

## Command of Specific Yoga Training on Physiological Parameters of Inter-Collegiate Level Cricket Players

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**Abstract :-** The purpose of the study was to find out the command of specific yoga skill training on physiological parameters of intercollegiate level Cricket players. For this study 30 subjects were selected from Chattisgarh University, of age ranged between 18-25 years. All subjects were divided into two groups as experimental (Group-I) and control group (Group-II). Group-I underwent specific yoga skill training, 3 days in a week for a period of 12 weeks and group-II was treated as a control group and did not get any special training other than the routine. The physiological parameters (Systolic Blood pressure and Diastolic Blood pressure) were measured before and after the training period. Pre and post-test random group design was used for this study. The data were collected before and after the training period of 12 weeks and the data were statically analyzed by t-test, to find out the significant improvement if any at 0.05 level of confidence. The result shows that there was a significant improvement in physiological parameters.

**Keywords :-** Specific Yoga training, systolic blood pressure, diastolic blood pressure, Cricket.

**Introduction :-** The Sports Yoga Skill Training is a year-round top level sport specific training capability. Focusing on the physical, technical, tactical and psychological props of the sport, the Sport Specific Skill Training is part of the drill helps to build character, knowledge, and direction in all sports and refines the indispensable skills to excel at any sport. This training involves Hatha Yoga Practices on daily basis for 12 weeks yogic practice. The word “Yoga” is derived from the Sanskrit root “Yuj” which means union, linking,

attaching, connection, or association. It is a union between the individual self and the universal self.

Hatha yoga is a 5000-year-old healing system that combines the use of body positions (postures known as “asanas”), breathing, and mental focus to achieve better health through the liberation from suffering and is one of the more promising therapies that has not been extensively evaluated in rigorous clinical research. Hatha yoga is the combination of different types of Physical Movement which helps to improve all physical components. This improves ones physical fitness at higher level. Intense breathing is the key component of hatha exercises including all postures, contracting and relaxing muscles in coordinate sequences, changing breathing patterns, and cultivating mental attentiveness and awareness during practice, yoga attempts to synchronize the body and mind. Exercise is known to improve health through improving cardiovascular fitness, muscle strength, and respiratory adaptations, modifying metabolism and immune function. Cricket is the game need high level of flexibility and speed as well as concentration, but with control on internal pressure. Resistance and other exercises only add unnecessary bulk to any player and hinder their ability to execute skill and perform Training and conditioning is an integral part of skill performance in Cricket. Yoga practice has been transmitted from teachers (gurus) to students. Over the millennia, yoga has been influenced by different traditions and philosophies evolving into a variety of practices. Different schools often emphasize different components of the 8 limbs described below.

Yama, Niyama, Asana, Pranayam,

Prtyahar, Dharana, Dhyana, and Samadhi. It is the fusion of a healthy body with a disciplined mind for the purpose of spiritual development. Yoga is also blissful contact with the supreme element, higher than the highest of the known elements. It is the harnessing of one's inherent inner power, as well as the wider natural forces from which one have emerged. Yoga is an inseparable part of the Indian life and culture. It has come down to us from ancient times with an unbroken tradition. Combination encompasses putting composed and controlling the same judiciously. This is consistent with the definition of Yoga in "Bhagavad Gita" which says, "Smatvam Yoga Uchyate" that is equanimity is called Yoga. It means that yoga remains equipoise in success and failure, gain and loss, victory and defect etc. The term 'Samatva' may also be translated as equilibrium, which leads to harmonious development of the physical, mental and spiritual aspects of human personality. Equanimity and equilibrium are thus the essential traits of Yoga. They help in the Skillful performance of an action.

Health benefits were recognized as a byproduct to physical and mental discipline of yoga practice. In the twentieth century, the introduction of yoga to the West has emphasized the potential for yoga as means of health maintenance, prevention, and treatment for chronic disease. The majority of yoga practices in the West contain aspects of postures, breath control and meditation. Styles of vary in the emphasis of each component by technique, sequence, and intention. As a mind body practice, the biological mechanism of yoga probably has multiple components.

**1.2 Hypothesis :-** There exists a significant effect of Specific Yoga training on the Physiological parameters of intercollegiate-level Cricket players.

