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EFFECT OF YOGA TRAINING ON AGILITY AND FLEXIBILITY OF FEMALES STUDENTS BY SELECTED ASANAS

F. ULHAS VIJAY BRAMHE | DIRECTOR OF PHYSICAL EDUCATION & SPORTS, S P M T M COLLEGE, CHIKHLI, DIST. BULDHANA (MS).

TRACT:

urpose of the present study was to find out Effect of Yoga training on agility and flexibility of females students by ted Asanas. For the goal of these investigation forty female students from S P M T M College, Chikhli. They were selected wo groups of fifteen participants each. The age groups of the 18 to 20 years were recruited, with their consent. For the ose of the study variables were considered for this study as agility and flexibility. It was measured by using the standard tems of agility measured by 6 X 10 Meters Shuttle Run and flexibility measured by sit and reach test. The training periods perimental groups were six weeks, five days per week with duration of 60 minutes. Control group did not undergo any ing programme rather than their routine work. The yoga class was conducted every day in the morning between 6.00 am 00 am. The data was analyzed using Paired 't' test to compare the before and after training values of both the groups. P e of less than 0.05 was accepted as indicating significant difference between the compared values. It was concluded from results that the agility and flexibility in the pre programme group was insignificant but the post programme experimental ap shown a significant improvement due to six week of Yoga training programme.

YWORDS:

THA YOGA, AGILITY, FLEXIBILITY, ASANAS.

TRODUCTION:-

ga is a way of life. It is an integrated system of education the body, mind and inner spirit. This art of right living s perfected and practiced in India thousands of years o but, as yoga deals with universal truths, its teachings e valid today as they were in the ancient times. Yoga is a actical aid, does not belong to one religion and its chniques could be practiced by the Buddhists, Jews, ristians, Muslims, Hindus and the Atheists alike. Yoga is ion with all. [1]

order to purify the mind, it is necessary for the body as a hole to undergo a process of absolute purification. Hatha oga is also known as the science of purification, not just ne type of purification but six types. The body has to be leaned in six different ways for six different impurities. When you clear the body of these impurities, the nadis unction and the energy blocks are released. Then the nergies move like wave frequencies throughout the hannels within the physical structure, moving right up to he brain. The main objective of hatha yoga is to create an absolute balance of the interacting activities and processes of the physical body, mind and energy. When this balance is created, the impulses generated give a call of awakening to the central force (sushumna nadi) which is responsible for the evolution of human consciousness. If hatha yoga is not used for this purpose, its true objective is lost.[2]

METHODOLOGY:-

For the goal of these investigation forty female students from S P M T M College, Chikhli. They were selected into two groups of fifteen participants each. The age groups of the 18 to 20 years were recruited, with their consent. For the purpose of the study variables were considered for this study as agility and flexibility. It was measured by using the standard test items of agility measured by 6 X 10 Meters Shuttle Run and flexibility measured by sit and reach test. The training periods of experimental groups were six weeks, five days per week with duration of 60 minutes. Control group did not undergo any training programme rather than their routine work. The yoga class was conducted every day in the morning between 6.00 am to 7.00 am. The following practices were performed every day. Surya namaskar, Pranayam, Asanas: Halasana, Chakrasana, Janu sirasana, Bhujangasana, Saravangasana, Dhanurasana, Makarasana, Yoga Mudhra, Supta Vajrasana, Pada Hasthasana, Konasana, Navasana, Bakasana, Matayasana, Trikonasana and Savasana.

