Journal of Namibian Studies, 33 S3(2023): 4227-4231 ISSN: 2197-5523 (online)

Effect Of Specific Yogic Practices And Resistance Training On Aggression 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 aggression 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) and Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses. The specific yogic practices group showed significant improvement on aggression than the resistance training and control groups.

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

Introduction

Training is a set of exercises designed to improve an athlete's skills and increase his or her energy capacity for a specific event. In sports, the term 'training' generally refers to physical exercise. Sport training is a basic preparation for better performance through physical exercise (Mishra et al. 2007). It is based on scientific principles and aims at education and performance enhancement. Training methods are commonly used to improve

performance. When we talk about kabaddi, the term "mass body game" comes to mind. Our forefathers used traditional training methods to improve their kabaddi skills, and this study was designed to investigate the isolated effect of yogic practises and resistance training on physical fitness components and playing ability of college level kabaddi players.

Methodology

The purpose of the study was to find out the effect of specific yogic practices and resistance training on aggression 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 YOGIC PRACTICES, RESISTANCE TRAINING AND CONTROL GROUPS ON AGGRESSION

	SYPG	RTG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	15.20	15.25	15.05	**BG**	0.43	2	0.21	0.10
				WG	121.90	57	2.13	
Post-Test Means	7.25	9.95	15.10	**BG**	636.23	2	318.11	136.85*
				WG	132.50	57	2.32	
Adjusted	7.25	9.96	15.07	**BG**	628.40	2	314.20	139.49*

Post-Test Means				**WG**	126.13	56	2.25	

An examination of table – I indicated that the pre test means of yogic practices, resistance training and control groups were 15.20, 15.25 and 15.05 respectively. The obtained F-ratio for the pre-test was 0.10 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 7.25, 9.95 and 15.10 respectively. The obtained F-ratio for the post-test was 136.85 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 7.25, 9.96 and 15.07 respectively. The obtained F-ratio for the adjusted post-test means was 139.49 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 aggression. 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 AGGRESSION

Adjusted Post-test means			**Mean Difference**	**Required CI**
SYPG	**RTG**	**CG**		
7.25	9.96	---	2.71*	1.19
7.25	---	15.07	7.82*	
---	9.96	15.07	5.11*	

*** 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 (2.71), specific yogic practices and control group (7.82), resistance training and control group (5.11) at 0.05 level of confidence with the

confidence interval value of 1.19. The pre, post and adjusted means on aggression were presented through bar diagram for better understanding of the results of this study in Figure-I.

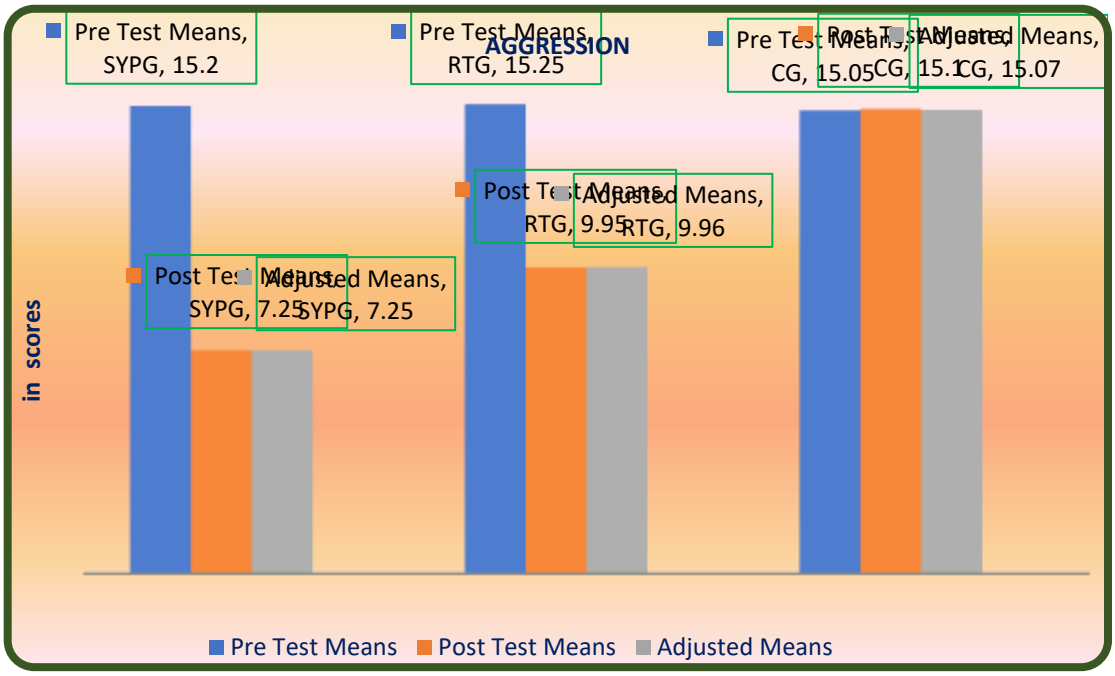

FIGURE – 1: PRE POST AND ADJUSTED POST TEST DIFFERENCES OF THE, YOGIC PRACTICES, RESISTANCE TRAINING AND CONTROL GROUPS ON AGGRESSION

Conclusions

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

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