



The Effect of Selected Yogasanas on the Hyperextension Ability of Vertebral Column

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Abstract

Performing Yogasanas in daily life is an important tool for everyone to maintain the quality of life, Physical health and Mental health. Anyone can do daily yoga practice, either young or old. The aim of the study was to find out the effect of Yogasanas on the Hyperextension ability of Vertebral Columns. For the purpose of this study 30 male students from D.D.P.G.U.(P.G.) college, Kanpur were selected as subjects, the age of the subjects was ranging from 18 to 25 years. The variables undertaken for the study was hyperextension ability of vertebral column of male college going students. Hyperextension ability of the vertebral column was tested by Bridge-up test (pre test and post test) and it was recorded to the nearest quarter of an inch. All the responses were then converted into scores. T-test was used to compare the result. The level of significance was set at a 0.05 level. Significant differences were found between pre Bridge-up test and post Bridge-up test from D.D.P.G.U.(P.G.)College, Kanpur's male Students. The flexibility of college going students from D.D.P.G.U.(P.G.)College, Kanpur, age between 18-25 years, were developed because Yogic Asanas were responsible for vertebral column flexibility as well as joints and muscles flexibility.

Key Word: Yoga Asanas, Hyperextension Ability, College Students, Vertebral Column

INTRODUCTION

Performing Yogasanas in daily life is an important tool for everyone to maintain the quality of life, Physical health and Mental health. Anyone can do daily yoga practice, either young or old. There are many different yoga styles, ranging from gentle practices to physically demanding ones. Differences in the types of yoga used in research studies may affect study results. This makes it challenging to evaluate research on the health effects of yoga. Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The Yoga asanas do every part of the body stretching and toning the muscle and joints, spine and the skeleton system and they work out not only on the body's frame but on the internal organs, glands and nerves as well keeping all systems in Radiant help by releasing physical and mental tension. They also liberate it as a source of energy. Flexibility contributes to success in work and sports. Lack of flexibility is implicated in the development of acute and chronic injuries, repetitive trauma and low back problems.

OBJECTIVE OF THE STUDY



Objective of the study was to find out the effect of Yogasanas on the Hyperextension ability of Vertebral Columns.

METHODOLOGY

The study was limited to 30 male college going students. They were randomly selected as subjects from D.D.U.G.U..P.G. College, Murlipur, Kanpur is ranging from 18 to 25 years. The variables undertaken for the study was hyperextension ability of vertebral column of male college going students. Hyperextension ability of the vertebral column was tested by Bridge-up test and it was recorded to the nearest quarter of an inch. The selection of the subjects for collecting data random group design was used for this study. In order to find out the effect of selected yoga- asanas on hyperextension ability of vertebral column in pre test and post test result of the subjects. T-test statistics were applied. The level of significance to check the obtained T-test ratio was set as 0.05 level of significance, which was considered as appropriate for the purpose of this study.

DATA COLLECTION TOOL

Data was collected with the help of a Bridge-up test.

ADMINISTRATION OF TRAINING PROGRAM

The researcher explains to the subjects in detail regarding the testing procedure, experimental training method and the type of different Yoga Asanas which they had to do during the period of experimentation. The researcher asked the subjects to practice the 8 different Asanas for the development of flexibility of the vertebral column for a period of 4 weeks 4 days a week in the morning session during morning classes in the college to find out their optimal performance in the Post test. The subjects had to perform Surya-Namaskar, Yogic Asanas and Savasana practice for 45 minutes, 4 days per week for 4 weeks. Duration, frequency and repetition of Asanas were determined in a steady progressive manner from the first day to last day of the experiment. Performance of the subjects in Bridge-up test was taken at the beginning and at the end of 4 weeks experimental training period. The data were collected from the D.D.P.G.U.P.G.College, Murlipur, Kanpur.

SCHEDULE OF TRAINING PROGRAM

The researcher had given training 4 days per week for a period of 4 weeks. The training schedule was followed by 5 minutes warm-up, stretching, jogging, Surya-namaskar and Asanas. Minimum 20 seconds hold in the final position of all Asanas. After every Asanas 90 seconds resting postures (savasana/makarasana) was given. The following Asanas practice was given during the 4 weeks training:-

1. CHAKRASANA
2. PADAHASTASANA
3. BHUJANGASANA
4. HALASANA



5. DHANUR ASANAS
6. USTRASANA
7. PASCHIMOTTANASANA
8. MATSYASANA

Total Duration: - 4 weeks

Frequency: - 4 days in a week

Repetition: - 3-4 times

Duration: - 45 minutes

ANALYSIS OF DATA

The statistical analysis of the collected data due to the effect of 4 weeks Yogasanas on the Hyperextension ability of Vertebral Column in pre test and post test of the college going students of D.P.S.U.P.G.College, Murlipur, Kanpur was computed by 'T' ratio which is presented in Table-1.

TABLE -1

The Group Statistics for Male college students from D.P.S.U.P.G.College, Murlipur, Kanpur, Group

Variables	Mean	Std. Deviation	't' ration
Pre Test	12.09	5.39	3.17*
Post Test	10.10	3.48	

*significant at 0.05 level of confidence

As shown in table no.1 that the computed 't' value (3.17*) is greater than the tabulated 't' value(2.49). The result is enough to show the difference in mean on Hyperextension ability of vertebral column before and after experiment. So we can say that 4 weeks of Yogasana Training have a significant effect on the flexibility of the vertebral column of the students of D.P.S.U.P.G.College, Murlipur, Kanpur.

CONCLUSION

From the result finding, it was clearly shown that there was a significant difference between pre and post test result on Hyperextension ability of Vertebral column of the college going students of D.P.S.U.P.G.College, Murlipur, Kanpur.



After 4 weeks of Yogic Training on the flexibility of college going students were developed because Yogic Asanas were responsible for vertebral column flexibility as well as joints and muscles flexibility. Asanas help us produce more of this liquid matter which tones up the sinews.

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