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## EFFECT OF ASANAS ON FLEXIBILITY OF RESIDENTIAL SCHOOL STUDENTS

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### ABSTRACT

The present study was an attempt to evaluate the **Effect of Asana on Flexibility of Residential School Students**“Has selected. The age limit of players was ranged between 12 to 15 years. The samples were taken from the Vijayapura Dist only. Asana and Muscular Endurance and Flexibility were used to measure the Physical fitness variables. To assess the significance of differences between the means in case of significant t-values test was applied.



### INTRODUCTION

The meaning of the Sanskrit word asana is ‘A study and comfortable posture’. The postures performed in all yoga practices (Hatha Yoga and Astanaga Yoga ) are called asana. Although many people believe that they are physical exercises, it does not convey their full significance. ‘Asana aim at influencing the body, mind and consciousness, molding and yoking them into one harmonious whole’. The practice of asana requires active involvement of one’s entire being as fully as possible. In other words, try not to think about work or friends or food while performing them. The prime aim of asana is to help us tread the path to higher consciousness so we can begin to understand and know our relationship with existence. We cannot even consider attaining higher awareness if we are ill with disease, aches and pains or mental depression. Therefore, the initial purpose of practicing asana is to eliminate these disturbances and afflictions. A regular practice of asana makes us acquainted with the way our body is, and we then begin to understand the importance of breathing and staying still. The opening up of the body that results after a regular practice gives us a sense of freedom not only in the body, but more importantly in the mind driving us to come to terms with whatever is happening in our mind.

### YOGA:

Yoga aims at bringing the different bodily function in to perfect co-ordination so that they work for the good of the whole body. Swami Satyananda Saraswathi (2002) Suriya namaskar integrate and harmonize all aspects of the physical, intellectual, and spiritual body. Positions are related to energize pituitary, pineal and thyroid gland, liver solar pineal, blood flow to organ and glands efficacious for the neck, chest, abdomen and sexual gland. The regular performance of Suriya namaskar is intended to raise one’s state of conscious to higher level of realization. Suriya namaskar are mostly more popular in older men than young wrestlers. They strengthen body without strain in bones and organs of the body. Suriya namaskar are not vigorous, but they are practiced to maintain physique.

**FLEXIBILITY:**

If you ask people why they exercise, most will say to stay healthy, keep fit, or because it makes them feel good. Not a lot will mention flexibility as a goal, but it's a key part of maintaining your health and avoiding injury, especially as you age. The stretching you do in yoga is a great way to improve your flexibility. It's a commonly held misconception that you have to already be flexible to do yoga. In fact, the opposite is true: doing yoga regularly is a sure way to become more flexible. The ten poses below target the three major muscle groups where most people are lacking flexibility: hamstrings, hips, and shoulders. These three areas tend to get even tighter from sitting for long periods or even from other types of exercise, like running.

Don't be in a rush to get through these poses. Many times you can feel several different phases of opening as you stay in a pose for longer. Don't expect overnight changes, however. For best results, do your stretches daily. The following poses are intended to give you some options to fit your current level of flexibility.

**MUSCULAR ENDURANCE:**

Muscular endurance is the ability of a muscle or muscle group to exert force to overcome a resistance many times. Often the resistance is the body itself. The measurement of muscular endurance is based on the number of repetitions performed. Muscular endurance is specific to the assessment. The ability to perform upper-body exercises many times is separate from the ability to perform lower-body or abdominal exercises many times. Muscular endurance tests include push-ups, pull-ups and dips for the upper body, and sit-ups for the abdominals. Lower-body endurance can be assessed with squats. Consult a personal trainer to get help assessing your strength, power and muscular endurance. A trainer can also help you set reasonable goals and provide you with a training plan for reaching them. Always consult your healthcare provider before beginning a new exercise program. Your doctor or other medical provider can assess your general health and tell you if the program is right for you.