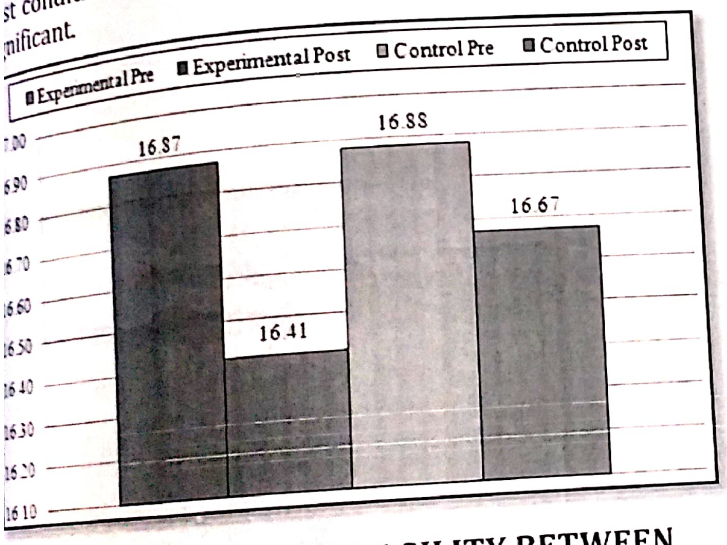
ANALYSIS OF DATA:-

The before and after scores on agility and flexibility obtained for both the experimental and control groups were treated statistically to assess the effect of the practice. The data was analyzed using Paired 't' test to compare the before and after training values of both the groups. P value of less than 0.05 was accepted as indicating significant difference between the compared values.

BLE-1: COMPARISON OF AGILITY BETWEEN RE AND POST TEST OF EXPERIMENTAL AND CONTROL GROUPS

roup	Test	Mean	SD	Ot	df	Tt
rimental	Pre	16.873	0.597	10.335*	14	2.145
	Post	16.413	0.641			
ontrol	Pre	16.880	0.641	1.656	14	2.145
	Post	16.673	0.763			

le-1 shows the pre and post comparison of agility experimental and control groups. In the experimental up the mean pre value of 16.873 reduced to 16.413 in post condition, the mean difference being found to be hly significant ($p<0.05$). In the control group the pre an pre mean value of 16.880 reduced to 16.673 in the st condition, the mean difference being statistically not nificant.

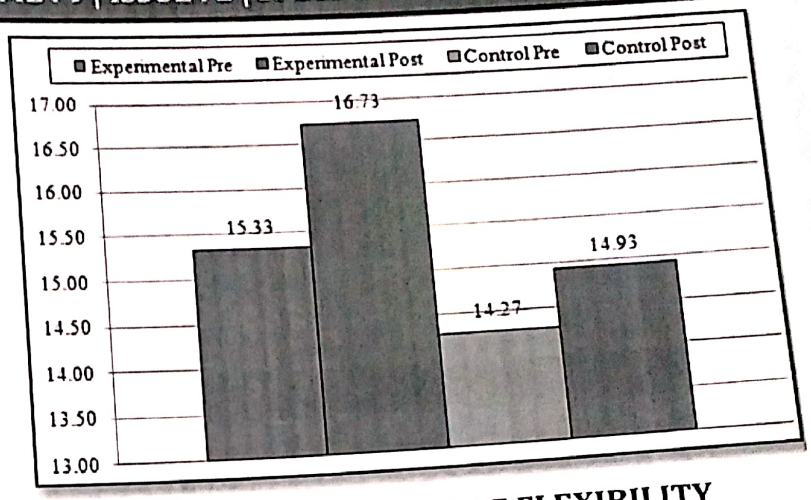


GRAPH-1: MEAN VALUE OF AGILITY BETWEEN PRE AND POST TEST OF EXPERIMENTAL AND CONTROL GROUPS

TABLE-2: COMPARISON OF FLEXIBILITY BETWEEN PRE AND POST TEST OF EXPERIMENTAL AND CONTROL GROUPS

Group	Test	Mean	SD	Ot	df	Tt
Experimental	Pre	15.333	2.350	3.862*	14	2.145
	Post	16.733	3.173			
Control	Pre	14.267	2.576	2.870	14	2.145
	Post	14.933	2.712			

Table-2 shows the pre and post comparison of agility for the experimental and control groups. In the experimental group the mean pre value of 15.333 incurred to 16.733 in the post condition, the mean difference being found to be highly significant ($p<0.05$). In the control group the pre mean pre mean value of 14.267



GRAPH-2: MEAN VALUE OF FLEXIBILITY BETWEEN PRE AND POST TEST OF EXPERIMENTAL AND CONTROL GROUPS

CONCLUSION:-

This study findings show those six weeks of yoga training can significantly improve agility and flexibility in young healthy female individuals. More specifically, yoga training seems to decrease shuttle run time and increase flexibility. This investigation proposes that regular practice of yoga can get better health aspects of common health.

