



Combined effects of recreational games with yogic practice on selected fundamental motor skills of school students

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Abstract : *The present study is to find out the combined effects of recreational games with yogic practice on selected fundamental motor skills of school students. 20 subjects were selected from nearby school of Ramakrishna Mission Vidyalaya, Coimbatore. The subjects were between 11 and 14 years. They were divided into two groups of ten in each. One group was acted as the experimental group and another group was acted as control group. The experimental group underwent the combined training for 6 weeks of 5 days per week. Each training session was for one hour in the evening from 4.00 PM to 5.00 PM. To achieve the result, the collected data on following criterion measures namely fundamental motor skill variables like run, vertical jump and dodge were tested. The standardized tests were taken before and after the combined training. The paired 't' test was applied to analyze the collected data and in all cases the criteria for the statistical significance was set at 0.05 level of confidence. It is concluded that the recreational games with yogic practice significantly increased the run, vertical jump and dodge of school students.*

Keywords: *Recreational games, yogic practice, vertical jump, dodge.*

Introduction

In the modern world, man is enjoying lots of luxuries provided by the developments in advanced technology. Simultaneously, man is also facing lots of physical, mental, emotional and social disturbances in everyday living. Undoubtedly the latest technological developments have provided all kinds of comforts in all walks of life, at home as well as the work places, in agriculture or industries and so on. They have also reduced dependence of persons on each other, has resulted in increased social, and physiological problems. It has also reduced physical work but introduced the shift system at work places. People working in day and night shift have reduced the family members to strangers.

This is causing emotional upheavals. Collectively all these factors affect family life, society and nation adversely in the long run. Further, the technological advancements in every sphere of life have created lots of free, or leisure time after the working hours. Side by side easy availability of recreational gadgets like T.V, cable T.V, Video CD games, computer games have made the human child least interested in physical activity. As a result, in so many physical, mental and emotional problems have cropped up. To counteract these i.e. to utilize the free or leisure time in a constructive way and to make people physically active thereby allowing their growth and development, active recreation activities, other than the passive ones, are a must.



Yoga is one of the most ancient cultural heritages of India. It was invented by Hindu yogis over 2500 years ago. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'Yug' which means 'to join'. In this sense, it is an exercise in moral and mental cultivation that generates good health (arogya), contributes to longevity (chirayu), and the total intrinsic discipline culminates into positive and perennial happiness and peace. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. Therefore, yoga is said to be indispensable of the ultimate accomplishment in life. It is a science that affects not only the conscious self but the subconscious as well.

Patanjali's famous definition of yoga is "YogasChittaVirttiNirodhah" which means "yoga is the removal of the fluctuations of the mind". Chitta is mind, Virtti are thought impulses, and nirodhah is removal. Yoga is a positive way of maintaining physical 'up keep' mental alertness and spiritual attainment. It teaches us how to control one's senses results an integrated personality, freedom, stress, conflict and the like. It stabilizes one behavioural pattern, developed will power and ultimately helps one to lead healthy, happy and balanced life (**Swami Githananda and MeenashiBhavan, 1989**).

Fundamental motor skills are common motor activities with specific observable patterns. Most skills used in sports and movement activities are advanced versions of fundamental motor skills. For example, throwing in softball and cricket, the baseball pitch, javelin throw, tennis serve and netball shoulder pass are all

advanced forms of the overhand throw. The presence of all or part of the overhand throw can be detected in the patterns used in these sport specific motor skills. Similar relationships can be detected among other fundamental motor skills and specific sport skills and movements. Children normally develop motor skills in a sequential manner. Fundamental motor skills comprise one level in the continuum of motor skill acquisition. Children at the fundamental motor skill stage are building upon previously learned movements and preparing for the acquisition of more advanced skills.

METHODOLOGY

The present study is to find out the combined effects of recreational games with yogic practice on selected fundamental motor skills variables namely run, verticaljump and dodge of school students.

DELIMITATIONS

1. This study confined to twenty school boys from nearby school of Ramakrishna Mission Vidyalaya, Coimbatore, Tamil Nadu.
2. The subjects were selected only from the age group of 11 to 14 years.
3. The study delimited the fundamental motor skills, namely run, verticaljump and dodge
4. The duration of the experimental period was six weeks.
5. The study is confined the recreational games with yogic practices.

SELECTION OF SUBJECTS

The purpose of the present study is to find out the combined effects of recreational games with yogic practice on



selected fundamental motor skills of school students. 20 school boys were selected randomly from nearby school of Ramakrishna Mission Vidyalaya, Coimbatore. The age of the subjects ranged from 11 to 14 years. They were divided into two groups of 10 in each. One group acted as the experimental group. The experimental group was undergone the training for 6 weeks.

TABLE – I: Selected Variables and Tests

S.NO	VARIABLES	TESTS	UNIT UPPERCASE
1.	Run	Fundamental motor skills Assessment run test	Score
2.	Vertical jump	Fundamental motor skills Assessment vertical jump test	Score
3.	Dodge	Fundamental motor skills Assessment dodge test	Score

Experimental Design

For this study, twenty school students were selected as subjects. They were selected from nearby school of Ramakrishna Mission Vidyalaya, Coimbatore, Tamil Nadu state. Their age ranged from 11 to 14 years which Table:

represented a true random sample group and it was called as experimental group. These subjects were tested to find out their fundamental motor skills variables namely run, vertical jump and dodge were tested.

