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A study on the Effect of Surya Namaskar Training on the Increase the Level of Performance in Strength

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Abstract :

The purpose of the study was to find out "A study on the effect of Surya Namaskar training on the increase the level of performance in Strength". The present Investigation was carried out on 20 subjects for the Study. The Age Group was between 14 to 18 years. The sample for this study was selected from one school Boys namely New Highschool, Ghatpimpri, Washi, Dist. Osmanabad. The tests were selected namely Strength. The Strength is Sit-Ups Test. The sampling technique is simple random sampling. All the twenty students were tested before they were once again assigned to two experimental conditions viz, only treatment conditions. The subjects in the treatment group were Yoga with Surya Namaskar which was specially designed for the purpose for improving Strength at Muscular Strength. All the subjects of experimental groups were tested for Strength before the treatment. 'Sit-Ups Test' test was used to measure the Strength of the Muscular Strength. The pre-test scores compared post-test scores. The statistical analyses used to test the data are reported as mean, deviation and 't' Test. The purpose of the study was to see, whether the improvement in Strength resulting from Surya Namaskar training resulted in improvement in Strength performance.

Introduction:

Yoga is an ancient art based on a system of harmonized development for body, mind and soul. The constant practice of yoga leads to a feeling of calm and well-being and a feeling of being in your surroundings. Yoga is a way to achieve health, peace, happiness and wisdom. The physical, mental and spiritual aspects of yoga help make life useful, useful and noble. So yoga is an art, science and philosophy that affects human life at all levels. Therefore, the effect of yoga must be felt in every movement of our day- to- day lives. Yoga provides ability to be balanced in all situations of life. Yoga is a disciplined mind and disciplined body is the main achievement of yoga. Asana helped to build strength, prolonged peak physical performance, great Balance, Ability to Prevent Serious injury, Improves joint and muscular flexibility, Great recovery, Yoga exercise helps in mental health, strong mental focus, reduces stress, increase concentration, relieves depression etc. Yoga asana are the simplest and the easiest way to reduce our excess weight and meditation our body and mind. The ancient practice types of yoga provides a wide range of mind and body benefits, including other benefit like giving strength and flexibility, stress relief and even cures many diseases. Yoga has a sound scientific basis and is an ideal tool for improving the health of our masses. Yoga has many benefits for body and mind to improve the whole quality of everyday life. The regular practice of yoga leads to improvement in physiological, psychological and human performance. Yoga techniques are known to improve one's overall performance and work capacity. Surya Namaskar: improve Flexibility, Strength, and balance, reduces stress and anxiety, Reduces symptoms of lower back pain, reduces sleep disturbance and hypertension, increase energy and decrease Fatigue.

Objectives of the study :

- 1) To study the level of Surya Namaskar on Strength of in highschool students.

Hypothesis :

- 1) The research scholar hypothesizes that there will be no significant difference between Strength in before and after Surya Namaskar training of school Boys from new highschool, Ghatpimpri, Washi, Dist. Osmanabad.
- 2) The research scholar hypothesizes that there will be significant difference between Strength in before and after Surya Namaskar training of school Boys from new highschool, Ghatpimpri, Washi, Dist. Osmanabad.

Methodology :

The experimental design adopted, the testing procedure and the statistical analysis involved to realize the purpose of the study are explained in the following sections. The subjects selected were 20 male students. The selected age groups of the subjects were from 14-18 years. For this study data have been collected from one school Boys namely new highschool, Ghatpimpri, Washi, Dist. Osmanabad. The students were randomly selected. The tests were selected namely Strength. The Strength is Sit-Ups Test. The sampling technique is simple random sampling. All the twenty students were tested before they were once again assigned to two experimental conditions viz, only treatment conditions. The pre-test scores compared post-test scores. The statistical analyses used to test the data are reported as mean, deviation and t-test.



Results :

Table No - 1

Show the mean score and standard deviations of selected Strength(Sit-Ups Test) of the students:

Tests	Number of Student	Mean	S.D.	t-test
Pre-test	20	18.85	2.42	3.995
Post test	20	25.85	2.978	

The above table 1 shows that the pre-test mean scores 18.85 and post mean scores 25.85. The pre-test standard deviation scores 2.42 and post-test standard deviation scores 2.978. The t-test value 3.995 obtained is significant at 0.05 level of confidence.

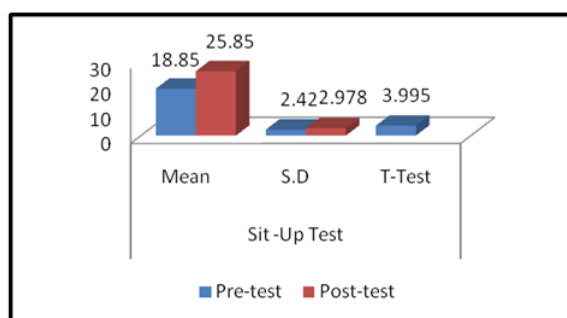


Table No- 2 : Compare of Strength between Pre-test and Post test Scores :-

Test	Mean difference	t-tests	level of Significant
Pre-test and Post test Scores	7	3.995	0.05

The above table 2 shows that the pre and post scores mean difference 7. The t-test value 3.995 obtained is significant at 0.05 level of confidence.

Hypothesis testing :

The result shown that the obtained 't' at 0.05 level of significance level and 18 degrees of freedom Strength is 3.995. This is compared with table 't' value which is 2.101, which is less than obtained t value, hence the Hypothesis 1 is rejected. That means there is a significant difference between the mean scores Strength (Sit-Ups Test) of School students before and after Surya Namaskar. Therefore the Null hypothesis has been rejected and the alternate hypothesis has been accepted.

Conclusion:

1) There is significant difference between Strength(Sit-Ups Test) in before and after Surya Namaskar training of school Boys from new highschool, Ghatpimpri, Washi, Dist. Osmanabad. The purpose of the study was to see, whether the improvement in Strength resulting from Surya Namaskar training resulted in improvement in Strength performance.

References :

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