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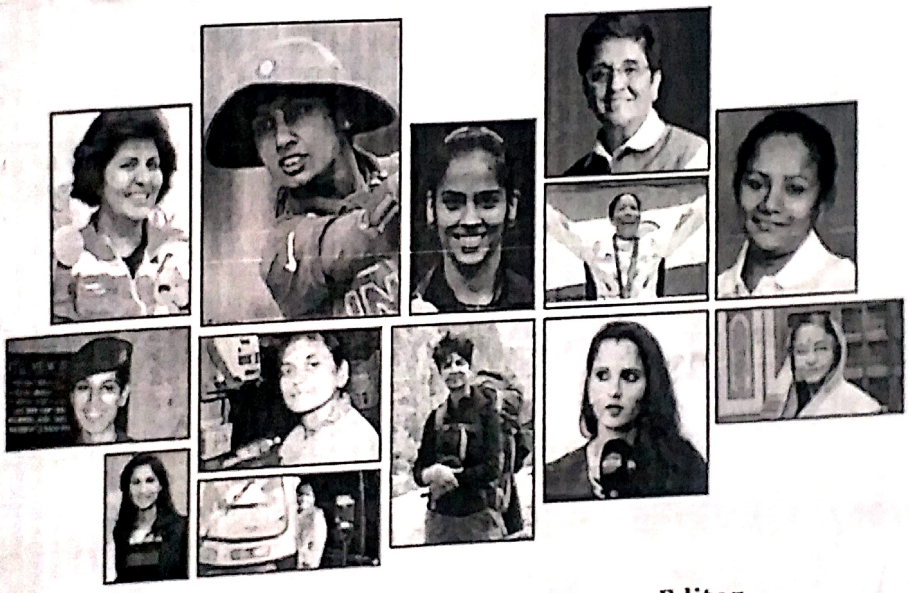

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Women sports activities participation in India

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Abstract

Sport is useful to all, and at each level. It improves fitness and self-self assurance thru more consciousness of one's body. It is likewise a manner of getting to know how to reveal unity and the way to excel oneself. Women's sports activities consist of novice in addition to ladies's expert sports activities, in all styles of sports activities. Female participation and reputation in sports activities extended dramatically withinside the 20th century, particularly withinside the final quarter-century, reflecting modifications in current societies that emphasised gender parity. Girls and ladies infrequently participated withinside the indoor and outside video games withinside the olden instances due to the fact that they had been busy with their family chores cares of siblings and comparable sports. In the agricultural context ladies similarly to family chores had been the principle base of the agrarian economy. Women completed agricultural works of cultivation like sowing, weeding, harvesting, winnowing, farm animals rearing etc. involvement in such sports left in them with little time for enjoyment and sports activities. In historic instances, ladies infrequently participated in video games and sports activities however the sports or family chores that had been completed through them had been complete of bodily sports. Thus, they had been now no longer imparted any bodily schooling or maybe did now no longer locate any time to play video games however their paintings and sports concerned extreme bodily motion and the this phenomena maintains even today.

Keywords: Women, sports participation

Introduction

Although the extent of participation and overall performance nonetheless varies substantially through us of a and through sport, ladies`s sports activities are broadly frequent during the sector today. In some instances, which include determine skating, lady athletes rival or exceed their male opposite numbers in popularity. In many sports activities ladies generally do now no longer compete on same phrases in opposition to men. Although there was a upward thrust in participation through ladies in sports activities, a huge disparity nonetheless remains. These disparities are familiar globally and keep to preclude equality in sports activities. Many establishments and packages nonetheless continue to be conservative and do now no longer make a contribution to gender fairness in sports activities. In records there are references of ladies from royal households who had been imparted navy training; however such references are few. In post-independence India, Sports and video games given significance withinside the curriculums and country wide training guidelines. One of the targets of the sports activities coverage of 2001 changed into an improved participation of ladies in sports activities. In spite of governmental guidelines and schemes it's far discovered that sports activities and bodily training isn't famous with ladies and girls

Why much less participation of ladies in India:

