

# Effect of Yoga Training Program on Selected Skill Related Physical Fitness Factor & Shooting Performance of Interschool Male Basketball Players

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## *Abstract*

The purpose of this study was to examine the “effect of Yoga training program on selected skill related physical fitness & shooting performance of interschool male Basketball players”. It was an experimental study in which pre-test & post- test non equivalent groups design was used. 30 male Basketball players mean of age ( $15.17 \pm 2.15$ ) were selected as sample by using simple random sampling technique ( $n=30$ ) from millennium school karvenagarpune. ( $n=30$ ) they were equally divided into, Experimental group ( $n=15$ ) and Control group ( $n=15$ ). Basketball agility drill, Basketball coordination & Basketball shooting test was conducted on both the groups obtained data was analyzed by using Independent sample t-test. Result shows that data collected was analyzed by using Independent t-test to see the change of yoga training program was useful to improve skill related physical fitness & shooting performance. Further data was analyzed by using Independent ‘t’ test the mean score of experimental group of Basketball agility mean was 2.61 similar test control group mean was 1.68 & ‘t’ value was 3.42, Basketball coordination mean was 3.31 similar test control group mean was 2.14 & ‘t’ value was 4.70 and Basketball shooting performance mean was 1.96 similar test control group mean was 0.83 & ‘t’ value was 5.64, which shows the significant difference at 0.05 level thus researcher concludes that there was improvement of performance Basketball Agility, Coordination & Basketball performance of experimental group as compared to control group due to the treatment given.

## *Article History*

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## **Introduction:**

The word "Yoga" is derived from the Sanskrit root "Yuj" meaning to bind, join attach and yoke to direct and concentrate one's attention on, to use and apply. It also means union or communion. It is the true union of our will with the will of God. It thus means, yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead you to a sense of peace and well being, and also a feeling of being at one with their environment. The practice of Yoga makes the

body strong and flexible. It also improves the functioning of the respiratory, circulatory, digestive and hormonal systems. Yoga brings about emotional stability and clarity of mind. Exercise is needed all year long. For proper functioning, the human organs need, exercise as an essential ingredient on a regular basis just as demand for nutritious food. Asanas are physical exercise enabling the body to be physically fit. These exercise in physical education play an important part in helping the pupils to maintain a slim and youthful body. Several tests and experiments have been conducted to know the values and importance of asanas. The most important point to realize before starting the practice of yoga is that "The asanas are not just simple exercise but sustained scientific pattern" of posture.

Basketball game need agility of players to fast body movement and fraction on time change the position those provide the impact on performance and eye hand coordination to dribble the ball and tackle the ball and score the basket. Shooting is one of the vital skills in the Basketball game and accuracy of shooting improves your performance and high on sky skill level.

## **Material and Method:**

### **Method of the study**

The present study was an experimental research which was conducted with a purpose to see the effect of Yoga training program on selected skill related physical fitness & shooting performance of interschool male Basketball players.

### **Research Design**

True experimental design was used for this study to check the hypothesis; this research was based on pre-test and post-test non-equivalent group design.

### **Method of Sampling**

For the present research whole population a total number of 30 male Basketball players were selected on the basis of purposively method of sampling technique from Millennium school Karvenagar Pune.

### **Selection of Variable**

The study was taken to pinpoint the variables was Basketball Agility, Basketball Coordination & Basketball Shooting.

### **Procedure of the study**

The researcher assembled all the subjects from his population and was given to them instruction about the need, importance description of the experiment and explanation of Basketball agility, coordination & Basketball shooting tests and Yoga program and selected a total number of 30 male Basketball players in the age group 15 years old selected through purposively sampling

technique. The selected subjects were pre-tested by Agility, Coordination & Shooting tests and after that the subjects were divided into two even groups i.e, experimental and control group with the help of randomly method of sampling and eight weeks Yoga program which was given six days in a week was implemented only on experimental group not control group. After Yoga program both the groups i.e, experimental and control groups, were post tested for data collection.

### Statistical Tools

After data collection, data of pre-test and post-test of both the groups i.e, experimental and control group, compared by independent sample t-test and interpretation were drawn.

The level of significance was kept at 0.05 to test the hypothesis.

### Results of the study:

The obtained results are present in the following table which represents the results of descriptive analysis and independent sample t-test to compare the mean of group's i.e, experimental and control group.

