

Vol II Issue XII Jan 2013

Impact Factor : 0.2105

ISSN No : 2230-7850

Monthly Multidisciplinary
Research Journal

Indian Streams Research Journal

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IMPACT FACTOR : 0.2105

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RNI MAHMUL/2011/38595

ISSN No.2230-7850

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

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SUN SALUTATION & RANGE OF MOVEMENT

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Abstract:

The purpose of the present study was to find out the sun salutation and range of movement. The study was conducted on twenty M.P.Ed.part I, male students of Jyotiba College of Physical Education, Nagpur between the age group of 21to28 yrs. After collecting the pre test data the subjects were administered for ten weeks treatment schedule which was five day per week for a duration of one hour. During the schedule no subject was allowed to undergo with any other treatment which may influence on the results. The sun salutation was given to the subjects. Since there was only one group of subjects constitutes of twenty subjects, paired 't' ratio was computed to test the significance of the differences between the initial and final means of the same groups response and range of movement. The results indicated that sun salutation have significant difference in the range of movement of the different joints after systematic practice of sun salutation.

KEY WORDS:

Sun Salutation, Wrist, hip, knee and ankle, joint

INTRODUCTION

The Sun Salutation is a nearly perfect series of asanas, including forward bend and back bend, strong poses and more gentle ones, stretching and strengthening. The sun salutation actually links together twelve asanas in a dynamically performed series, these asanas are numbered so that they alternately stretch the spine back ward and forward. A full round of Surya Namaskar is considered to be two sets twelve poses. You can move through the series rapidly or slowly taking as long as you'd like as you flow pose to pose, you build up a bit of a sweat, your muscles loosen, your energy build up and you're filled with calm and fell relaxed happiness.

METHODOLOGY

The subjects for this study were selected from Jyotiba College of physical education Nagpur, (MS). Total 20 M.P.Ed. Part I, male students were selected for the study. The age of the students were ranged between 21-28 years. They were post graduate students.

VARIABLES

Sun Salutation was the independent variable while wrist, hip, knee and ankle joint of M.P.Ed. Part-I, male subject was dependent variable in this research work.

CRITERION MEASURES

Wrist (downward flexion), hip, knee and ankle (plantar flexion) joint were measured with the help of goniometer in degree.

DESIGN OF THE STUDY

Single group pre-test, post-test experimental design was used.

PRACTICE OF SUN SALUTATION

Practice program was arranged considering importance of study convenience of subjects and local condition. The practice of experimental treatment was given in the practice session for 30 minutes in the 7:30am to 8:00am from Monday to Saturday for the duration of ten weeks. The practice sessions were conducted and supervised by the researcher himself. For the teaching purpose each Sun Salutation pose was explained and demonstrated before the student performed the same. Correction and instructions were given in between succeeding Sun Salutation. Practice program were as follow depicted in diagram.



PROCEDURE TO MEASURE RANGE OF MOVEMENT

The range of joint was measured by placing the goniometer. Its axis was set over the joint to the long axis of the segment above and the lower arm of the protractor left free to move with the segment below the joint was measured and score was recorded in degree.

STATISTICAL ANALYSIS

't' test technique was used to compare the means of both the test (pre-test and post-test) for every variable. Level of significance was set at 0.05

Table-A
Mean, standard deviation and t value of the pre and post-test score of rang of movement

Variables	mean		SD		SE	df	Computed 't'	Tabulated 't'
	M ₁	M ₂	SD ₁	SD ₂				
Wrist joint	67.18	70.1	3.11	3.61	0.57	14	5.03*	2.14
Hip joint	48.19	52.15	1.84	2.31	0.42		9.55*	
Knee joint	101.72	104.58	1.81	1.26	0.22		13.11*	
Ankle joint	62.14	64.66	1.53	1.28	0.25		10.1*	

*significant at 0.05 level

RESULT

In order to determine the significance of difference in range of movement at wrist hip knee and ankle joint if any between the pre test and post test of experimental group was applied. The result has been presented in the table which shows a significant difference in the range of movement of the different joints after systematic practice of sun salutation.

CONCLUSION

Sun salutation is a great gift as its origin in Indian civilization. It is a process of total health. Statistical analysis and the findings from the collected data have shown significant and surprising responses. So it can be stated that Sun salutation can be an accurate solution for improving range of movements around the joints. By concluding this topic it can be summarized that daily practice of Sun salutation can improve the flexibility of our joints and make us stay away from the medicines.

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