Original Article
ISSN (Online): 2582-7472

ShodhKosh: Journal of Visual and Performing Arts
July 2024 5(7SE), 160–162

THE EFFECT OF THE MOTIVATIONAL TECHNIQUES ON THE PERFORMANCE OF BIDAR DISTRICTS KABADDI PLAYERS

Omkar J Mahashetty [1], Dr. Mohd Abdul Bari [2]

[1] Research Students, Physical Director Kaviratan Kalidas First Grade College Bidar (K.S) Aurangabad, India
[2] Research Guide, Department of Phy.Edu & Sport Maulan Azad College, India

https://crossmark.crossref.org/dialog/?doi=10.29121/shodhkosh.v5.i7se.2024.5876&domain=pdf&date_stamp=2024-07-31

Corresponding Author

Omkar J Mahashetty,
omkarmahashetty@gmail.com

DOI
10.29121/shodhkosh.v5.i7SE.2024.5876

Funding: This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

ABSTRACT

Research suggests that yoga may help improve general wellness. In studies, yoga has helped some people manage stress, improve mental health, lose weight, or quit smoking. There's also evidence that yoga may be helpful for some medical conditions. Yoga may help lessen pain and menopause symptoms. Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. A strong core leads to better posture, which can help prevent back and neck problems. Ease stress and anxiety levels. Yoga involves breathing exercises that force you to pay attention to your breath. Deep breathing can help you relax almost instantly, which can help relieve stress and anxiety. The purpose of the present study was to find out the effect of different specific yogic training on selected physical fitness variables among college level male kabaddi Players. To achieve this purpose of the study, fifteen male Kabaddi players who participated in college level kabaddi tournaments were randomly selected as subjects from Bidar District. The age of the subjects were ranged between 18 to 25 years. The selected physical fitness components namely abdominal muscular endurance and flexibility. The data were collected among the male Kabaddi players were statistically analyzed by using student t-test. In all the cases 0 .05 level of confidence was fixed to test the significance. The "t" ratio was employed as a statistical tool to find out the appropriate result of the study and provided significance at 0.05 level of confidence. There was a significant difference between pre and post-test of abdominal muscular endurance, leg explosive power among male Kabaddi players.

Keywords: Abdominal Muscular Endurance, Flexibility and Specific Yogic Practice

1. INTRODUCTION

Research suggests that yoga may help improve general wellness. In studies, yoga has helped some people manage stress, improve mental health, lose weight, or quit smoking. There's also evidence that yoga may be helpful for some medical conditions. Yoga may help lessen pain and menopause symptoms. Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. A strong core leads to better posture, which can help prevent back and neck problems. Ease stress and anxiety levels. Yoga involves breathing exercises that force you to pay attention to your breath. Deep breathing can help you

relax almost instantly, which can help relieve stress and anxiety. Pranayama is the practice of breath regulation. It's a main component of yoga, an exercise for physical and mental wellness. In Sanskrit, "prana" means life energy and "yama" means control. The practice of pranayama involves breathing exercises and patterns. Pranayama awakes the internal energy and promotes healthy and active life. This Yoga technique should be performed for minimum 45 minutes and can be elongated up to 2 hours for better results. Morning is the best time to practice it.

2. METHODOLOGY

To achieve this purpose of the study, fifteen male Kabaddi players who were participated in the Inter Collegiate tournaments were randomly selected as subjects from Bidar District. The age of the subjects were ranged between 18 to 25 years. The selected physical fitness components namely abdominal muscular endurance and flexibility.

3. RESULTS AND DISCUSSION

experimental design used for the present investigation was random group design involving 15 subjects for training effect. Applied "t" was used as a statistical technique to determine the significant difference, on selected dependent variables separately and presented in Table-1 and Table 2.

Table 1

Group	Mean	Standard Deviation	Mean Difference	t-ratio
Pre-test	21.15	2.17	4.78	4.26*
Post-test	25.93	1.87		

Table -1 shows that the mean values obtained by the Pre-test and Post-test in endurance test were 21.15 and 25.93 and standard deviations were 2.17 and 1.87. The mean difference was 4.78. The t value obtained was 4.26. The required critical table value was 2.14. Since the obtained t value (4.26) for abdominal muscular endurance is greater than the critical table value (2.14). It was concluded that difference between the means of Pre-test and Post-test was statistically significant in abdominal muscular endurance.

