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## Effect of specific training with yogic practices on leg explosive power among handball players

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### Abstract

The purpose of the study was to find out the effect of specific training with yogic practices on explosive power among Handball players. To achieve the purpose of the present study, thirty men handball players from Tamil Nadu Physical Education and Sports University department students, Tamil Nadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups as specific training with yogic practices group (STG) (N=15) and control group (CG) (N=15) in an equivalent manner. The game specific field training with yogic practices group participated for a period of twelve weeks for five days in a week and the post-tests were taken. The variables such as explosive power were measured using standing broad jump. To find out the difference between the two groups analysis of covariance (ANCOVA) was used. In case of explosive power the results between pre and post (12 weeks) test has been found significantly higher in experimental group in comparison to control group. The findings of the present study have strongly indicates that twelve weeks of specific training with yogic practices have significant effect on explosive power.

**Keywords:** specific training, yogic practices, handball players

### Introduction

Yoga has been practiced for thousands of years and during all this time, people found there to be many and varied benefits of yoga. Furthermore, they conducted investigations, in order to clearly establish the areas in which people can obtain recognizable health benefits, in an extended practice. The information found after conducting the investigations was grouped in three categories, establishing that yoga practitioners are likely to observe improvements in physiological, psychological, and biochemical aspects.

The Pranayama is the central part of patanjalis astanga yoga system. The pranayama is derived from two Sanskrit words 'Prana' and 'ayama', .Where 'prana' means Energy 'ayama' means elongation. So the word meaning of pranayama is Elongation of pranic energy. Whereas, great Yogi Patanjali defines Pranayama as 'Tasmin shwasa prashwasayor gati vichhedaha pranayamaha'. This means controlling the motion of inhalation and exhalation. By reducing the number of breathing one can extend healthy life, this one can achieve only by regular practice of breathing exercise or Pranayama.

### Statement of the Problem

The purpose of the study was to find out the effect of specific training with yogic practices explosive power among Handball players.

### Methodology

To achieve the purpose of the present study, thirty men(N=30) Handballt players from Tamil Nadu Physical Education and Sports University Department Handball players were selected as subjects at random and their ages ranged from 18 to 25 years. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups as specific training with yogic practices group (STG) (N=15) and control group (CG) (N=15) in an equivalent manner.

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The game specific field training with yogic practices group participated for a period of twelve weeks for five days in a week and the post-tests were taken. The variables such as explosive strength were measured using standing broad jump. To find out the difference between the two groups analysis of covariance (ANCOVA) was used.

**Result and Findings**

The effects of specific training with yogic practices on selected explosive strength were analyzed and presented below.

**Explosive strength**

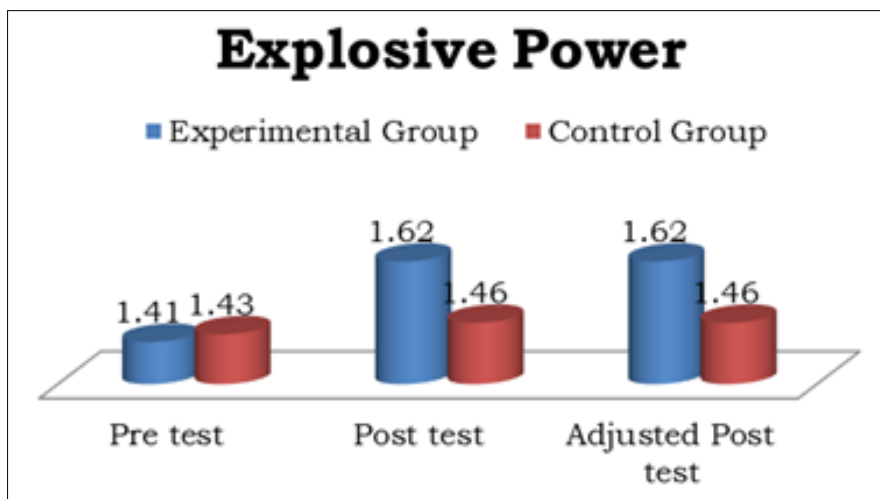
**Table 1:** Computation of Analysis of Covariance of Mean of Specific Training with Yogic Practices and Control Groups on Explosive Power

	STYP	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	1.41	1.43	BG	0.01	1	0.01	1.08
			WG	0.28	28	0.01	
Post-Test Means	1.62	1.46	BG	0.20	1	0.20	28.37*
			WG	0.20	28	0.007	
Adjusted Post-Test Means	1.62	1.46	BS	0.11	1	0.11	26.28*
			WS	0.11	27	0.004	

\* Significant at 0.05 level of confidence.

The above table reveals that the obtained ‘F’ value of pre test scores 1.08 was found to no significant at 0.05 level with df 1, 28 as the table value of 4.20 was lesser than calculated value at 0.05 of confidence. The table also indicated that there was a no significant difference in adjusted post test means of explosive power on experimental group and control group. The above table reveals that the obtained ‘F’ value of post test scores 28.37 was found to be significant at 0.05 level with df 1, 28 as the table value of 4.20 was greater than the calculated value at 0.05 of confidence. The table also indicated that there

was a significant difference in adjusted post test means of explosive strength on experimental group and control group. The above table also reveals that the obtained ‘F’ value of adjusted post test means 26.28 was found to be significant at 0.05 levels with df 1, 27 as the table value of 4.21 was greater than calculated value at 0.05 of confidence. The table also indicated that there was a significant difference in adjusted post test means of explosive power on experimental group and control group.



**Fig 1:** Pre Test, Post Test and Adjusted Post Test Mean Values of Experimental and Control Groups on Explosive Strength

**Discussion on Findings**

The result of the study indicates that there was a significant improvement on explosive power due to the impact of game - specific field training with yogic practices among Handball players when compared to control group. The study conducted by Samsudeen (2011) proved that there was an improvement in explosive power.

**Conclusions**

1. There was significant improvement on explosive strength due to the impact of specific raining with yogic practices among Handball players.
2. However the control group had not shown any significant improvement on explosive power

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