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# EFFECT OF YOGIC TRAINING ON SELECTED PHYSICAL VARIABLES OF SCHOOL FOOTBALL PLAYERS

P. Sathis Kumar\* & Dr. C. Ramesh\*\*

## Abstract

The purpose of the study was to find out the effect of yogic training on selected physical variables of school football players. To achieve the purpose of the present study, forty football school players from Tamilnadu were selected as subjects at random and their ages ranged from 14 to 17 years. The subjects were divided into two equal groups of twenty football players each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=40) were randomly assigned to two equal groups of twenty football players each. The groups were assigned as yogic training and control group in an equivalent manner. The group I underwent yogic training and group II acted as a control group. The experimental group participated in the training for a period of twelve weeks and the control group did not participate in any training programme. Paired 't' test was applied to test the significance of mean gains made in each of the variables by the two groups. The yoga training group produced significant improvement in physical variables. In the control group the obtained 't' value on all the variables were failed to reach the significant level.

**Key Words:** Yoga Training, Physical Variables, Football.

## INTRODUCTION

Yoga is a most ancient system of education, based on a higher philosophical knowledge and a spiritual concept of man, for the harmonious development of the body and mind. It recognizes the necessity of developing healthy, vital and well controlled body for the attainment of a high order of mental life. While, health is a state of organism in which all organs function uninterruptedly and vigorously and in full co-operation with one another for a longer survival and the best development of the body. It helps the man to express his best through his intellectual, moral, spiritual and physical activities. A vital body and dynamic mind are intimately associated with vital health. When health is established, the body becomes a fitter machine, more enduring, more powerful better developed and better controlled, the mind becomes alert, more imaginative better

balanced and more contemplative and the emotions more normalized and spiritualized.

Yoga is an ancient form of relaxation and exercise that has many health benefits, including lowering cholesterol. Pranayama also helps to connect the body to its battery, the solar plexus, where tremendous potential energy is stored. When tapped through specific techniques this vital energy, or prana, is released for physical, mental and spiritual rejuvenation. Regular practice removes obstructions, which impede the flow of vital energy. When the cells work in unison, they bring back harmony and health to the system. 20 to 25 minutes (every morning or evening) of pranayama practice increases lung capacity, breathing efficiency, circulation, cardiovascular efficiency, helps to normalize blood pressure, strengthens and tones the nervous system, combats anxiety and depression, improves sleep,

\* Ph.D., Research Scholar, Department of Physical Education, Madurai Kamaraj University, Madurai, Tamilnadu, India.

\*\* Assistant Professor, Department of Physical Education, Madurai Kamaraj University, Madurai, Tamilnadu, India.