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Effect of yogic practices on cant ability among kabaddi players

K.V. Seshagiri Rao and Dr Y.Kishore

Abstract

The present study was undertaken to study of the effect of yogic practice on can't ability between Kabaddi players of Govt Jr college Sattenapalli, Guntur Dt, India. Players were divided into two groups as Control and experimental. Both groups are daily practice general exercises and playing Kabaddi. The experimental group was done daily practice the yogic exercises (pranayama) 6 weeks. Test and Re-test are taken from the player's breath holding capacity in one respiration, holding breath uttering the word Kabaddi in one respiration or inhalation (canting). The results of the study reveal that there was a significant difference in breath hold and holding breath uttering the word Kabaddi in one respiration or inhalation (canting).

Keywords: Yogic Practice, Kabaddi, Cant Ability.

1. Introduction

Games and sports are important for the development of well-balanced personalities and for social welfare. In modern world regular participation in sports and games and regular exercises in beneficial of health. Sports should improve lifestyle, a reduction in harmful habits like smoking and drinking exercises mount of alcohol. Regular participation in sport and games to reduce or avoid the cardiovascular diseases, peripheral vascular disease, hypertension, obesity, diabetes, mallitues, or tension airway diseases high blood levels of total and L.O.L Cholesterol. "Physical Education is the social process of change in the behavior of the human organism, originating primarily from the stimulus of social big muscle – play and related activities" – Cowell ^[1]. The aim of yoga is to develop the human consciousness from lower level to higher level various yogic practices are bringing about positive changes and hormones functioning of the body mind completely. Its practices are effectively used in the treatment of several psychosomatic disorders for which there is an effective treatment in modern medicine. Kabaddi Game is one of the ancient games and yoga is most prominent one that is still practiced in India. History says Lord Gautam Buddha. Practices yogic exercises, including 'Pranayamas' and also he had played Kabaddi game. A close relationship between Kabaddi and yogic exercises. In Kabaddi Game have two types of skills 1. Offensive skill and 2. Defensive skill. But among these 'canting' is the most prominent one. 'Cant' is based on human cardio respiratory system ^[2]. Kabaddi is the indigenous game and only played in India. Very few countries are playing this game. Depend of other game the scientific research is not developed compared to other foreign major games. So, consider this game the major skill tests are not developed. Yogic pranayama in yogic exercises it must increases the breathing capacity in Kabaddi player's and also admit to perform well in canting abilities. We live on an Air and survive with air. Oxygen is the vital nutrient to our body. It is essential for the integrity of the brain, nervous, glands, and internal organs. We can do without food for weeks and without water for days, but without oxygen we die with a few minutes. Thus who breathes properly takes in sufficient quantity of Oxygen live healthy and longer. Our ancestors, the rishis and saints have observed that the breathing process is the basics of any living being. On the basis of their observations of the life span of the living beings, they Thus, if we reduce our breathing rate, we can prolong our life to longer periods. Our rishis in ancient times took four breaths in a minute and lived as long as 200 to 300 years. Pranayama is a Sanskrit word meaning 'extension of the prana or breath'. The word pranayama is derived from two Sanskrit root called prana and ayama. Prana means life force or vital energy, particularly breath or Air that leaves from the body. Ayama has two meanings –to elongate or to withhold or to extend or draw out or control or not restrain. The core idea of the game is to score points by riding

into the opponent's court and touching as many defense players as possible without getting caught on a single breath. One player chanting Kabaddi – Kabaddi – Kabaddi, charges into the opponent's court and try to touch the opponent closest to him, while the opponent make maneuvers to catch the attacks. Each team takes alternative chances on offense is called the raider. The raider uses offensive skills and the anti-raider or defensive player is using the defensive skills. So that purpose, I should develop or innovate the new offensive and defensive skill test [3].

1.1 Objectives of the study

To implement the pranamaya exercises on Kabaddi players and developed the cant ability.

1.2 Statement of the problem

The purpose of the study is in Effect of Yoga practices on cant ability between Kabaddi players.

1.3 Delimitations

1. This study will be conducted in 16 to 18 years age group, of boys Kabaddi players.
2. The study is conducted on the basis of samples taken from the 30 players of G.J.C, Sattenapalli, India.

1.4 Significance of the Study

1. The study may help to classify the Kabaddi player cant ability by Pranayama.
2. The study may help the coaches and physical education teachers to construct a sound training programme for the beginners and old players by giving more importance to the cant ability.
3. The study would be further motivating others for further research studies on other skills in Kabaddi and for norm construction of related skills.
4. This study may be significant in providing feedback mechanism and will add to the critical literature in the field of sports.

2. Methodology

Selection of skills for the test (items in the test): To identify the skills, the researcher has chosen video analysis technique by involving 12 experts in Kabaddi. Only coaches and physical education teachers having 15 years of experience in the field of Kabaddi are taken as experts. Experts have identified 16 skills as essential skills for the Kabaddi [4]. However, considering the practicability of the conduct of the test, the researcher has conducted a pilot study and identified 8 as more reliable test items that can fit into the skill tests. The tests will be applied on various levels of Kabaddi players in the age group of 16 to 18 years. Whether these tests will be relevant to Kabaddi players or not acknowledged. These tests will be conducted twice as the same group and consistency results acknowledged these results are calculated by the statistical methods [5]. For the purpose of the study, we choose cant ability test.

