

FULL LENGTH ARTICLE

Effects of selected asana practices on flexibility and balance among school level taekwondo athlete

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Abstract: To achieve the purpose of this study, a school level taekwondo Athlete were selected from Premier Vidya Vikash School, Coimbatore. The selected (N= 30) thirty subjects were randomly divided into two equal groups (n-15), experimental group named as asana programme and control group. The pre-test was conducted on selected physiological variables (flexibility and balance), for all the groups. The readings were carefully regarded in the respective unit as pre-test score. After pre-test experimental group was treated with sit and reach test and stork balance test programme and the control group was not treated with any special programme. They kept as a control group. The subject was tested on criterion measures on flexibility – Sit and Reach Test and balance- Stroke balance the readings were carefully recorded in their respective units as pre-test score. The experimental groups underwent the respective training schedule one half hour per day in the morning session for a period of six weeks. After completion of 6 weeks of training, all the two groups were tested again on flexibility and balance the scores were recorded in their respected units as post-test scores. The pre and post test scores were taken for appropriate statistical analysis. In order to find out the significant changes if any paired 't' ratio was be applied 0.05 level of confidence. The present study experimented effects of selected asana practices on flexibility and balance among school level taekwondo athlete. The result of this study indicated that there was is a change in flexibility and balance due to the proper planning, preparation, and execution of the training package given to the athlete

Key Words: Taekwondo, training, pre-test, post-test,

Introduction

Taekwondo is a modern martial art, characterized by its fast, high and spinning kicks. There are multiple interpretations of the name taekwondo. Taekwondo is often translated as 'the way of hand and foot'. A "family tree" of the five original kwans of taekwondo. The five kwans are highlighted in the yellow text. Beginning in 1945, shortly after the end of the occupation of Korea by Imperial Japan, new martial arts schools called kwans were opened in Seoul. These schools were established by Korean martial artists who had studied primarily in Japan during the Japanese rule. The umbrella term traditional taekwondo typically refers to the martial arts practiced by the kwans during the 1940s and 1950s, though in reality the term "taekwondo" had not yet been coined at that time, and indeed each kwan was practicing its own unique style of martial art.

The Asana are yoga postures. Traditionally asana is positions which are held still for a certain

amount of time from a few seconds to a few hours. Usually, the asana will be held for an average of two to three minutes. Besides being held steadily they should also be held comfortably. No pain should be experienced which holding the postures or in the hours or days that follows. The position of the body is not always the same generally. It always changes. Sitting, standing, lying, rising, bending, turning etc. All such physical postures are treated asanas. When the mind is concentrated on a particular spot of the body, the physical postures-asanas are automatically converted into yogic postures-yogasanas. The life of the man totally depended on nature. Munis, Rishis, Yogis, Yatindras etc. studied the nature and the functions of the parts of human body. Accordingly, they folded the body in every possible angle and discovered many Yogasanas. They practiced them, realized their benefits and later popularized them. It is said that there were as many as 84 lakh asanas in use. They were reduced to 84 thousand. Now they have been still reduced. It is better to consult Yoga

experts before practicing asanas. There are separate Yogasanas for separate purposes; different Yogasanas for the people of different ages; different Yogasanas to cure different diseases and ailments and so on and so forth. The Yoga experts or teachers diagnose the problems, identifying the deficiencies and then prescribe certain asanas for practice as a remedy.

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the effects of selected asana practices on flexibility and balance among school level taekwondo athlete.

HYPOTHESIS

It was hypothesized that there would be significant differences in asana practices on flexibility and balance among school level taekwondo athlete.

METHODOLOGY

To achieve the purpose of this study, a school level taekwondo Athlete were selected from Premier Vidya Vikash School, Coimbatore. The selected (N=30)thirty subjects were randomly divided into two equal groups(n-15), experimental group named as asana programme and control group. The pre-test was conducted on selected physiological variables (flexibility and balance), for all the groups. The readings were carefully regarded in the respective unit as pre-test score. After pre-test experimental group was treated with sit and reach test and stork balance test programme and the control group was not treated with any special programme. They kept as a control group. The subject was tested on criterion measures on flexibility – Sit and Reach Test and balance- Stroke balance the readings were carefully recorded in their respective units as pre-test score. The experimental groups underwent the respective training schedule one half hour per day in the morning session for a period of six weeks.

ANALYSIS OF DATA

TABLE – I: Computation of ‘t’ ratio between pre and post test means of experimental and control groups on flexibility

| Groups | Test | Mean | Standard deviation | Mean deviation | Standard error mean | t’ |
|--------|------------|-------|--------------------|----------------|---------------------|-------|
| EXP | Pre - test | 20.26 | 3.08 | 3.23 | 0.37 | 8.56* |
| | Post-test | 23.50 | 2.59 | | | |
| CG | Pre - test | 17.16 | 1.86 | 0.19 | 0.198 | 0.97 |
| | Post-test | 16.96 | 2.23 | | | |

* Significant 0.05 level (2.14)

After completion of 6 weeks of training, all the two groups were tested again on flexibility and balance the scores were recorded in their respected

units as post-test scores. The pre and post test scores were taken for appropriate statistical analysis. In order to find out the significant changes if any paired ‘t’ ratio was be applied 0.05 level of confidence.

Training Protocol

During the training period, the experimental groups underwent their respective training programmes three days per week on alternate days for six weeks in addition to their regular activities. Meditation, Suryanamaskar and Savasana 15 minutes, Asanas of five positions on 2 repetition and 1 sets, rest in between repetition and sets 30 sec (1 minutes). The total duration of the training for one hour in morning session. In the evening session, they were doing their regular practices.

