



Effect of Yoga and Power Yoga on Flexibility of Students

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Abstract:

The aim of the research is Effect of Yoga and Power Yoga on Flexibility of Students. Total 90 students from specific Inter College Students of Veer Narmad South Gujarat University, Surat were selected at the subject. These students were divided into three groups i.e. 30 students in Yoga training group, 30 students in Power Yoga training group and 30 students in control group. Flexibility was tested by Sit and Reach Test, respectively twice i.e. before and after the particular twelve weeks training. Analysis of Covariance (ANCOVA) was applied at 0.05 level of significance to test the hypothesis. It was observed from the result of the study that both the experimental groups improved significantly in Flexibility due to the particular of Yoga Training and Power Yoga Training.

Keywords: Yoga, Power Yoga, Flexibility

1. Introduction

Maharishi Patanjali was a great sage and philosopher of India, so he did not deviate from the goal of soul and liberation, rather he created a new path for achieving this goal by not giving the word 'tapasya' to the path which he named 'yoga'. Maharishi Patanjali gave the formula to reach the ultimate goal to mankind through 'yoga bhavati nirogah'. That is, 'Yoga is that which saves a human being deprived of 'self-knowledge' for many births amid the tension of body and mind, not by suppressing the attachment to mental emotions but by not allowing them to arise deliberately. Patanjali's word 'yoga' means that the body of any other creature is not as capable and developed as this human body to 'meet'. The human body is the one in which mind and intellect reside.

Power yoga is a discipline of regular practice to strengthen major muscle groups, increase flexibility and overall range of motion, enhance your coordination, and relieve stress. Reducing stress alone is key to weight loss, so when combined with one of the best calorie-burning workouts, power yoga tops all other weight loss workouts.

Power yoga is a form of yoga based on a choreographed sequence of postures called asanas, and during this process, the body's joints are relaxed, muscles are relaxed and energy is transferred. When athletes perform power yoga, they develop strength and flexibility and are able to concentrate better, as stress is released from the mind and body.

Physical fitness is measured by a person's ability to work and deal with situations. So that he can live a good life. In the modern era, to keep the body healthy, a person does not do much physical labor but does other work. On that basis, the question before us is what is fitness? And how important is it? Physical fitness is important not only for physical but also for mental, emotional, social and spiritual fitness. Physical educators say that all these things are deeply related to physical fitness.

2. Objective of the research

To study Effect of Yoga and Power Yoga on Flexibility of Students.

3. Criterion measurement

| No. | Variable | Test | Measurement |
|-----|-------------|--------------------|-------------|
| 1 | Flexibility | Sit and Reach Test | Centimeter |

4. Method and materials

Total 90 students from specific Inter College Students of Veer Narmad South Gujarat University, Surat were selected at the subject. These students were divided into three groups i.e. 30 students in Yoga training group, 30 students in Power Yoga training group and 30 students in control group. Flexibility was tested by Sit and Reach Test, respectively twice i.e. before and after the particular twelve weeks training.

5. Statistical analysis

Analysis of Covariance (ANCOVA) was applied at 0.05 level of significance.

6. Result of the study

The result of the study is presented in following tables.

Table 1: Analysis of Covariance of Mean Scores of Flexibilities of two Experimental Groups and a Control Group

| Test | Groups | | | Analysis of variance | | | | |
|----------------|---------------|---------------------|---------|----------------------|---------|----|---------|----------|
| | Yoga Training | Power Yoga Training | Control | Sum of classes (SS) | | df | MSS | 'F' |
| Pretest mean | 14.667 | 13.800 | 14.533 | A | 13.067 | 2 | 6.533 | 2.321 |
| | | | | W | 244.933 | 87 | 2.815 | |
| Post-test mean | 20.733 | 20.400 | 14.300 | A | 787.089 | 2 | 393.544 | 80.115* |
| | | | | W | 427.367 | 87 | 4.912 | |
| Adjusted mean | 20.537 | 20.713 | 14.182 | A | 824.201 | 2 | 412.100 | 103.390* |
| | | | | W | 342.785 | 86 | 3.986 | |

*Significance criterion at 0.05 levels 'F' = 0.05 (2,87) = 3.101 & (2,86) = 3.103

It is observed from table – 1 that the means of Yoga Training Group; Pre-test is 14.667, post-test mean is 20.733 and adjusted mean is 20.537 Power Yoga Training Group; Pre-test is 13.800, post-test mean is 20.400 and adjusted mean is 20.713. Control Group; Pre-test is 14.533, post-test mean is 14.300 and adjusted mean is 14.182. The calculated 'F' value of pre-test means of all the groups is not significant, calculated 'F' value of post-test means of all the groups is significant and calculated 'F' value of adjusted means of all the groups is significant.

Table 2: Critical Difference of Mean Scores of Flexibilities of two Experimental Groups and a Control Group

| Mean | | | Mean difference | Critical difference |
|---------------|---------------------|---------------|-----------------|---------------------|
| Yoga Training | Power Yoga Training | Control Group | | |
| 20.537 | 20.713 | | 0.176 | 1.024 |
| 20.537 | | 14.182 | 6.355* | |
| | 20.713 | 14.182 | 6.531* | |

* Significance at 0.05 levels

It is observed from table – 2 that the adjusted means of Yoga Training Group, Power Yoga Group and Control Group are 1.176, 6.355 and 6.531 respectively and the Critical Different is 1.024 Mean difference among these groups shows significant difference among Yoga and Power Yoga Training Groups, Yoga Training and Control Group, Power Yoga Training and Control Group.

7. Conclusion

It was observed from the result of the study that both the experimental groups improved significantly in Flexibility due to the particular of Yoga Training and Power Yoga Training.

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