2.1 Test Administration - Cant Ability Test

Objective: To measure the canting ability of the subject, breath holding capacity of the player.

Skill: Canting ability skill

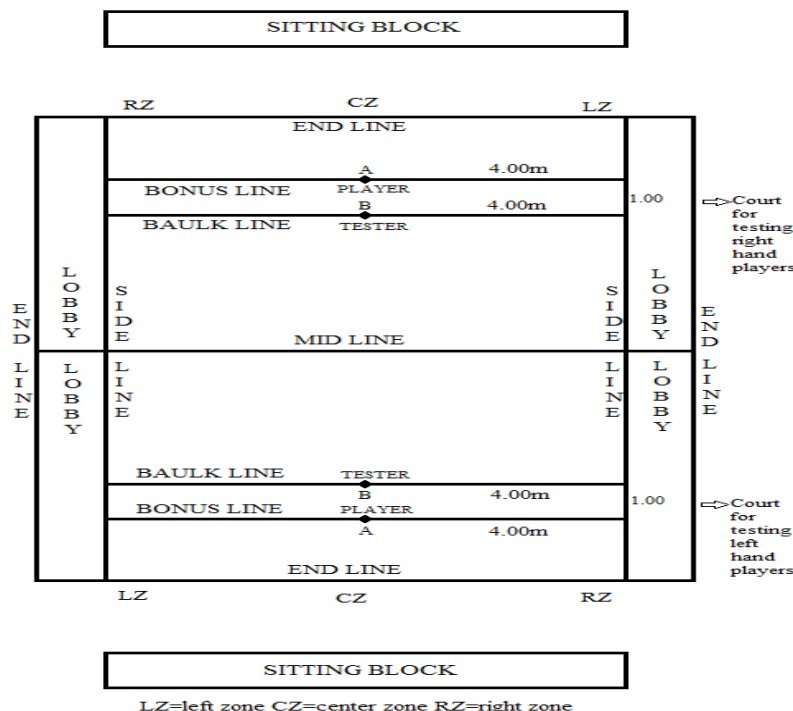
Equipment: Stopwatch, whistle, score sheets

Target Group: This test is suitable for Kabaddi players

Test Area: -Kabaddi ground / indoor gymnasium and any other ground

Test Procedure: The subject is standing in front of the tester. On the whistle the player or subject continuously and rhythmically clear utterance of the approved word Kabaddi..... Kabaddi.... Kabaddi.....within the course of one inspiration. Note down the how much time is taken in the one respiration.

Cant Ability Test



Scoring: The final score is the time taking of the nearest 10th of a second to complete the test

Test Personals:

1. One tester personal starting the on the start the stopwatch
2. One tester is observe the characteristics of the test and respiration movement
3. One tester is maintained the records

2.2 Analysis of Data

The data taken from the government junior college satteapalli 30 Kabaddi players. The group of subject 16 to 18 years were divided into two groups and statically analyzed the variable canting ability by use of mean SD, and ANCOVA [6]. The significance level was set on 0.05 level of confidence.

3. Results

Findings: The mean and standard deviation scores of the pretest, posttest and adjusted posttest of cant ability on the yogic practice group and the control group are given in the table.

'F' ratio test computed in regards to the cant ability on yogic practice group and control group in the pretest, posttest and adjusted post test are also presented in table.

Analysis of covariance for the data on cant ability for control group and experimental group.

Mean	Control Group	Exp. Group	Sum of Squares	df	ms	F ratio
Pre Test	25.22 ± 2.35	25.18 ± 3.94	0.854	1	0.854	0.51
			46.886	28	1.675	
Post Test	25.34 ± 1.91	25.99 ± 3.83	5.213	1	5.213	40.9*
			3.569	28	0.128	
Adjusted Post Test	25.36	25.86	3.548	1	3.548	18.24*
			5.252	27	0.195	

The table shows the analyzed data of cant ability. The cant ability pre means were 25.22 for the control group and 25.18 for the experimental group. The resultant 'F' ratio of 0.51 was not significant at 0.05 level, indicating that the two groups were no significant variances. The post test means were 25.34 for the control group and 25.99 for the experimental group. The resultant 'F' ratio of 40.9 at 0.05 level, indicating that it was significant. The difference between the adjusted post-test means of 25.36 for the control group and 25.86 for the experimental group yield on 'F' ratio 18.24 which was significant at 0.05 level.

4. Discussion/Conclusions

The findings of the study showed that there was no significant difference between the pretest of cant ability.

The findings of the study showed that there was a significant difference between the posttest and adjusted posttest of cant ability.

The results of the study have shown there was a significant difference among control group and yogic practice group on cant ability in accordance with De [7], Dey, Khanna and Batra [8] and Khanna [9].

5. Recommendations

1. Similar study may be conducted in various age groups.
2. Similar study may be conducted on girls.
3. Similar study may be taken to various body types.
4. Similar study may be taken to physical education teachers and coaches to improve the skills.

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