

The Influence of Sky Yoga and Suriya Namaskaram on the Agility

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Abstract

Propose:

The Design of the study is based on the impact of Health workshops and other health awareness programs to educate the college student develop and promote health awareness among the student.

Method:

The college girls from Mother Teresa university were selected as subjects. The totally 45 subjects and their age is between 18 to 21 years. The subjects divided into three groups, each containing 25 members in each. Experimental Group I given SKY yoga training and Experimental Group II were given Suriya namaskaram training only for 6 days in week for 12 weeks and control group were kept in rest and not given any training.

Results:

The study shown that there was increased their agility of the Experimental groups I & II than the subjects in control group. This shows that SKY yoga effects more on the body and mentally.

Conclusion: The result shown that SKY yoga on college students has been impact highly on the body and mental stability.

Keywords: SKY yoga, Suriyanamaskaram, Balsom agility test.

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I. INTRODUCTION

Health promotion is the process of enabling people to increase control over and improve their health. Health is seen as a resource for everyday life, not the objective of living. Health promotion is not just the responsibility of the health sector, but goes beyond healthy lifestyles to wellbeing. The fundamental conditions and resources needed for good health are Peace, Shelter, Education, Food, Income, Stable ecosystem, Sustainable resources, Social justice and equity. Health promotion focuses on achieving equity in health. Health promotion action aims to reduce differences in current health status and to ensure the availability of equal opportunities and resources to enable all people to achieve their full health potential. This includes a secure foundation in a supportive environment, access to information, life skills and opportunities to make healthy choices. People cannot achieve their fullest health potential unless they are able to control those things that determine their health. This must apply equally to all.

OBJECTIVE OF THE STUDY:

The main goal of the study to show the fact of stabilising and increase agility by the help of SKY yoga and Suriya namaskaram. This study is undergone to find the agility get improved by the practice of SKY yoga and also Suriya namaskaram practice which increase the stability.

STATEMENT OF THE PROBLEM:

In the research found that early interference with the health of the teenage children found to be greater is the overall development. The age group from 14 to 20 responded in various health issues. Interference of dental issues, eye, Healthy food habits and importance of Physical activity are lag at this age. This lead them to a body and mind in stability.

HYPOTHESIS

It is hypnotised there would be improvement on agility measured by selected physical variable of Balsom agility test by the practices of SKY yoga and Suriya namaskaram.

LIMITATIONS

1. This study is focused only on selected girl students.
2. Even though there are several variables which can influence the health and education of the student only selected variables have been considered.
3. The food and sleep cycle were not controlled.
4. The daily work of the students were not considered.

II. METHODOLOGY

For the study 45 college girl students from Mother Teresa University were selected viva screening process of health and biological info since its physical variable. They have been undergone pre-test on Balsom agility test. After then subjects have been divided into three groups in randomly manner. Experimental group I have given training of SKY yoga and Experimental group II has given training of Suriyanamaskaram. The training has been schedule for six days in a week for 12 weeks. Control group were not given any training for the entire period of time. The post-test was taken after all the training has completed for the experimental group.

VARIABLES SELECTED FOR EXPERIMENT

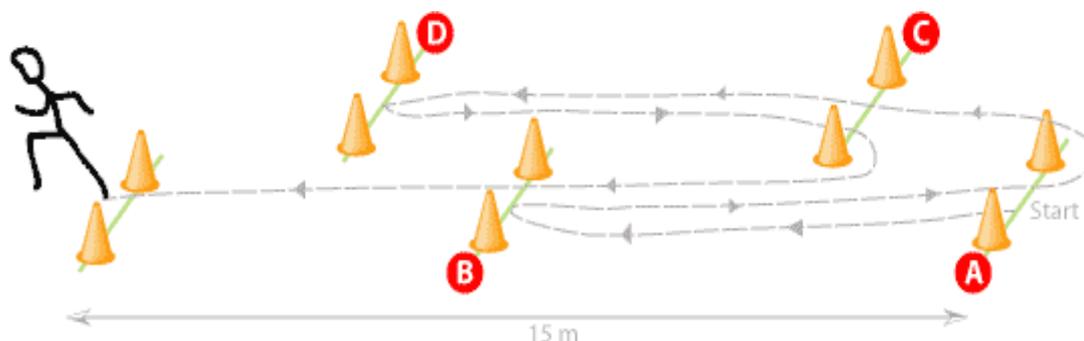
DEPENDENT VARIABLES: Physical variables- Balsom agility test. Balsom Agility Test or Balsom Run is a test of agility designed for the subjects to make many changes of directions and two turns. The test was developed by Paul Balsom (1994).

Purpose: This is a test of speed, body control and the ability to change direction (agility).

Equipment required: stopwatch, measuring tape, marker cones, a flat surface.

Pre-test: Explain the test procedures to the subject before test. Perform screening process on the basis of health risks and obtain informed consent. Note the basic information such as age, height, body weight, gender, test conditions. Measure and mark out the course. The subjects were given adequate warmed-up.

Test layout: Set up the cones as illustrated in the diagram to mark the start, finish and the three turning points. The length of the course is 15m (the distance to cones from A to B (10m), A at C (2.5m) and C to D (10m)).



Procedure: The subject starts at A and runs to cones at B before turning and returning to A. Subject then runs through cones at C, turns back at D, and returns through C. The subject turns to the right and runs through cones at B and through the finish. Two trials are allowed and the fastest time recorded.

Scoring: The best (fastest) total time is recorded.

Target population: the test was designed for agility is important.

References: Balsom, P. (1994) 'Evaluation of Physical performance', In Ekblom, B. (ed.) Football (soccer), Oxford, UK: Blackwell Scientific, p.112.