**2. Methodology :-** The purpose of the study was to find out the command of Specific Yoga training on physiological parameters of intercollegiate level Cricket players. For this study 30 subjects were

selected from Chattisgarh University, of age ranged between 18-25 years.

**2.1 Research Design :-** All subjects were divided into two groups as experimental (Group-I) and control group (Group-II). Group I underwent specific yoga skill training for a period of 12 weeks (3 days in a week) and group II was treated as a control group and did not get any special training other than the routine.

**2.2 Criterion Measures :-** The evaluated physiological parameters, systolic blood pressure and diastolic blood pressure the unit of measurement was in millimeters of mercury (mm Hg).

The specific yoga training program was conducted for 45 minutes for a session in a day, 3 days in a week for a period of twelve weeks duration. These 45 minutes included 10 minutes warm up, specific skill training with yoga practices for 25 minutes and 10 minutes warm down. Every two weeks of training 5% of intensity of load was increased from 65% to 80% of work load. The volume of training prescribed based on the number of sets and repetitions. The equivalent in specific skill training with yoga practices is the length of the time each action in total 3 day per weeks (Monday, Wednesday and Friday). The intensity of training was tapered, so that fatigue would not be a factor during post testing.

**2.3 Collection of Data :-** The data were collected prior and after training period of twelve weeks on the above said variables to observe the effects of specific Yoga training.

**3. Analysis of Data :-**

**3.1 Statistical Procedure :-** Data were statistically analyzed with t-test to find out the significant improvement between pre and post-test. In all cases the criterion for statistical significance was set at 0.05 level of confidence.

Table:1

Computation of 't' Ratio on Systolic Blood Pressure of intercollegiate level Cricket players on Experimental Group and Control Group

Group		Mean	N	SD	Std. Error	't' Ratio
Experimental Group	Pre Test	123.20	15	1.96	0.45	4.17*
	Post Test	121.27	15	1.97		
Control Group	Pre Test	122.93	15	1.52	0.50	0.12
	Post Test	123.00	15	1.72		

\*Significant at 0.05 level

degree of freedom (2.14, 1 and 14)

Fig. 1 The graphical representation of mean and SD of pre test and post test scores on Systolic Blood Pressure of intercollegiate level Cricket players on Experimental Group and Control Group test has been presented in Figure 1.

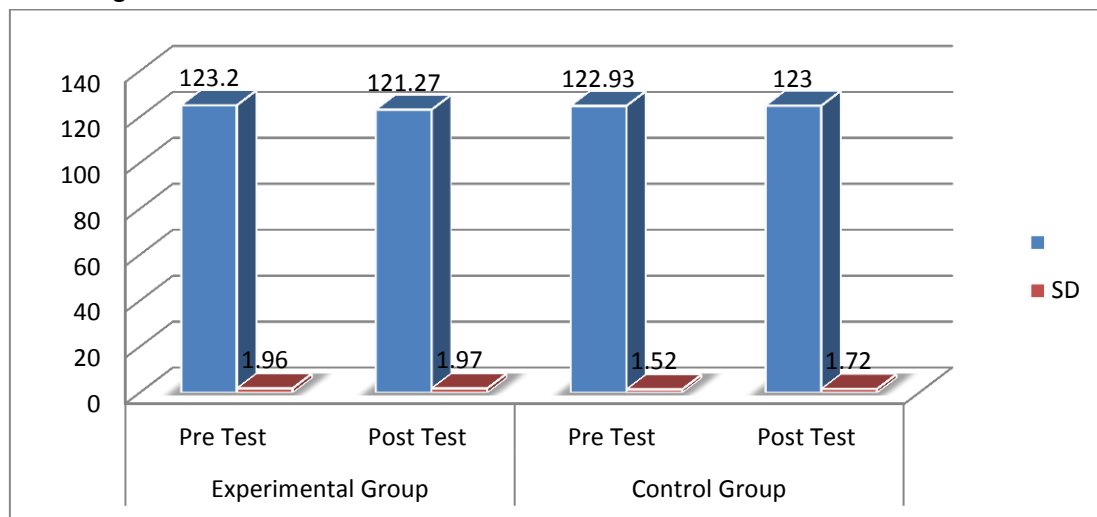


Fig.1. Comparison of Mean and SD Scores in pre test and post test performance on Systolic Blood Pressure Test

Table:2

Computation of 'T' Ratio on Diastolic Blood Pressure of intercollegiate level Cricket players on Experimental Group and Control Group

Group		Mean	N	SD	Std. Error	't' Ratio
Experimental Group	Pre Test	81.51	15	1.94	0.57	3.80*
	Post Test	80.25	15	1.15		
Control Group	Pre Test	22.700	15	1.91	0.66	0.18
	Post Test	23.400	15	1.90		

Significant at 0.05 level

degree of freedom (2.14, 1 and 14)

Fig. 1 The graphical representation of mean and SD of pre test and post test scores on Diastolic Blood Pressure of intercollegiate level Cricket players on Experimental Group and Control Group test has been presented in

Figure 2.