The low girl participation in sports activities is obvious shape that truth that handiest 5 ladies from India had been capable of deliver domestic Olympics medals so far . There are numerous constraints relevant to each men and women in sports activities. For example, the stipend paid to sportswomen (and guys) is meagre. We have to realize that the stipend allocated for exercise degrees from Rs. eight to Rs. eighty in step with day that is too less. Similarly, the politics and favoritism withinside the choice procedure; loss of sports activities infrastructure; lack up price range and training associated troubles are not unusualplace for each sportsmen and sportswomen. However, the troubles unusual with game ladies consist of socio-mental problems; absence of own circle of relatives guide in contrast to boys; poverty and monetary motives; protection troubles and troubles of sexual harassment; home motives which includes the ones associated with marriage, husband, youngsters and in-laws; social taboos etc. In rural and concrete regions ladies normally play indoor video games like carom, judo, chess, etc., research suggests that equipments like carom boards, skipping ropes, ludo-boards, playing cards and different sports activities fabric became lacking. Another issue became time, hobby and motivation of the uses. Availability of educated sports activities instructor or teachers became any

other barrier impacting the participation of ladies withinside the sports activities and bodily schooling. Lack of area and playgrounds in educationally backward and faraway regions became any other cause for loss of participation of ladies in video games. In faraway regions, faculties had been held in rented premises and hardly ever any area became to be had for playgrounds. Playgrounds if any had been sick saved and by no means built or maintained or used handiest on sports activities day and different days went with out sports activities and video games. Surveys performed in kingdom like UP, HP, and Rajasthan suggests that ladies desired indoor video games to outside video games. The handiest outside video games they loved had been badminton, Kho-kho, Kabaddi and Karate. The video games had been popular, as in step with the provision of equipments, bodily Instructors and pastimes of ladies. The desire for indoor video games and sports activities became particularly because of cultural limitations associated with woman infant in patriarchal, conventional families. People believed that sports activities might now no longer assist the ladies of their later lifestyles in family chores and won`t assist them to earn any greater earnings had been positive attitudinal limitations that had been found in rural, negative and backward regions. (Jaireth, 2001) [2] Girls in resident faculties commonly choose to research music, craft, dancing, painting, cookery, clay modeling; the significance of sports activities and video games for the general advantage to fitness and health of woman college students became neither found out via way of means of the academics nor their parents. So it became now no longer emphasised and acquired low precedence bodily sports are part of the each day lifestyles of ladies in all forms of geographical settings. It is ironical that the importance of the formal schooling approximately sports activities video games and bodily schooling, diet, nutrition, fitness And hygiene has neither been found out via way of means of ladies themselves nor guys each lettered and unlettered and has acquired low weight-age in instructional institutions.

Advantages of ladies collaborating in sports

Participation of girls in sports activities results in now no longer simplest their empowerment however additionally permits them to gather person competency, team & persona constructing and fitness improvement. This might cause tremendous result for the own circle of relatives in addition to the entire society. Sporting sports additionally assist girls to reconnect with the strength in their very own bodies. The diverse different blessings include, intellectual wellbeing, independence, peace of mind, expanded concentration, fame, discipline, reservations in jobs and academic establishments etc

Women Role Model in Sports:

When function fashions are stated in recreation, the primary factor that involves thoughts is excessive profile celebrities. While high-quality function fashions may be observed in newbie and expert sports activities, it`s the human beings they see each day that make the largest difference. Parents, coaches, instructors or maybe older siblings regularly have a profound impact on a younger woman and the way they view themselves and their selected recreation

Conclusion- Like number one education, authorities have to additionally make sports activities obligatory at the least on the number one and secondary levels. It want now no longer be a aggressive recreation however wholesome sports activities. Schools are made to train girls over the fitness advantages of sports activities. The authorities have to begin a Women`s Movement of Sports. Under this girls have to be inspire to play an prepare group recreation or maybe an character recreation from younger age. More and greater girls have to be made as coaches and referees as this could make girls satisfied and snug with girl coaches. Also, infrastructure centers like Sports golf equipment and centers, hostels with secure and hygienic centers ought to be created for girls. The Ministry of Sports have to set up a unique mobileular that makes a speciality of the improvement of girls`s recreation in India. This mobileular have to paintings with unique stakeholders for the promoting of girls`s recreation in India.

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CONTENTS OF ENGLISH PART - I

22. Motivation in Psychology of Sport

Ulhas V. Bramhe
Director of Physical Education, SPMTM College, Chikhli, Dist.- Buldhana.