**STATEMENT OF THE PROBLEM:**

The purpose of the study is to assess the "Effect of Asana on Physical Fitness variables among Residential School Students.

**SIGNIFICANCE OF THE STUDY**

1. 4 weeks of yoga exercise training may be useful for improvement on physical, fitness of high school students.
2. The study may be useful for teachers and students to know physical performance.
3. The study may be useful to know the performance of the high school students.
4. The study helps to know the effect of yoga asana on high school students.
5. The findings of this study will be helpful to the students and Teacher to improve their level of Flexibility.

**OBJECTIVES OF THE STUDY**

- To find out the effects of yoga asana on Flexibility of high school students
- To find out the effects of yoga asana of high school students.
- To know influence of yoga asana on Flexibility.
- To prove the relationship between yoga asana and Flexibility.
- To find out the difference between pre yoga asana and post yoga asana on Flexibility
- To find out the physical components gain such as flexibility muscular endurance.

**HYPOTHESIS:**

- There is significant difference between pre test and post test group of high school students with respect to muscular endurance.
- There is a significant difference between pre test and post test group of High school students with

Respect to flexibility scores.

- It was hypothesized that training may effect on flexibility and muscular endurance of the Individual.

### LIMITATIONS

- No motivational techniques applied while testing and training of the subjects.
- The daily routine work of the subjects might influence results, this is considered as limitation.
- Day to day activities, rest period, food habits and life style could not be controlled as it is considered as limitation of the study.
- The study is limited to the measuring the level of flexibility muscular endurance of government residential school students.

### DELIMITATIONS

- This study was confined to residential a high school students only.
- The study was delimited to the age group of 15 to 16 years girls.
- This study is delimited to selected yoga asana only.
- This study is delimited to flexibility of high school students only.
- The study will be delimited to Vijayapur district only.

### SURYA NAMASKARA:

(Sanskrit Sūrya Namaskāra), or Sun Salutation, is a Yoga warm up routine based on a sequence of gracefully linked asana. The nomenclature refers to the symbolism of Sun as the soul and the source of all life.

### ARDHAKATI CHAKRASANA:

"Ardhakati Chakrasana" is famous as half waist wheel pose as well. The bend from the waist sideways in this asana resembles the wheel. The name of the Asana is derived from the words Ardha, meaning half, Kati, meaning waist and Chakra, which means wheel. It is one of the most common Asana that are used for general body toning on a day to day basis".

### VAJRASANA:

Vajrasana comes from the Sanskrit words vajra, meaning "thunderbolt," "diamond-like," or "adamant/firmness," and asana, meaning "posture."

### SIMHASANA:

Simhasana is a strong seated asana, which incorporates a powerful breathing technique with a forceful exhalation. The name comes from the Sanskrit simha, meaning "lion," and asana, meaning "pose." This name refers to the fierce lion-like expression of the yogi's face as well as the roaring sound of the breath made while in this posture.

### NAUKASANA:

There are many poses in yoga which are very effective; Naukasana or the boat pose is one among them. Naukasana comes from the two Sanskrit words 'nauka' which means 'boat' and 'asana' meaning 'posture' or 'seat'. It is a posture in which our body takes the shape of a boat.

### MAKARASANA:

Makarasana is a reclined yoga asana that relaxes the body, stimulates the sacral chakra, and can even be used for meditation or pranayama. The name comes from the Sanskrit makar, meaning "crocodile," and asana, meaning "pose."

#### **BHUJANGASANA:**

Bhujangasana is the final stage when the cobra is ready to attack its prey by raising its hood; hence the name is cobra pose. Cobra pose is one of the most important back bending yoga asana, which has numerous health benefits ranges from head to feet.

#### **FLEXIBILITY:**

Flexibility or limberness refers to the absolute range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion. Flexibility varies between individuals, particularly in terms of differences in muscle length of multi-joint muscles. Flexibility in some joints can be increased to a certain degree by exercise, with stretching a common exercise component to maintain or improve flexibility.

