

Impact of Six Week Yogic Practices on AAHPERD Speed Spot Shooting Ability of College Basket Ball Women Players

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Abstract

Practice of Yoga teaches the ability to face challenges in life, and holds the key for a better living. It began as a spiritual practices but coming days has become popular as a way of promoting physical as well as mental wellbeing. In this view the researcher have made an effort to find out the effect of asana on skill related variables of women college players of basketball for this, achievement players were randomly assigned into two groups; one experimental and the other is Control group. Each group consisted of 100 players, and were further divided into 50 each for experimental and control group. Experimental group practicing yoga for a period of Six weeks while control group was not assigned.

Keywords: Skill variables, test, yogic practice, control group, experimental group

Introduction

Practice of yoga for long term is aimed to improving the capacity of long living. Most of the people aware of yoga and other physical exercises are essential to overcome the psychological and physiological issues due to complex life style of human beings in this era of modern gadgets. General exercise practices in addition with yoga can help with this by stress, free happiness. In addition, practice of yoga gives more self-confidence to mental wellbeing of a person.

Objectives of the Study

To find out the effect of yogic practice on skill performances of women Basketball players.

The Statement of the Problem

The Purpose of the study is to compare the effect of yogic practices on skill related parameters of women basketball.

Hypothesis

The following hypotheses are drawn from the study

H₁: There would be a significant difference in skill related performance variables like speed spot shooting ability, and playing ability in basketball players as a result of intervention of yoga practices.

The Significance of the Study

The study will be Significant in the following respects
The study will help to understand the relationship between the levels of performance of control and experiments group of basketball players.

Research Design

Hundred college level women basketball players were selected for the study. The subjects were divided randomly into two groups A and B. They were further divided into 50 each for Experimental (A) and Control Group (B). Group A

underwent a programme of selected yogic practices whereas Group B was not given any intervention on yogic practices. Speed spot basketball shooting test was performed by the players of basketball group A and B before and after the intervention of 6 week period all pretest and post test score was recorded.

Yogic Practice Protocol

The present study was designed for six weeks durations. The selection of Asanas on the premise that all the body should involves in performing Asans. It includes all aspects of yoga i.e. Meditation, Pranayama, and Asanas. Experimental group Practiced yoga for alternative days in a week for the duration of six weeks, while a control group of basketball players was not assigned any yogic practices.

Objective of Basketball Speed Spot Shooting Test

AAHPERD Speed Spot Shooting Basketball Skill Test is used to measure the skill of rapid shooting from different positions and to a limited extent, to measure the agility and ball handling skills of the age group of ten through college age.

Equipment

Basketball, stopwatch, floor, wall marking tape, tape measure, six cones.

After the pre-test and post test score was shown below.

Table 1: Statistical values of Performance of Basketball sub groups (BCG and BEG) in Shooting Skill (AAHPERD Speed Spot Shooting Test)

Sub Group	Test	N	Mean \pm SD	"t" value	"p" value
Control	Pre	50	22.90 \pm 0.32	0.238	0.813 ^{NS}
	Post	50	22.98 \pm 0.30		
Experimental	Pre	50	23.06 \pm 0.33	0.671	0.505 ^{NS}
	Post	50	23.40 \pm 0.49		

Note: Values are given as Mean ± SD for groups of fifty subjects each. The level of significance is taken at 0.5 with df 49. The values are expressed in points.

Table 1 represents the effects of yogic practice on the level of performance of Basketball speed spot goal shooting test. The BEG before the yoga practice is 23.06 and in post-test is 23.40 which is statistically not significant with $t=0.671$, $p=0.505 > 0.05$ and in Control group, the pre- test score is 22.90 and post-test score is 22.98 which is not significant with $t = 0.238$, $p=0.813 > 0.05$. However, slight improvement was seen in the Experimental group when compared to Control group and one can say that yoga practice may affect the performance and skills. Since the improvement does not show statistical significance, it can be concluded that AAHPER speed spot shooting skill may require more than 6 weeks of yogic practice.

Therefore the H_0 that Yogic Practices do not Result in Improvement in Speed Spot Shooting of Basketball Players is accepted and H_1 is rejected

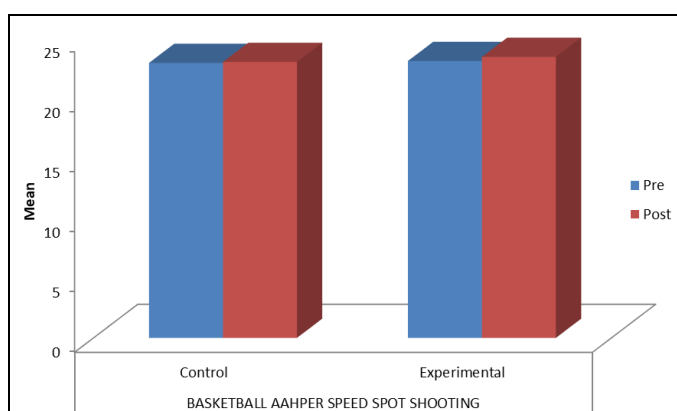


Fig 1: The Pre Test and Post Test performance of Basketball players in AAHPER Spot Shooting test.

Table 2: Comparison of effect the of Yoga Practices on the speed spot shooting skill between the Control and Experimental Groups of Basketball

Test	Sub Groups	N	Mean ± SD	“z” value	“p” value
Pre-Post	BCG	50	-0.08± 2.38	0.427	0.670 ^{NS}
	BEG	50	-0.34± 3.58		

Note: Values are given as Mean ± SD for groups of fifty subjects each. The level of significance is taken at 0.5.

Conclusion

The results of the basketball skill test indicated that there was a no significant difference between the means of experimental group and control group of basketball speed spot shooting in the skill test performances. Result shows that Among Basketball players, change in BEG (-0.34) is not significantly different in comparison to the BCG where the mean is -0.08. There is no significant difference in the effectiveness of Yoga between BCG and BEG (Table 1.1A). the results indicates that practice of yogic Asanas for six weeks was resulted in statistically no significant improvement in skill related variables like speed shooting of basketball players.

Recommendations

Based on the result of the study, the following recommendations were drawn by the investigator.

- The result suggest that more than six weeks of regular yoga practice may increases the shooting ability of a player.

References

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