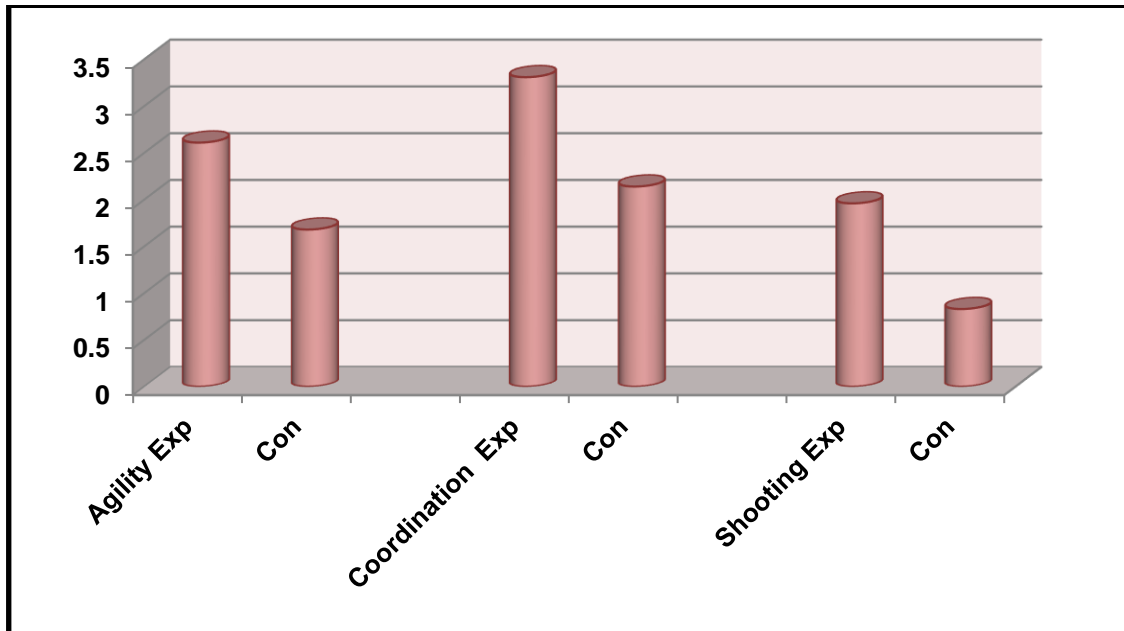
**Table no 1**

**Descriptive statistics to gain the Agility, Coordination & Basketball shooting performance of experimental and control group**

Test	N	Mean	Mean Diff	't'	df	Sig(2 tail)
<b>Agility Exp</b>	15	2.61	1.10	3.42	28	0.001
<b>Con</b>	15	1.68				
<b>Coordination Exp</b>	15	3.31	1.16	4.70	28	0.001
<b>Con</b>	15	2.14				
<b>Shooting Exp</b>	15	1.96	1.13	5.64	28	0.001
<b>Con</b>	15	0.83				

**Figure no. 1**

**Comparisons of group mean to the Agility, Coordination & Basketball shooting performance of experimental and control group**



The figure no. 1 shows that there was significant improvement in Agility, Coordination & Basketball shooting performance of experimental group due to treatment.

#### Discussion of findings:

Discussion on the results of Basketball agility, coordination & Basketball shooting which indicate the Basketball performance; It was observed from the finding that the effect of Yoga on Basketball agility, coordination & Basketball shooting of Basketball players from table No. 1, shows that there was a significant difference between experimental group and control group of subjects regarding to the all test items. This indicates that Yoga program had positive effect on Basketball agility, coordination & Basketball shooting of experimental group. Therefore the set hypothesis that there will be significant effect of Yoga on Basketball agility, coordination & Basketball shooting of Interschool Basketball players was accepted.

This finding was supported by **Singh, K., et al (2010)** studied the effect of Suryanamaskar on muscular endurance and flexibility among inter college student the results shows that muscular endurance and flexibility was significantly improved in group A compared with the control one, and it was also concluded that Suryanamaskar may be recommended to improve muscular endurance and flexibility.

#### Conclusion:

On the basis of the result obtained in the study the researcher made the concluded that eight weeks Yoga program was significantly effective to increase the Basketball agility, coordination &

Basketball shooting of Interschool Basketball players which indicate the level of performance and also the findings of this study may be helpful to the Interschool Basketball players to doing regular practice of Yoga to improve skill performance.

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