



## Effect of Yoga Practices on the Speed and Agility of College Level Volley Ball Players

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**Abstract:** *The effect of yogic exercises on the mind is said to have immediate effects. Skill in any game is pre-requisite to exhibit top performance of a player, simultaneously; it becomes highly impossible for any player to achieve such level of performance without having a concrete base of fitness. Professional athletes are turning to yoga as a way to improve their mental and physical performance. The present study is an attempt to find out the effect of yoga training on the speed and agility of the volley ball players. For the present study the 30 male college Volley ball players from Ghatal Rabindra Satabarsiki Mahavidyalaya, Paschim Medinipur, and West Bengal were selected at random and their age ranged from 18 to 25 years. For the present study pre test and post test random group design, which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent yoga practices and Group 'B' have not undergone any training. Speed and agility were assessed by 50 meter dash T-Test. The data were collected before and after six weeks of training. The data were analyzed by applying t-test. The level of significance was set at 0.05. The findings of the study indicate that the yoga practices had positive impact on speed and agility skills among college men Volley Ball players.*

**Keywords:** *Yogic Exercises, College Students, Volley Ball, Physical Performance.*

**Introduction:** Yoga is a systematic practice for the realization of higher perceptions. It is the science of life and an ideal way of living, providing rhythm to the body, melody to the mind, harmony to the soul and there by symphony to life. In short, Yoga is a way to achieve total health, peace, bliss and wisdom. Physical, mental and spiritual aspects of yoga help to make one's life purposeful, useful and noble.(Allen, R., McGeorge, et.al.2006) Thus Yoga is an art, science and philosophy, which influence the life of man at each level. Therefore, the effect of yoga must be felt in every movement of our day-to-day lives. Volleyball has developed into a very specialized sport. Most teams will include in their starting line-up a setter, two centre blockers, two receiver-hitters and a universal spiker. Only certain players will be involved with service reception. Players will also have specialist positions for attack and defence.(Green. and Bavelier,2003) Substitutions are allowed during the game. Since 1998, volleyball has been using a new scoring system. Teams scored a point on every rally (Rally Point System), regardless of which team served. Formerly, a team could only win a point if it served the ball. Winning the serve back from the opposition was known as a side-out.

Yoga is a form of mind body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breathe and energy.(Yokesh,2011) Yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic

pain, improve sleep patterns and enhance overall wellbeing and quality of life. Professional athletes are turning to yoga as a way to improve their mental and physical performance. Skill in any game is pre requisite to exhibit top performance of a player, simultaneously ; it becomes highly impossible for any player to achieve such level of performance without having a concrete base of fitness.(Hussain , et.al.,2011)

**Objectives:** The present study is an attempt to find out the effect of yoga training on the speed and agility of the Volley ball players

**Hypothesis:** It was hypothesized that there would be significant differences on selected physical components due to the effect of yoga practices among college men Volleyball players .

**Methodology:** The purpose of the study was to investigate the effect of yoga practices on selected physical variables among college men Basketball players. For the present study the 30 male college Volley players from Ghatal Rabindra Satabarsiki Mahavidyalaya, Paschim Medinipur, West Bengal were selected at random and their age ranged from 18 to 25 years. For the present study pre test and post test random group design, which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group ‘A’and Group ‘B’. Group ‘A’ underwent yoga practices and Group ‘B’ have not underwent any training. Speed and agility were assessed by 50 meter dash and T-test test. The data were collected before and after six weeks of training. The data were analyzed by applying t-test. The level of significance was set at 0.05.

**Data Analysis and Interpretation:**

**TABLE-I**

Analysis of ‘t’ ratio for the pre and post tests of control and Experimental group on speed

Variables	Group	Mean		SD		Sd Error	df	‘t’ ratio
		Pre	Post	Pre	Post			
Speed	Control	7.10	7.11	0.21	0.39	0.12	14	0.21
	Experimental	7.09	6.94	0.41	0.32	0.03		<b>4.69*</b>

**\*Significant at 0.05 level of confidence.**

The Table-I shows that the mean values of pre-test and post-test of control group on speed were 7.10 and 7.11 respectively. The obtained ‘t’ ratio was 0.21, since the obtained ‘t’ ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on speed were 7.09 and 6.94 respectively. The obtained ‘t’ ratio was 4.69\* since the obtained ‘t’ ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant change in speed. It may be concluded from the result of the study that experimental group improved in speed due to six weeks of yogic practices.

**TABLE-II**

Analysis of 't' ratio for the pre and post tests of control group Experimental group on agility

Variables	Group	Mean		SD		Sd Error	df	t' ratio
		Pre	Post	Pre	Post			
Agility	Control	20.73	20.75	1.58	1.65	0.41	14	2.08
	Experimental	20.71	19.99	.62	.70	0.4		<b>8.03*</b>

\*Significant at 0.05 level of confidence.

Table II shows that the mean values of pre-test and post-test of control group on agility were 20.73 and 20.75 respectively. The obtained 't' ratio was 2.08, since the obtained 't' ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental groups on agility were 20.71 and 19.99 respectively. The obtained 't' ratio was 8.03\* since the obtained 't' ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in agility. It may be concluded from the result of the study that experimental group improved in agility due to nine weeks of yogic practices.

**Discussion:** In case of physical performance i.e. speed and agility performance the results between pre and post (6 week) test has been found significantly higher in yoga practices group in comparison to control group. This is possible because due to regular yoga practices which may also bring sudden spurt in physical performance in college men Volley players. The findings of the present study have strongly indicates that yoga practices of nine weeks have significant effect on selected yoga practices i.e., speed and agility skills of college men volleyball players.

#### Findings:

- The yoga practices had positive impact on speed and agility skills among college men Volleyball players.
- The experimental group showed better improvement on speed and agility skills among college men Volleyball players than the control group.

#### Conclusion:

On the basis of gathered data and statistical interpretation it is found that practicing some selected Yogasanas are effective in some extent in developing the playing ability of Volleyball players. Results revealed in the present study that practicing some selected Yogasanas affects positively on the speed and agility of the Volleyball players. Yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns and enhance overall wellbeing and quality of life.

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