

# EFFECT OF YOGASANAS PRACTICE ON FLEXIBILITY AMONG HIGH SCHOOL GIRLS STUDENTS

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## Abstract:

Yoga is a science as well as an art of healthy living physically, mentally, morally and spiritually. Yogasanas practice is benefited to people in many ways such as flexibility, improves strength, enhancement of the immune system and improved balance and postural alignment. Flexibility is the ability of an individual to move the body and its parts through a wide range of motion as possible without strain to the articulation and muscle attachment.

**Key Words: Asanas, Flexibility, Training, Fitness**

## Introduction:

Yogasana and flexibility go hand in hand. It increases the range of motion in joints and also the lubrication in the joints. The result is enhanced fluidity throughout the body and a sense of easy and comfort. It helps get rid of muscle soreness and promotes faster recovery. Instead of feeling wery or tides out after performing yogic Asanas a girl feels much relaxed and enthusiastic. Constant practice of Yogasanas will result in enhanced flexibility.

## Methodology:

The purpose of the study was to find out the effect of Yogasanas on flexibility among the high school girls students. To achieve the purpose 30 girls students in Basaveshwar girls school Bagalkot were randomly selected as subjects in the age group of 14 to 16 years They were divided into two equal groups and each group consisted of fifteen Asanas. Group-I underwent Yogasanas practice for twelve weeks and Group-II remained as control group. The selected criteria variable flexibility was measured by sit and reach test.( Helen M Eckert 1974) The analysis of co- variance (ANCOVA) was used find out the significant difference if any, between groups on selected criterion variable separately. In all cases 0.05 level of confidence was fixed to test the significance which was considered as an appropriate.

**Yogasanas Practice:**

The experimental group practiced Yogasanas twelve weeks i.e. Monday to Saturday, between 6.30 A.M to 8.30 A.M the practice schedule of the experimental group is given in the following table:

**Practice Schedule:**

Weeks	Prescription of Asana	Time
I-IV	Padmasana, Gomukhasana, Bhujangasana, Dhanurasana Chakrasana, Utrasana, Matsyendrasana, Janusirsasana	6.30 A.M to 8.30 A.M
V-VIII	Sarvangasana, Paschimottanasana, Halasana Shalabasana, Padahastanasana, Chakrasana, Trikonasana	6.30 A.M to 8.30 A.M
IX-XII	All Asanas	6.30 A.M to 8.30 A.M

**Analysis of the data**

The analysis of co variance on flexibility of experimental group and control group were statistically examined and presented in the following table.

**Table**

Test	Experimental Group	Control Group	Source of Variance	Sum of Square	df	Mean Square	'F' Ration
Pre Test							
Mean	25.79	25.63	Between	0.19	1	0.19	0.03
S.D	1.37	3.10	Within	160.88	28	5.75	
Post Test							
Mean	30.26	27.07	Between	76.48	1	7.48	25.03
S.D	1.37	3.10	Within	160.88	28	3.06	
Adjusted Post Test							
Mean	28.03	26.35	Between	21.15	1	21.15	13.81
			Within	41.34	27	1.53	

\*Significant at 0.05 level of confidence

(The table values required for the significant at 0.05 level of confidence with df1 and 28 & 1 and 27 were 4.20 and 4.21 respectively)

Table shows that the pre test mean values of flexibility for experimental group And control group were 25.79, 25.63 respectively . The obtained 'F' ratio value of 0.03 for pre test scores of experimental group and control group on flexibility was less than the required table value of 4.20 for significance with df 1 and 28 at 0.05 level of confidence.

The post test mean values of flexibility for experimental group and control group were 30.26, 27.07 respectively. test mean values of flexibility for experimental group and control group were 25.03 for post

test scores of experimental group and control group on flexibility was higher than the require table value of 4.20 for significance with df 1 and 28 at 0.05 level of confidence.

The adjusted post test mean values of flexibility for experimental group and control group were 28.03, 26.35 respectively. The obtained 'F' ratio value of 13.81 for adjusted post test scores of experimental group and control group on flexibility was higher than the required table value of 4.21 for significance with the 1 and 27 at 0.05 level of confidence.

### **Discussion:**

The result of study shows that there are significant difference between experimental group and control group on flexibility and also it was found that there was a significant improvement on flexibility due to 12 weeks of yogasana practices

### **Conclusion:**

It was concluded from the result of the study that Yogasanas practices had significant impact on flexibility of Basaveshwar girls school students.

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