INDEPENDENT VARIABLES

Yoga practices like : SKY yoga & Suriya namaskaram

III. DATA ANALYSIS

The data gathered from the pre-test and post-test on Balsom agility test from experimental groups and control group were statistical analysis using ANOVA were presented in Table I

Table I
Analysis of Covariance for the pre-test and post test data on **Balsom agility test**
(The values are in Sec)

TEST	GROUP1	GROUP2	GROUP3	df	SS	MOS	F value
Pre	21.46	20.53	21.13	2	6.71	3.355	1.456*
				42	205.2	4.885	
Post	16.86	18.26	20.6	2	106.71	53.35	28.63*
				42	78.266	1.863	

Adjusted	16.74	18.41	20.57	2	110.267	55.133	36.73*
				41	61.531	1.50	

Table I shows that the attained F-ratio of 1.456 for pretest mean is lower than the table value of 3.22 for df 2 and 42 this shown that there is no significant in the pretest. The attained F-ratio of 28.63 for posttest mean is higher than the table value of 3.22 for df 2 and 42 this shown that there was significant in the posttest. The adjusted post-test means values of Balsom agility test for SKY yoga Group, Suriya namaskaram Group and Control Group are 16.74, 18.41 and 20.57 respectively. The F-ratio 36.73 for adjusted posttest mean is much higher than the table value of 3.23 for df 2 and 41 required for significant at 0.05 level of confidence.

The effects of study shown substantial differences among the adjusted post-test means of SKY yoga group, Suriyanamaskaram Group and Control Group on Balsom agility test.

To prove which of the paired means had a substantial difference, the Scheffe’s test was applied as Post hoc test and the results were presented in Table II.

Table II: Scheffe’s test for the variances between the adjusted post-test paired means on Balsom agility test

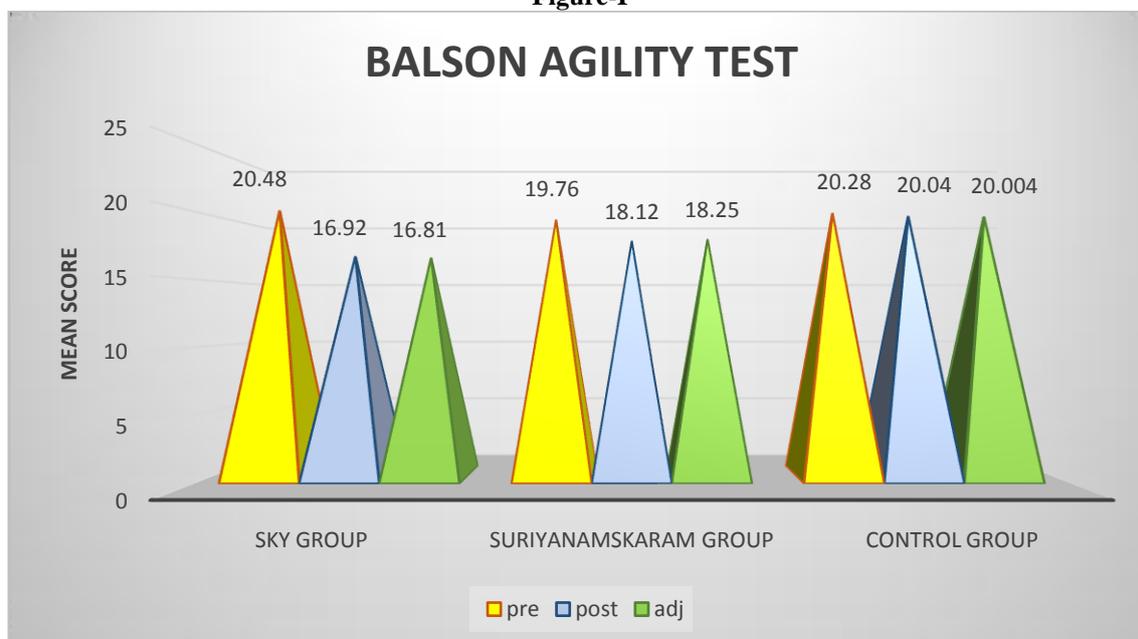
Groups				Mean	CD
SKY GROUP	SURIYA GROUP	NAMSKARAM	CONTROL GROUP		
16.74	18.41			1.66	5.616
16.74			20.57	3.828	
	18.41		20.57	2.16	

Table II shows that the adjusted post-test means differences on SKY yoga group and Suriya namaskaram Group, SKY yoga Group and Control Group, Suriya namaskaramGroup and Control Group are 1.66, 3.828 and 2.16 respectively. The value 5.616 which shows major differences at 0.05 level of confidence.

From the results of the study there is a significant difference in Balsom agility test between the adjusted post-test means of groups. However, the improvements in the Balsom agility test were significantly higher for SKY yoga Group when compared to Suriya namaskaram Group and Control Group results. It could be also seen that SKY yoga Group and Suriya namaskaram has improvement in Balsom agility test than Control Group.

The mean and adjusted values of pre and posttest of SKY yoga Group, Suriyanamaskaram Group and Control Group on Balsom agility test are graphically represented in the Figure -I.

Figure-I



IV. CONCLUSIONS

Based on the final result of the study the following conclusions were drawn.

1. There was a high difference between SKY yoga group (Experimental Group I) and Suriya namaskaram group (Experimental Group II) when compared to the control group on physical variables of Balsom agility test.
2. SKY yoga was found to be better than the Suriya namaskaramon improving the agility which is measured by the physical variables of Balsom agility test.

V. RECOMMENDATIONS

1. This study can be conducted with Physiological variables as criterion variables.
2. This study could be conducted by psychological variables as criterion variables.
3. This study could be tried by choosing other age group as the subjects.

REFERENCES

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