Figure 1

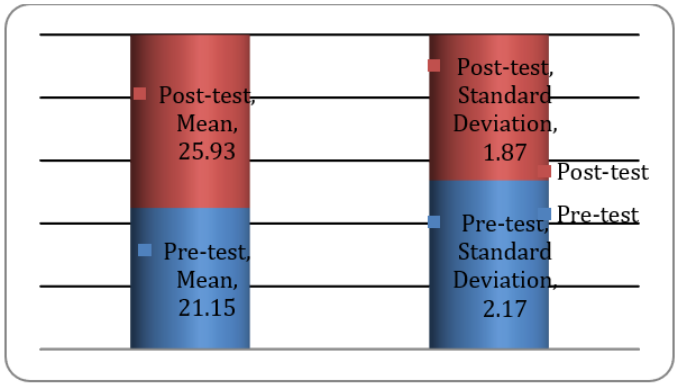


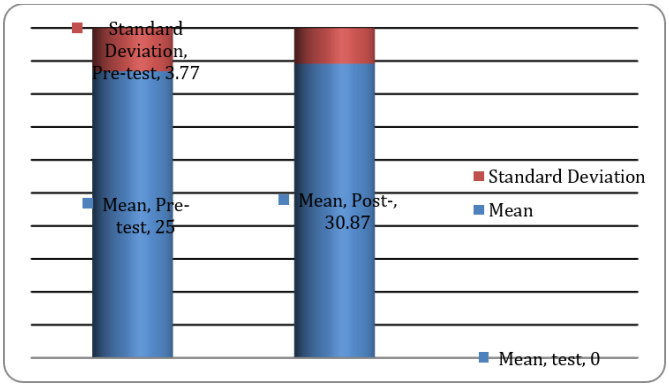
Table 2 Computation of "t" Ratio between Pre and Post-test of flexibility among male Kabaddi players

Group	Mean	Standard Deviation	Mean Difference	t- ratio
Pre-test	25.0	3.77	5.87	2.98*
Post-test	30.87	3.74		

Table shows that the mean values obtained by the Pre-test and Post-test in flexibility test were 25.0 and 30.87 and standard deviations were 3.77 and 3.74. The mean difference was 5.87. The t value obtained was 2.98. The required

critical table value was 2.14. Since the obtained t value (2.84) for flexibility is greater than the critical table value (2.14). It was concluded that difference between the means of Pre-test and Post-test was statistically significant in flexibility.

Figure 2



4. CONCLUSIONS

1) There was a significant difference between pre and post-test of abdominal muscular endurance among male Kabaddi players.
2) There was a significant difference between pre and post-test of flexibility among male Kabaddi players

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

REFERENCES

Leite RD. Yoga training improves metabolic parameters in obese boys. 2012; 16(3):175-80.
Sharon Plowman, Denise Smith. Exercise Physiology for Health, Fitness, and Performance, 2007.
Deborah Berger L, Ellen Johnson Silver, Ruth Stein EK. Effects of Yoga on inner-city Children's Well-Being: A Pilot Study. Alternative Therapies in Health and Medicine. 2009; 15(5):36-42.
Diener E, Wirtz D, Tov W, Kim-Prieto C, Choi D, Oishi S, et al. New measures of well-being: Flourishing and positive and negative feelings. Social Indicators Research. 2009; 39:247-266.
Hafner-Holter S, Kopp M, Gunther V. Effects of Fitness Training and Yoga on Well-Being Stress, Social Competence and Body Image. Neuropsychiatrie, 2009; 23(4):244-248.
Hartfiel N, Havenhand J, Khalsa SB, Clarke G, Krayer A. The Effectiveness of Yoga for the Improvement of Well- Being and Resilience to Stress in the Workplace. Scand J Work Environ. Health. 2010; 37(1):70-76.
Malathy A, Damodaran A, Shah N, Patil N, Maratha S. Effect of Yogic Practices on Subjective Well-Being. Indian Journal of Physiology & Pharmacology. 2000; 44:202-6.