



Physical Education (yoga) in development of Adolescent

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Abstract: Yoga is a complete science of life that originated in India many thousands of years ago. It is the oldest system of personal development in the world, encompassing body, mind and spirit. For the sportsmen Yoga enhance physical stamina and presence of mind. Thus, it has drawn into its fold millions of people from all walks of life. The exercises of Yoga are very simple, cheap and requires very less space.

Keywords:

physical stamina, Agility, Muscular Power

Introduction

The origins of Yoga are shrouded in the mists of time. Yoga is regarded as a divine science of life, revealed to enlightened sages in meditation. The oldest archaeological evidence of its existences is provided by a number of stone seals showing figures in Yogic posture, excavated from the Indus valley and thought to date from around 3000 BC. Yoga is first mentioned in the vast collection of scripture called the Vedas, portion of which date from at least 2500 BC.¹

Many people are first drawn to Yoga as a way to keep their bodies fit and supple-good look at and to live in. Others come seeking help or relief for a specific complaint, like tension or backache. At the first glance it seems to be a little more than a series of strange physical postures, which keep the body lean and flexible. But in time, anyone who continues with regular practice becomes aware of a subtle change in his

or her approach to life-for, through persistently toning and relaxing the body and stilling the mind, you begin to glimpse. The Yoga way of life answers the quest of man. Hence, yoga is now once again coming to the fore to prove its role as vital to human growth and well-being to social harmony and peace which alone can make an ideal society. We are in a transition to move from an era of Science and Technology to an age of yoga. The Yoga has become a fashion of the day. It is cutting new grounds each day. It appears to be the panacea for most human problems.²

Methodology:

The methodology used in this research involves, the selection of subjects, selection of variables, Test& procedures and Statistical analysis.

Selection of Subjects:

Healthy boys who consistently obliged for conducting Motor fitness tests, Yogasana training were randomly



chosen from Mahatma Gandhi Municipal Corporation High School, Gandhinagar, Kakinada, Andhra Pradesh. Sixty boy students age of teen years were selected after careful personal enquiry. They were further divided into two homogeneous groups namely control and Yogasana group. The requirements of the study were explained to all the subjects in the presence of the school Head Master and Physical Education Teacher and all of them and they agreed voluntarily the testing and training programme.

Selection of Variables:

Motor fitness plays a vital role in the fitness of an individual and a critical role in boosting the performance of an individual in games and sports. Keeping in mind the role of motor fitness and its importance, availability of equipment and the feasibility aspects of their measurement the following variables were selected for the study. Dependent Variables: Muscular Endurance, Agility, Muscular Power, Speed, Circulatory-Respiratory Endurance and Flexibility.

Independent Variable
:Yogasanas

Test and Procedures: All the measurements were taken by the research scholar himself with the assistance of other experienced physical education professionals of Kakinada, who were well aware of the tests and the procedures for testing. The test items were selected from AAHPERED Youth Fitness Test and AAHPERED Health Related Fitness Test. Hence the tests are reliable and no specific method

is required to establish the reliability. Tests like Flexed Arm Hang³, Bent Knee Sit-Ups⁴, Shuttle Run⁵, Standing Long Jump⁶, 50Mts. Sprint⁷, 9Min. Run/Walk⁸ and Sit and Reach⁹ are conducted.

Results of the paper

Appropriate statistical treatment was administered. The statistical procedures include, application of student 't-test'. Analysis of covariance and Scheffe's Post Hoc test. Analysis of Student't' test is used to establish the difference between pre and post training test scores. Analysis of covariance statistical technique was used to test the adjusted mean difference among the groups. If the adjusted post-test results was significant, the Scheffe's Post Hoc Test was used to find out the significance between paired adjusted means.¹⁰ In this study the hypothesis is stated that the practice of Yogasana would show the significant effect on Muscular Endurance, Agility, Muscular Power, Speed, Circulatory-Respiratory Endurance and Flexibility. The finding of the study showed that there is significant improvement due to the influence of Yogasana on the above variable. Hence the hypothesis is accepted.

Conclusion

From the results of this study the following conclusions were arrived. The Yogasana group showed significant improvement due to 12 weeks of Yogasana training on Muscular Endurance, Power, Circulo-Respiratory Endurance, Flexibility and Agility at



0.01 level of significance and speed at 0.05 level of significance. The Control group failed to produce significant improvement on Muscular Endurance, Power, Speed, Circulo-Respiratory Endurance, Flexibility and Agility.

References

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- ³ Clarke& Clarke, Op. Cit., p-159.
- ⁴ Ibid., p-159.
- ⁵ Ibid., p-160.
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- ⁹ Ibid., p-109.
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