Introduction

Motivation is a force of internal energy that drives all of our actions; It also affects our thinking, feeling, and social interactions. A high level of motivation is widely acknowledged as a necessary requirement for athletes to reach their full potential in sports. However, due to its inherent abstract nature, it is a force that is frequently challenging to fully exploit. Some coaches, like Luiz Felipe "Big Phil" Scolari, who is in charge of Portugal, appear to have a "magic touch," and they are able to get a lot more out of a team than the sum of its parts; Others believe that motivation is a concept that is hard to grasp at times. What is it that enables athletes like Merlene Ottey, a 45-year-old sprinter who participated in her seventh Olympics in Athens in 2004, to consistently produce outstanding performances year after year? Ottey and other elite athletes have honed their ability to effectively channel their energies. Indeed, the direction of effort over a long period of time is the primary focus of motivation. This article uses self-determination theory, which emphasizes the importance of individual choice, to investigate the components of motivation. Self-determination theory was popularized by Americans Edward Deci and Richard Ryan.

Types of Motivation

Self-determination theory is one of the most well-known and extensively tested approaches to motivation in sports and other achievement fields. This theory is based on a variety of motives or rules that reflect varying degrees of self-determination. The degree to which your actions are chosen and initiated by yourself is what is known as self-determination. A continuum of self-determination can be used to classify the behavioral regulations. Motivation, external regulation, intervened regulation, identified regulation, integrated regulation, and intrinsic motivation are the categories that range from the least to the most self-determined.

A lack of intention to engage in a behavior is referred to as a motivation. Feelings of incompetence and a lack of connection between one's actions and the desired outcome accompany it. For instance, an unmotivated athlete might be heard saying, "I just don't get any buzz out of competition whatsoever" or "I can't see the point in training any more – it just tires

ge out." These athletes exhibit a sense of helplessness and frequently require counseling due
bear high likelihood of quitting.

Outside and introjected guidelines address not set in stone or controlling sorts of outwa
spiration since competitors don't detect that their way of behaving is choiceful and, as
ercome, they experience mental tension. External regulation is exemplified by spor
participation for the purpose of winning trophies, gold medals, or prize money. Extern
participation also includes taking part in order to avoid criticism or punishment. Athletes ma
participate in intrajection as a result of internal pressure, such as guilt or the desire f
recognition.

Because behavior is initiated by choice, even if it is not necessarily perceived
enjoyable, identified and integrated regulations represent self-determined types of extrinsi
motivation. Some athletes devote hundreds of hours to repeating routine drills due to these kind
of regulations; They are aware that engaging in such an activity will ultimately aid in the
growth. When a behavior becomes integrated, it is in harmony with one's sense of self an
almost entirely self-determined, whereas identified regulation represents engagement in
behavior because it is highly valued. An illustration of integrated regulation might be completin
daily flexibility exercises because you realize they are part of a larger goal of improvin
performance.

Intrinsic motivation can be divided into three categories: intrinsic motivation to learn
intrinsic motivation to succeed, and intrinsic motivation to be stimulated. An athlete's motivatio
to participate in an activity solely for the intrinsic reward is known as intrinsic motivation, whic
is considered the healthiest form of motivation.

The ultimate state of motivation

The highest level of intrinsic motivation, according to Hungarian psychologist Mihaly
Csikszentmihalyi, is the flow state. The state of being completely absorbed in a task to the poin
where nothing else matters is known as flow. A situation in which an athlete's perceived abilitie
and perceived demands of an activity are perfectly aligned is essential to achieving flow
Athletes lose self-consciousness and become one with the activity when they are in flow. Fo
instance, a World Champion Canoeist with whom I collaborate frequently compares th
sensation she gets from using the paddle to that of extending her arms while she is in flow
Athletes need to set realistic goals because an overbearing or unrealistic challenge can caus
excessive anxiety. On the other hand, athletes can become bored if they participate in an activit
with a high level of skill but a low level of challenge. like Ronaldinho of Brazil and Barcelon
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...ge and skill are low. Finding challenges that will push athletes just a little bit further ...ve been stretched before is critical for promoting flow.