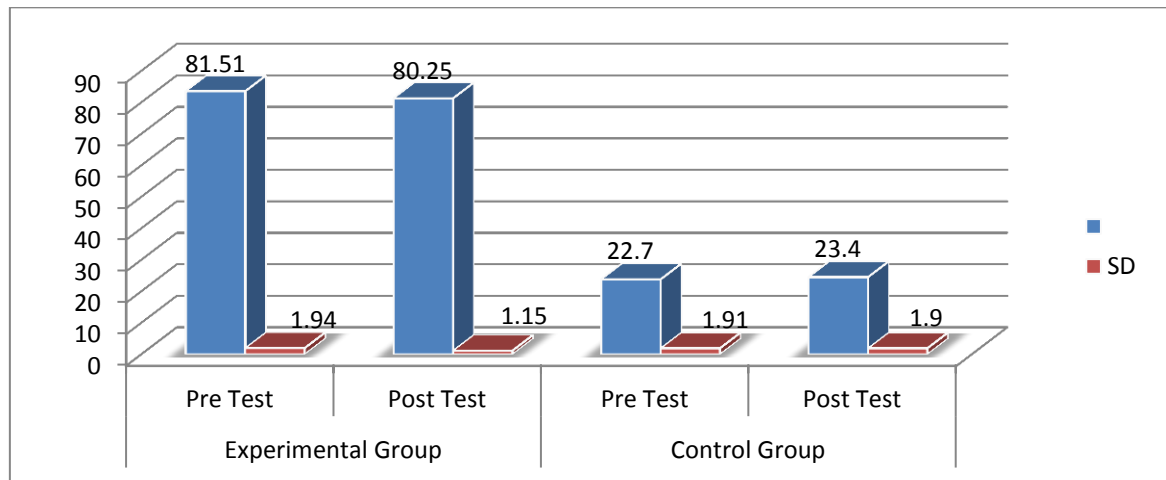


Fig. 2. Comparison of Mean and SD Scores in pre test and post test performance on Diastolic Blood Pressure Test

### 3.2 Discussion of Findings :-

**Table 1** reveals the computation of mean, standard deviation and 't' ratio on systolic blood pressure of experimental group and control group. The obtained 't' ratio on systolic blood pressure was 4.17, that required tabulated value 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained 't' values was greater than the tabulated value and found to be significant.

Further obtained 't' ratio on systolic blood pressure 0.12 for control group. Since the obtained 't' values was lesser than the tabulated value and found not to be significant.

**Table 2** reveals the computation of mean, standard deviation and 't' ratio on diastolic blood pressure of experimental group and control group. The obtained 't' ratio on diastolic blood pressure was 3.80 that required tabulated value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained 't' values was greater than the tabulated value and found to be significant.

Further obtained 't' ratio on, diastolic blood pressure was 0.18 for control group. Since the obtained 't' values was lesser than the table value and found not to be significant.

**3.3 Discussion on Hypothesis :-** The findings of the study indicated that there was significant effect of Specific Yoga skill training on physiological

parameters of intercollegiate level Cricket players. Therefore, the **hypothesis 1** stated earlier was **accepted** at the .05 level of significance.

**3.4 Result :-** On the basis of findings it was found that there was a significant improvement takes place on Physiological parameters due to the specific training of twelve weeks Yoga practices.

**4. Conclusion :-** It was concluded those 12 weeks specific yoga skill training significantly enriched the systolic and diastolic blood pressure of intercollegiate level Cricket players. Training through Yoga is the most appropriate revenues to bring about the desirable changes over physiological variables of Cricket players. Hence, suggested that coaches and the experts compact with Cricket players to incorporate yogic training as a component in their training programme.

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