

Effect of Specific Yogic Exercise on Physical Fitness And Performance of Under 19 Year Handball Players of Solapur District

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Introduction

1. YOGA

Yoga is a commonly known generic term for the physical, mental, and spiritual practices or disciplines which originated in ancient India with a view to attain a state of permanent peace. Specifically, yoga is one of the six astika ("orthodox") schools of Hindu philosophy. One of the most detailed and thorough expositions on the subject is the Yoga Sūtras of Patañjali, which defines yoga as "the stilling of the changing states of the mind" "Yoga has also been popularly defined as "union with the divine" in other contexts and traditions. Various traditions of yoga are found in Buddhism, Hinduism, Jainism and Sikhism.

Post-classical traditions consider Hiranyagarbha as the originator of yoga. Pre-philosophical speculations and diverse ascetic practices of first millennium BCE were systematized into a formal philosophy in early centuries CE by the Yoga Sutras of Patanjali. By the turn of the first millennium, Hatha yoga emerged as a prominent tradition of yoga distinct from Patanjali's Yoga Sutras and marks the development of asanas into the full body postures now in popular usage and, along with its many modern variations, is the style that many people associate with the word yoga today.

2 Handball :

Handball occupies a significant place among all other games and sports. In some respect, it is a unique game. It is an ideal sport and a grand energetic game, giving enjoyment and pleasure, determining fitness and dedication. It requires physical and mental attitudes to be on top goal to tackle all eventualities in the match. To achieve optimum performance in-game and sports, physical education teachers, coaches and trainees have to understand all these factors. That contributes to

overall performance, these factors one physical fitness, technical and tactical level of sportsman, physiological fitness, physiological) makeup and finally anthropometrics measurement of the performer and the trainer. Teachers or coaches must train the performer through their aspects of training.

Handball (also known as team handball, Olympic handball) is the team game there are seven players each who passes the ball to through it into the goal post of another team, in the time duration of 30 min., the declaration of winning team depends on more goals in the opponent goal post. Handball is played indoor as well as outdoor in the form of field handball Czech handball (which were played in past) and beach handball also called Handball.

Objectives of The Study

Keeping in the view the need of back ground and purpose of the study investigation had listed the following major objectives.

1. To determine the effect of specific yogic exercise on under 19 year Handball player
2. To determine the effect of specific yogic exercise on the performance of under 19 year Handball players.

Hypothesis:

1. It was hypothesized that there might improvement in the performance of the under 19 year Handball player.
2. It was hypothesized that there might improvement in the flexibility of the under 19 year Handball player.

Methodology And Tools of Research

3.1 Experimental Design & Experiment

The present investigation is an experimental research was conducted with a purpose to see efficiency to selected yogic practices in the

improving physical fitness variables and promotion of the fitness and performance of under 19 year Handball player

3.2 Selection of Samples

The players were randomly assigned in two groups. There were 25 players in each group.

3.3 Selection of Variables & Test

3.3.1 Dependant Variables

3.3.2 Independent Variables

3.4 Tools Used – Description Test

3.4.1 Standing Broad Jump

3.4.2 Sit – Ups

3.4.3 50 Yard Dash

3.5 Description of Independent Variables

3.5.1 Asanas in Sitting Position

3.5.2 Asanas in Standing Position

3.5.3 Asanas in Back Position

3.5.4 Asanas in Stomach Position

3.6 Procedure of the Study

For the present study 50 males subjects were chosen. The age of the subject was confirmed from the Solapur District. The subject under 19 years old and randomly selected for the study. Further they were divided in the two groups equally consisting of 25 players each in the experimental group and control group. AAPHER youth fitness test was administrated as a pre test. The experimental group practiced a selected yogic exercise for total three weeks period as yoga intervention

Conclusion:

The conclusion of the study is the effect of selected yogic exercises for the promotion of physical fitness and performance of under 19 year Handball players. It's found positively the player got more flexibility and endurance. Their performance has best as on before. There is the improvement in the players performance.

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