...01-based motivational research

...ish collegiate athletes with task-related or personal mastery goals were much more ...report high selfdetermination than athletes with ego-oriented or social comparison-type ...ording to a study examining the relationship between athletes' goal orientations and ...els of intrinsic and extrinsic motivation. Given the abundance of evidence indicating that ...s on personal mastery and intrinsic motivation (enjoyment) yields the most positive ...ation outcomes, this has important ramifications for practitioners working with children. A ...study revealed that intrinsically motivated athletes developed taskoriented (positive) ...g strategies during competitions considered to be important(9). Athletes, on the other hand, ...were extrinsically motivated were far less likely to achieve their objectives and tended to ...e confronting significant issues. In another study, researchers used a qualitative method to ...ore why elite athletes' "fire" burns so brightly. They wanted to break down the differences ...ween athletes who do well and those who don't in sports. Their meetings with 10 world class ...-class olympic style events competitors uncovered three general subjects: They had a high ...e of self-belief in their ability to succeed; Track and field was central to their lives – ...erything revolved around their involvement in the sport. My colleagues and I have identified ...o kinds of "motivation profiles" by employing a statistical technique known as "cluster ...alysis." The first group had high levels of both self-determined and controlling behavioral ...gulations, while the second group had high levels of both self-determined and controlling ...otivation. When the two profiles were compared, participants in the first profile reported higher ...vels on all eight positive consequences, including enjoyment, effort, positive and negative ...ffect, attitude toward sport, strength and the quality of behavioural intentions, satisfaction, and ...ttendance frequency.

1. Setting goals

Encourage athletes to set a few lofty but doable long-term objectives; maybe to address ...heir country in a significant title in three or four years. Athletes are more likely to accept the ...challenges that lie ahead and pursue the goals with enthusiasm if they are empowered to set their ...own goals. Athletes should also set appropriate medium-term goals to keep them on track with ...their long-term objectives. Short-term goals are by far the most important in practice because ...they keep athletes focused on the checkmarks that are essential to achieving superior ...performance. As a result, short-term objectives ought to primarily focus on processes. These ...included daily physiotherapy sessions, remedial exercises in an oxygen chamber, aerobic non-

eight-bearing activities, and nutritional intake monitoring, among other things. Goals must be regularly monitored and revised. When it comes to setting goals, one of the most common mistakes coaches make is being too rigid. The process of setting goals is most effective when there is some leeway and each athlete or team takes ownership of each goal. Therefore, when setting goals, managers and coaches would do well to exercise some democracy, particularly when working with athletes who have more experience.

2. Utilizing extraneous prizes

As a result, a reward ought to be informational rather than controlling. A reward can significantly undermine intrinsic motivation if it becomes controlling. A token reward, such as a "woman of the match" or "athlete of the tour" title, is preferable for informational rewards because it has a low monetary value. The inscription of athletes' names on annual honors boards for their contributions or the award of a unique piece of clothing are two other popular methods of using token rewards.

3. Music that inspires

Utilizing music that the athletes find inspirational is a particularly effective method for motivating them during training and prior to competition. Tim Foster, who won a gold medal in rowing at the Sydney Olympics and is now a well-known coach, uses music to break up each indoor training session he leads. He plays loud, fast music during circuit training or rowing ergometer intervals, while playing soft, slow music during recovery. Music therefore regulates work and recovery times. According to Brunel University research, this strategy improves in-task affect, or the pleasure felt while performing an activity, increases work output, reduces perceived exertion, and increases productivity.

4. Talking well of oneself

A method that can be used to boost motivation in a wide range of achievement areas is positive self-talk. It uses the powerful inner voice of an athlete to boost their self-esteem or highlight important aspects of their performance. Self-talk can positively alter an athlete's belief system with the right amount of repetition. In my work with athletes, I use three different kinds of self-talk, and I'll give you an example of each to help you think of your own. The first kind is called task-relevant self-talk, and it helps an athlete focus on the task at hand. A karateka I worked with emphasized his strong posture by repeating the mantra "pillar of power." The subsequent sort is known as temperament related self-talk, which influences on how competitors feel. "Butterflies in formation" was created by a world-renowned water skier to symbolize how the butterflies in her stomach would benefit rather than hinder her. The third kind is known as a positive self-certification explanation and the most renowned example of these was the

vable fighter Mohammed Ali who rehashed the case, 'I'm the best' so often that even his rusted it

ary

Every single one of us possesses an untapped energy source that can be utilized to e superior outcomes. Changing one's mindset, adopting a positive "can do" attitude, and ging in systematic actions that facilitate improvement—the short-term process goals—are ndamental components of increasing motivation. You will have a significant impact on the of motivation felt by your athletes or team if you hold a leadership position in sports. ers sense of competence can be bolstered by instilling a strong work ethic, recognizing idual effort, and establishing transparent reward structures. The methods described in this ce must be tailored to specific circumstances and athletes' requirements in order to be ctive. When putting motivational strategies into practice, you should always try to be creative original.

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