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Effect of Selected Yogic Practices on Coordination of Male Kabaddi Players of Assam

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ABSTRACT: This study examines the effect of selected yogic practices on the coordination of male Kabaddi players of Assam. The research was conducted using an experimental pre-test and post-test design. For the purpose of this study, a total of 30 male Kabaddi players aged between 18 to 25 years were selected from the Tinsukia Kabaddi Association, Assam. The subjects participated in a six-week yoga training programme aimed at improving coordination. During the first two weeks, the training sessions lasted 45 minutes per day, and for the remaining four weeks, the duration was increased to 50 minutes per session. The data for the study were collected in two phases, namely pre-test and post-test. The Alternate Hand Wall Toss Test was used to measure the coordination ability of the players. For statistical analysis of the collected data, the t-test was applied to determine the significance of the difference between the pre-test and post-test scores. The findings of the study revealed that the selected yogic practices had a significant positive effect on the coordination of male Kabaddi players, indicating noticeable improvement after the six-week training programme.

KEYWORDS: Yoga, Coordination, Kabaddi players

I. INTRODUCTION

Yoga is an ancient Indian philosophy and practice that originated more than 5,000 years ago. The term *yoga* is derived from the Sanskrit word “yuj,” which means *to join or unite*, symbolizing the union of body, mind, and spirit. The roots of yoga can be traced back to the ancient Vedic texts, particularly the *Rigveda*, and its systematic development is found in the Yoga Sutras of Patanjali, which organized yoga into a structured philosophical and practical system. Over time, yoga evolved through various spiritual traditions such as Hinduism, Buddhism, and Jainism, where it was practiced as a path toward self-realization and liberation (moksha).

The classical system of yoga includes the eightfold path (Ashtanga Yoga) described by Patanjali, which consists of Yama (ethical restraints), Niyama (personal observances), Asana (physical postures), Pranayama (breathing control), Pratyahara (withdrawal of senses), Dharana (concentration), Dhyana (meditation), and Samadhi (state of spiritual absorption). These practices aim to promote physical fitness, mental clarity, emotional stability, and spiritual awareness. In the modern era, yoga has gained worldwide popularity, particularly through posture-based practices influenced by texts such as the Hatha Yoga Pradipika. Modern yoga focuses largely on improving flexibility, strength, posture, stress management, and overall well-being. The global spread of yoga was greatly influenced by renowned teachers such as Swami Vivekananda and Paramahansa Yogananda, who introduced yogic philosophy and practices to Western countries. Today, yoga is widely practiced not only for spiritual growth but also for health promotion, rehabilitation, and enhancement of physical performance in sports.

Coordination, on the other hand, refers to the harmonious and efficient functioning of different parts of the body while performing a movement or activity. It is closely related to the motor control processes of the brain, which regulate the synchronized action of various muscle groups. Coordination enables an individual to perform movements smoothly, accurately, and efficiently, especially during complex physical activities. In sports and physical activities, coordination plays a crucial role as it helps athletes maintain balance, timing, rhythm, and precision in movement. Proper coordination involves the integration of sensory input, nervous system control, and muscular response, allowing the body to execute purposeful and adaptive actions. In games like Kabaddi, good coordination is essential for quick

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movements, dodging opponents, maintaining balance, and executing skills effectively. Therefore, practices such as yoga, which enhance body awareness, balance, and neuromuscular control, can significantly contribute to the improvement of coordination among athletes.

II. RESEARCH METHODOLOGY

The study utilized an experimental pre-post type design, where the researcher conveniently selected 30 male kabaddi players aged 18-25 years from Assam. The pre-test data were collected before delivering the 6 weeks training programme and a post-test was conducted after completion of training programme. The sample was collected based on the inclusion and exclusion criteria, and convenient sampling was used for better representation of the whole population. The variables of the study were coordination and the data was collected using alternate hand wall toss test. The data was analysed by using t-tests.