S.no	Training	Weeks					
		1	2	3	4	5	6
1.	Warm up	14	12	12	11	10	10
2.	Recreational games	36	38	40	41	40	40
3.	Yogic practice	36	38	38	39	40	40
4.	Warm down	14	12	10	10	10	10
	Total percentage	100	100	100	100	100	100
	Weekly average load	50	60	70	80	90	90



A recreational games with yogic practice training for six weeks was given to the subjects. Their training days and hours every week ranged from Monday to Friday from 3.00pm to 4.00pm. A pre - test was conducted before the commencement of the training the final test data were collected after six weeks.

Statistical Techniques

't' ratio was calculated to findout the significance difference between the mean of pre and post test of the each group.

Table-2: Table showing the mean difference standard deviation and 't' value of experimental and control groups in run

Group	Mean	Md	Std.deviation	Std.error of the mean	't'	Table value
Experimental pre-test	13.70	6.50	1.49	0.47	29.06*	2.26
Experimental post test	20.20		1.35	0.35		
Control pre test	12.60	0.70	0.96	0.30	2.09	2.26
Control post test	13.30		1.25	0.39		

*significance at 0.05 level of confidence

To find out the significant difference between pre test and post test onrun't' ratio was employed and the level of significance was set at 0.05. The experimental group on run pre test value was 13.70 and post test value was 20.20 respectively. The mean difference value was 6.50 and runobtained 't' ratio 29.06 was greater than the table value 2.26. So it was to be significant. The control group on runpre test value was 12.60 and post test value was 13.30 respectively. The mean difference value was 0.70 and run obtained't' ratio was 2.09 and is lesser than table value of 2.26. So it is found to be insignificant.

To find out the significant difference between pre test and post test

onvertical jump't' ratio was employed and the level of significance was set at 0.05. The experimental group on vertical jump pre test value was 12.60 and post test value was 19.80 respectively. The mean difference value was 7.20 and vertical jump obtained 't' ratio 54.00 was greater than the table value 2.26. So it was to be significant. The control group on vertical jump pre test value was 12.20 and post test value was 12.40 respectively. The mean difference value was 0.20 and vertical jump obtained't' ratio was 0.80 and is lesser than table value of 2.26. So it is found to be insignificant.



Figure-4.1: Bar diagram showing the pre and posttest mean value of experimental group and control group of run.



Table-3: Table showing the mean difference standard deviation and 't' value of experimental and control groups in vertical jump

Group	Mean	Md	Std. deviation	Std.error of the mean	't'	Table value
Experimental pre-test	12.60	7.20	1.64	0.52	54.00	2.26
Experimental post test	19.80		1.61	0.51		
Control pre test	12.20	0.20	0.63	0.20	0.80	2.26
Control post test	12.40		1.07	0.33		

*significance at 0.05 level of confidence

To find out the significant difference between pre test and post test on dodge 't' ratio was employed and the level of significance was set at 0.05. The experimental group on dodge pre test value was 11.90 and post test value was 19.70 respectively. The mean difference value was 7.80 and dodge obtained 't'

ratio 58.50 was greater than the table value 2.26. So it was to be significant. The control group on dodge pre test value was 12.00 and post test value was 12.20 respectively. The mean difference value was 0.20 and dodge obtained 't' ratio was 0.80 and is lesser than table value of 2.26. So it is found to be insignificant.

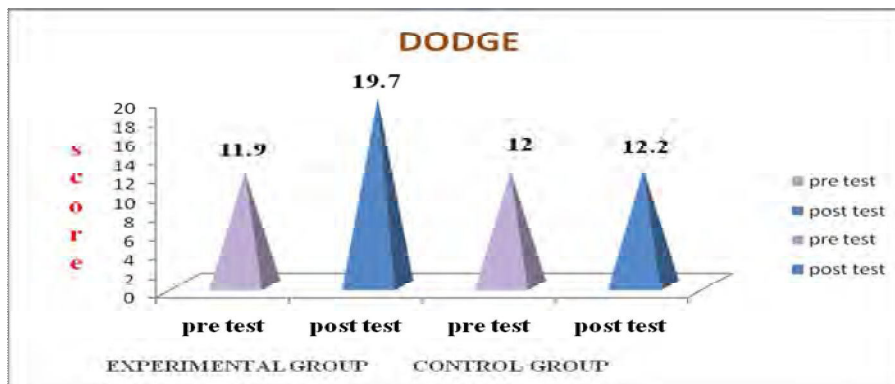


Table-4: Table showing the mean difference standard deviation and 't' value of experimental and control groups in dodge

Group	Mean	Md	Std.deviation	Std.error of the mean	't'	Table value
Experimental pre-test	11.90	7.80	0.99	0.31	58.50	2.26
Experimental post test	19.70		1.15	0.36		
Control pre test	12.00	0.20	0.81	0.25	0.80	2.26
Control post test	12.20		1.13	0.36		

*significance at 0.05 level of confidence

Figure-III: Bar diagram showing the pre and posttest mean value of experimental group and control group of dodge.



Discussion on Findings

The result of the study shows that the recreational games with yogic practice group had significant improvement on selected fundamental motor skills namely run, vertical jump and dodge. This may be due to the combined effect of recreational games with yogic practice

The results conformity with other studies Outle.,etal(2011), Stern HP., et al

(2009), Rajakumar (2010),Pratima., et al (2008), Hardy., et al (2013), Patterson., et al (2001) has also provide in their studies that an improvement did occur fundamental motor skills namely run, vertical jump and dodge.

Conclusions

Based on the statistical analysis and results of the study, the following conclusions are drawn. It is concluded that recreational games with yogic



practice significantly improved the fundamental motor skills namely run, vertical jump and dodge.

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