Institutes of Health, perceptual and motor skills ;111(1):229-39.
5. Rahmani-Nia, F., Damitchi, A., Azizi, M. and Hoseini, R. (2011) "Associations Between Self-Perceived and Measured Physical Fitness of Male College Students", World Applied Sciences Journal 14 (9): 1331-1338
6. The Physical Fitness Specialist Certification Manual for the assessment of endurance ability.
7. Topend sports.