Training Schedule Week 1-Week 2

	Activities	Duration
Warm up	<ul style="list-style-type: none"> ● Opening Prayer ● Deep breathing ● Loosening exercise 	10 minutes
Main Part Asanas	<ul style="list-style-type: none"> ● Tadasana ● Navasana ● Bhujangasana ● Setu bandhasana ● Dandasana ● Parivetta trikonasana ● Utkatasana ● Utthita Vasisthasana ● Ashtanga namaskara 	25 minutes
Pranayamas	<ul style="list-style-type: none"> ● Anulom vilom pranayama ● Nadi Shodhana Pranayama ● Bhastrika pranayama 	10 minutes
Cooling Down	<ul style="list-style-type: none"> ● Guided meditation ● Shavasana/ pawanmuktasana ● Closing prayer 	5 minutes
Total		50 minutes

Week 3- Week 6

	Activities	Duration
Warm up	<ul style="list-style-type: none"> ● Opening Prayer ● Deep breathing ● Suryanamaskar 	10 minutes

Main Part Asanas	<ul style="list-style-type: none"> • Purvottanasana • Ardha chandrasana • Utthita parshvakonasana • sarvangasana • kukkutasana • Virabhadraasana • Chaturanga dandasana • Salabhasana • Natrajasana 	30 minutes
Pranayamas	<ul style="list-style-type: none"> • Ujjayi pranayama • Bhastrika pranayama • Sheetal pranayama 	10 minutes
Cooling Down	<ul style="list-style-type: none"> • Guided meditation • Shavasana/ Makrasana • Closing prayer 	10 minutes
Total		60 minutes

III. RESULTS

Comparison of Alternate Hand Wall Toss Test scores during pre-test and post-test

Table no.1

Test	N	Mean	DF	Cal.'t'	Tab 't'
Pre-test	30	20.53	29	1.825	1.699
Post-test	30	27.67			

Table no. 1: The above table presents the comparison of coordination scores of male Kabaddi players before and after the six weeks of selected yogic practices. The pre-test mean score of the players was 20.53, while the post-test mean score increased to 27.67, indicating an improvement in the coordination ability of the players after undergoing the yoga training programme. The total number of subjects involved in the study was 30, and the degree of freedom (df) was 29.

The calculated t-value obtained from the data analysis was 1.825, whereas the tabulated t-value at the 0.05 level of significance was 1.699. Since the calculated t-value (1.825) is greater than the tabulated t-value (1.699), the result is considered statistically significant. Therefore, it can be concluded that the selected yogic practices had a significant positive effect on the coordination of male Kabaddi players of Assam.

Figure 1

Showing the mean of Alternate Hand Wall Toss Test score during pre-test and post-test

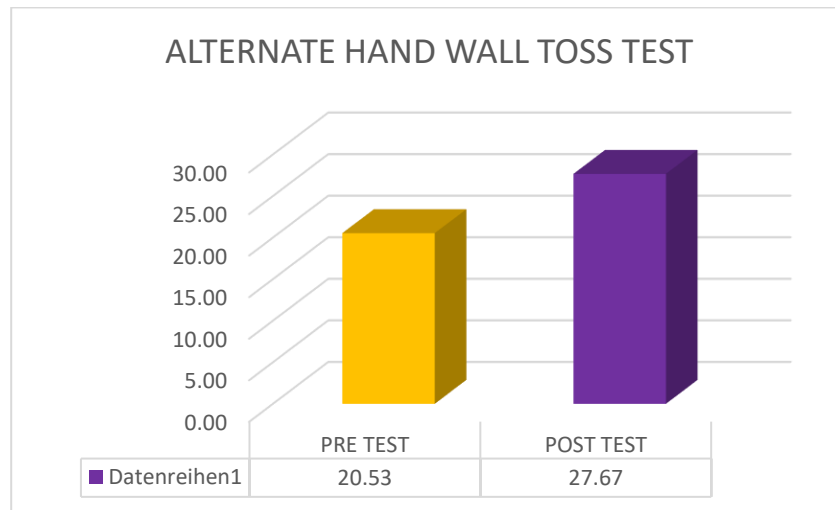


Figure 1: Graphical representation of alternate hand wall toss test

IV. CONCLUSION

Within the various limitations, the following conclusions was noted down: The result of the study had exclusively shown that there was a significant effect of the six weeks of Yoga training program on the coordination of male Kabaddi players of Assam as the calculated ‘t’ was greater than the tabulated ‘t’

i.e., $1.825 > 1.699$

In conclusion, this study has demonstrated that Yoga can significantly improve the coordination of male kabaddi players of Assam. Therefore, it is recommended that such programs should be performed in a regular basis for enhancement of health and to achieve a better life.

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