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Effect Of Specific Yogic Practices And Resistance Training On Speed Among Male Kabaddi Players

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Abstract

The purpose of the study was to find out the effect of specific yogic practices and resistance training on speed among male kabaddi players. To achieve the purpose of the present study, sixty inter-collegiate level Kabaddi players were selected as subjects at random from affiliated colleges of Bharathidasan University, Tiruchirappalli, Tamilnadu state, India and their ages ranged from 20 to 25 years. The subjects were divided into three equal groups of twenty each. Experimental Group I was exposed to specific yogic practices, Experimental Group II was exposed to resistance training and Control Group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses. The resistance training group showed significant improvement on speed than the specific yogic practices and control groups.

Keywords: Yogic Practices, Resistance Training, Speed, Kabaddi.

Introduction

Kabaddi is played in two groups of 12 players each, with one group dressed as bandits and the other hostile to thieves. Seven players should take the pitch at the same time, and the remaining five players may be held. The thief must go to the opposing court with a consistent clear stable recitation so that

anyone who hears "Kabaddi" can calmly inhale and should try to touch a hostile to marauder and influence him to out. A men's match should be divided into two 20-minute halves. There will be two 15-minute segments for the ladies and children. There could be a 5-minute break between the two parts. The winner of the hurl may have the decision of the court or the attack. The court should be changed in the second half, and the side that did not send their marauder first may send their plunderer first. The game may continue with the same number of players as it did at the end of the first half in the second half (Rao, 2002).

Methodology

The purpose of the study was to find out the effect of specific yogic practices and resistance training on speed among male kabaddi players. To achieve the purpose of the present study, sixty inter-collegiate level Kabaddi players were selected as subjects at random from affiliated colleges of Bharathidasan University, Tiruchirappalli, Tamilnadu state, India and their ages ranged from 20 to 25 years. The subjects were divided into three equal groups of twenty each. Experimental Group I was exposed to specific yogic practices, Experimental Group II was exposed to resistance training and Control Group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

Results

TABLE – I COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF SPECIFIC YOGIC PRACTICES RESISTANCE TRAINING AND CONTROL GROUPS ON SPEED

	SYPG	RTG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	7.61	7.57	7.59	**BG**	0.014	2	0.007	0.12
				WG	3.38	57	0.05	
	7.35	7.12	7.54	**BG**	1.73	2	0.86	14.66*

Post-Test Means				**WG**	3.37	57	0.05	
Adjusted Post-Test Means	7.34	7.13	7.54	**BG**	1.68	2	0.84	16.09*
				WG	2.93	56	0.05	

An examination of table – I indicated that the pre test means of yogic practices, resistance training and control groups were 7.61, 7.57 and 7.59 respectively. The obtained F-ratio for the pre-test was 0.12 and the table F-ratio was 3.22. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 2 and 42. This proved that there were no significant difference between the experimental and control groups. The post-test means of the yogic practices, resistance training and control groups were 7.35, 7.12 and 7.54 respectively. The obtained F-ratio for the post-test was 14.66 and the table F-ratio was 3.22. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 2 and 42. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the yogic practices, resistance training and control groups were 7.34, 7.13 and 7.54 respectively. The obtained F-ratio for the adjusted post-test means was 16.09 and the table F-ratio was 3.23. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 2 and 41. This proved that there was a significant difference among the means due to the experimental trainings on speed. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table-II.

TABLE – II THE SCHEFFE'S TEST FOR THE DIFFERENCES BETWEEN THE ADJUSTED POST TEST PAIRED MEANS ON SPEED

Adjusted Post-test means			**Mean Difference**	**Required CI**
SYPG	**RTG**	**CG**		
7.34	7.13	---	0.22*	0.18
7.34	---	7.54	0.20*	
---	7.13	7.54	0.42*	

*** Significant at 0.05 level of confidence**

The multiple comparisons showed in Table II proved that there existed significant differences between the adjusted means of specific yogic practices and resistance training (0.22), specific yogic practices and control group (0.20), resistance training and control group (0.42) at 0.05 level of confidence with the confidence interval value of 0.18. The pre, post and adjusted means on speed were presented through bar diagram for better understanding of the results of this study in Figure-1.

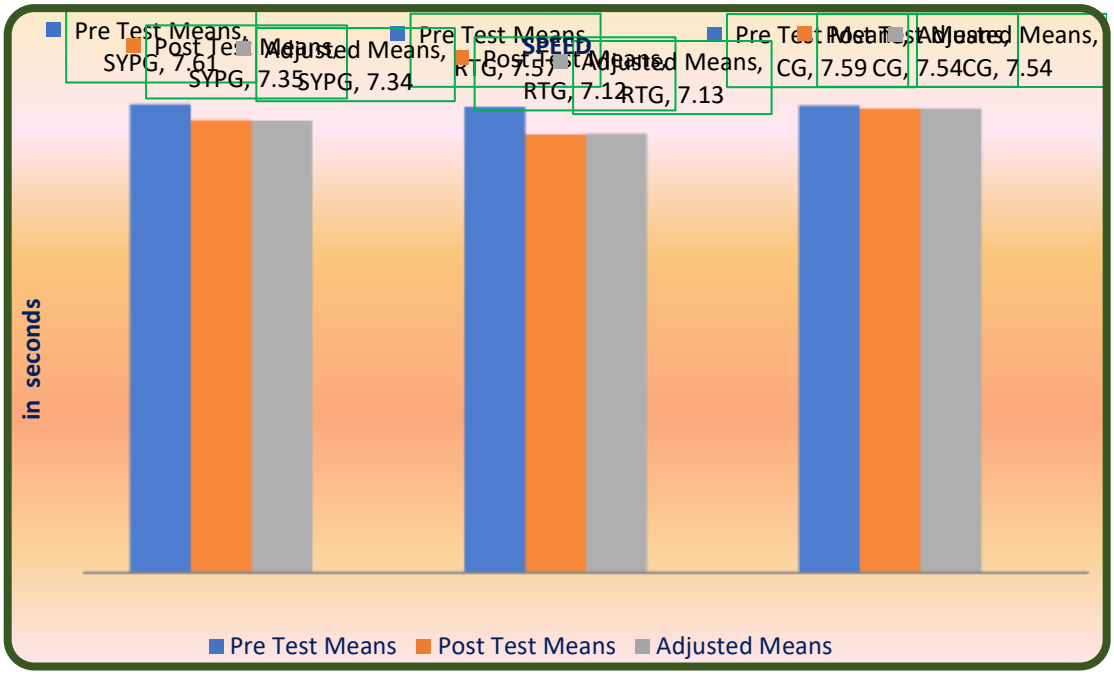

FIGURE – 1: PRE POST AND ADJUSTED POST TEST DIFFERENCES OF THE, YOGIC PRACTICES, RESISTANCE TRAINING AND CONTROL GROUPS ON SPEED

Conclusions

1. The resistance training group showed significant improvement on speed than the specific yogic practices and control groups.

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