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EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG BASKETBALL PLAYERS

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Abstract:

The purpose of the present study was to find out the effect of yogic practices on selected physiological variables among basketball players. For the purpose of the study forty men basketball players were selected as subjects from S.V.N College and Arul Anandar College, Madurai, Tamilnadu at random and their age ranged from 18 to 25 years. The selected subjects are divided in to two groups of twenty subjects each. Group I acted as Yogic practices and Group II acted as control group. The experimental group participated Yogic practices programme for twelve weeks duration in addition to their regular professional activities of the college as per the curriculum. The control group was not undergone any training other than their daily routine. The criterion measures systolic blood pressure and diastolic blood pressure was measured by sphygmomanometer. The two groups were statistically analysed by using analysis of covariance (ANCOVA) at 0.05 level. The result of the study reveals that there was a significant improvement in the experimental group on selected variables when compared to the control group after the completion of twelve weeks of yogic practices.

Key Words: Yogic Practices, Heart Rate, Blood Pressure & Basketball

Introduction:

Yoga is sometimes referred to as the science of religion with the view that the human body is a vehicle for the spirit and soul. It offers a number of tools with which to tune and rebalance the 'vehicle', so that it is able to attract the appropriate level and quantity of prana, and fulfill the human function. Asana and pranayama techniques "cleanse the body of tensions, toxins and impurities and release energy blocks, which impede the harmonious flow of energy in the body." (Sunder, 2009) Meditation techniques have several benefits. For example, not only do they allow a deeper connection to the inner life, which can lead to greater understanding of the actual causes of a person's 'disease', they also allow an increase in the connection to, and sharing of, the higher levels of the life force, which are themselves healing and enlightening to the body, mind, soul and spirit. Yoga, it is believed, has been evolving and practiced for at least 3 thousand years, and inevitably many schools and disciplines have emerged differing in detail but with the central themes remaining intact. These understandings have arrived during states of deep meditation and resultant 'in tuition'. This has come about through connection to what Tara Patel describes as the "vast mind realm" and which in yoga literature is referred to as the "watershed of knowledge" within the ultimate state of meditation, samadhi. In psychological terminology this might be described as the higher end of the bar of Jung's collective unconscious, or the super conscious. In some ancient writings this can be referred to as the "astral light" of which there are said to be 7 levels, from high to low. It is perhaps difficult for western minds schooled in the scientific disciplines of bio medicine to accept this yoga view of human physiology (Swami Sivanadha, 2001).

Basketball is a limited contact sport played on a rectangular court. Basketball is a sport played between two teams normally consisting of five or more players. Each team has five players on the basketball court at any given time. The objective is to score more points than the other team, with points being scored by shooting a ball through a basketball hoop (or basket), which is located ten feet above the ground. The two teams shoot at opposite goals. In order to move while in possession of the ball, a player must be dribbling, or bouncing the ball. The purpose of the present study was to find out the effect of yogic practices on selected physiological variables among basketball players.

Review of Related Literature:

Kubendran (2017) examined the effect of sand training and yogic practices on breath holding time among college men football players. To achieve this purpose, forty five men football players from various colleges of University of Madras were randomly selected and they were assigned into three groups namely sand training group, yogic practice group and control group. The training program was scheduled for five days a week and each training session consist of 45 minutes. Analysis of covariance (ANCOVA) statistical technique was used to test the adjusted post-test mean differences among sand training group, yogic practice group and control group and the adjusted post-test result was significant, the Scheffe's post-hoc test was used to determine the significance of the paired mean differences. Yogic practice group made significant improvement on breath holding time among college men football players due to the six weeks of yogic practices. It was concluded that