Table I. Reveals that the computation of ‘t’ ratio between the mean of pre and post-test on the flexibility of school level taekwondo athlete. The mean values of pre and post-test of the experimental group were 20.26 and 23.50 respectively .since, the obtained ‘t’ ratio 8.56 was higher than the required table value 2.14 it was found to be statistically significant for the degree of random at 0.05 level of confident.The result clearly indicated that the sit and reach of the experimental group had improved due to the influence of asana practices. The mean values of pre and post-test of the control group were 17.16 and 16.96 respectively .since, the obtained ‘t’ ratio 0.97 was less than the required table value 2.145 it was found to be statistically not significant for the degree of random at 0.05 level of confident.The result clearly indicated that the sit and reach of the control group had not improved.

TABLE – II : Computation of ‘t’ ratio between pre and post test means of experimental and control groups on Balance

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| Test | Mean | Standard deviation | Mean deviation | Standard error mean | ‘t’ |
|-----------|------|--------------------|----------------|---------------------|--------|
| Pre-test | 3.50 | 0.61 | 0.31 | 0.08 | 10.47* |
| Post-test | 4.37 | 0.56 | | | |
| Pre-test | 2.64 | 0.81 | 0.01 | 0.08 | 0.13 |
| Post-test | 2.63 | 0.76 | | | |

Significant 0.05 level (2.14)

Table II reveals that the computation of ‘t’ ratio between the mean of pre and post-test on balance of school level taekwondo athlete. The mean values of pre and post-test of the experimental group were 3.50 and 4.37 respectively .since, the obtained ‘t’ ratio 10.47 was higher than the required table value 2.14 it was found to be statistically significant for the degree of random at 0.05 level of confident. The result clearly indicated that the balance of the experimental group had improved due to the influence of asana practices. The mean values of pre and post-test of the control group were 2.64 and 2.63 respectively. since the obtained ‘t’ ratio 0.13 was less than the required table value 2.14 it was found to be statistically not significant for the degree of random at 0.05 level of confident. The result clearly indicated that the balance of the control group had not improved.

preparation and execution of the training package given to the athlete.

Chen. et al., (2009) investigated the effect of yoga exercise on the health-related physical fitness of school-age children with asthma. The study employed a quasi-experimental research design in which 31 voluntary children (exercise group 16; control group15) aged 7 to 12 years were purposively sampled from one public elementary school in Taipei County. Rajakumar et.al., (2010) studied was to analyze the impact of yogic practices and physical exercises on selected physical variables among intercollegiate soccer players.

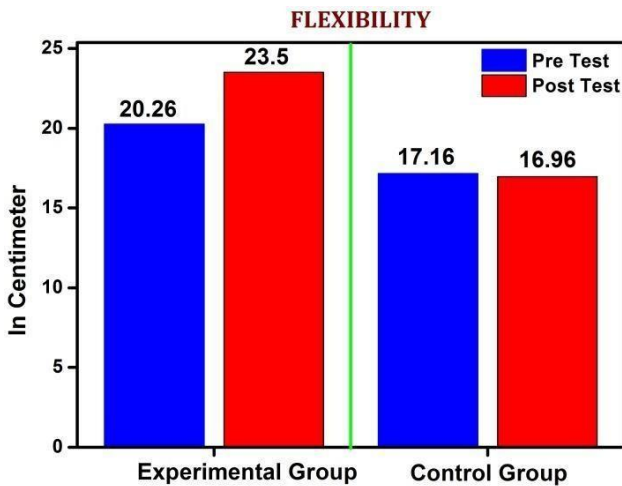


FIGURE –I : Bar diagram show the values of pre and post test on sit and reach of experimental and control groups on Flexibility

DISCUSSION OF FINDINGS

The present study experimented effects of selected asana practices on flexibility and balance among school level taekwondo athlete. The result of this study indicated that there was is a change in flexibility and balance due to the proper planning,

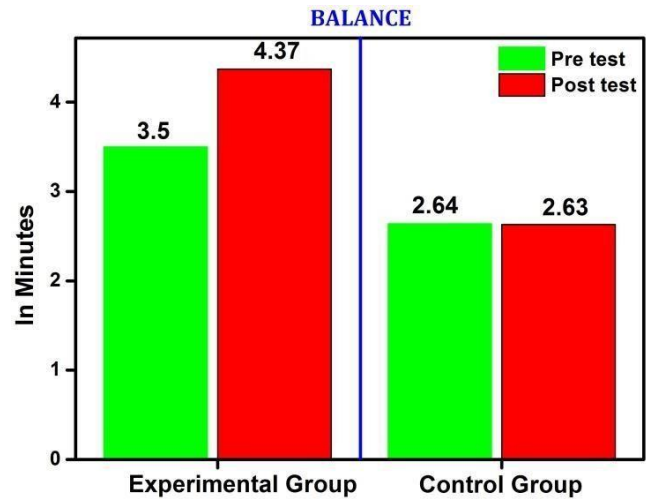


FIGURE –II : Bar diagram show the values of pre and post test on sit and reach of experimental and control groups on Balance.

CONCLUSION

It was concluded that individualized asana exercises group showed a statically significant positive sign over the course of treatment period on selected flexibility and balance of school level taekwondo athletes. The result of comparative effects leads to conclude that asana exercise group has a significant improvement on flexibility and balance of school level taekwondo athlete when compared with control group.

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