#### **Muscular endurance:**

Muscular strength is the highest amount of effort exerted by the muscles of the body in order to overcome the most resistance in a single effort. A large part of muscle strength is endurance, which is the muscles' ability to repeat the contraction for a longer period of time before it becomes exhale.

#### **Selection of subject**

The present study was an attempt to evaluate the degree of Asana on Physical Fitness of Government Residential School Students was ranged between 12 to 15 years. The sample was collected from Vijayapur district in Karnataka.

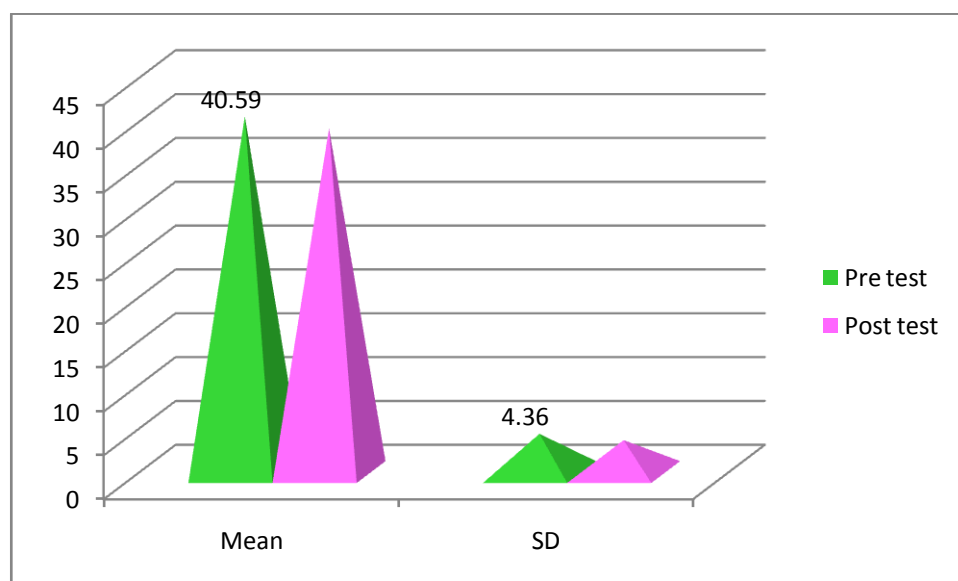
**Table Showing the Mean, SD and t-value of Flexibility at Pre-Post test**

Flexibility	Mean	SD	t-value
Pre test	40.59	4.36	-2.388
Post test	39.22	3.64	

#### **The level of significant is 0.05**

The mean and SD score of control group at pre-and post test is 40.59 and 39.22 respectively and calculated value is -2.388, it is lesser than table value i.e.0.05 level of significant, hence as per the formulated hypothesis there would be no significant difference between control group of Flexibility at both pre and post test, the hypotheses was rejected, and alternative hypothesis that null hypothesis is accepted.

#### **The Graph showing mean and Sd of Flexibility at Pre-Post test**



The above table and graph clearly express on Flexibility variables, when it was tested at pre-post-test. It is assumed that group was not made to expose to any kind of training at pre and post-test; hence four week training given to the group also does not make any significant influence on their flexibility factors. The constant and similar life style condition and environment and sample nature has maintained previous status in their physical and yoga asana qualities

The above figure clearly indicates that four weeks flexibility for the game of (yoga), training performance is statistically improved the Flexibility of girls. the nature of sit and reach test for flexibility has shown the significant difference in the flexibility. Hence the hypothesis was accepted.

### CONCLUSIONS:

Based on the findings the following conclusions were drawn from the present study.

- Four weeks yoga asana training has shown significant improvement on physical performance variables of the subject.
- Four weeks of yoga asana training has shown improvement in muscular endurance and flexibility of the subjects.

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