

IMPACT OF THE YOGA EXERCISES ON THE FLEXIBILITY AMONG WOMEN'S

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ABSTRACT

Yoga, in Sanskrit, means to join or to focus. When one practices yoga regularly, one's physical gains are strength, immunity, and flexibility. Yoga offers a complete package of both mind and body fitness. This package includes muscular activity (that provides flexibility), and an inward self, energy, and breath awareness that helps build immunity.

The present study dealing with yoga practice and flexibility among women's of Gulbarga University. The investigator interested to find out the influence of yoga asana on the flexibility. the objectives of the study: to find out the effect of yoga practice on the flexibility of women's groups. The research hypothesis stated that there would be significant influence of the yoga practice on the flexibility of the sample. The sample of the study fifty women's from the Gulbarga university. The sample was selected through simple random method of sampling technique. The basic statistical techniques like mean, sd, t tests were used to find out the influence of the yoga practice on the flexibility of the sample of the study. Research design the investigator given the all needful instruction of the study and made pre test of the flexibility among the sample than he given the four week yoga practice to the same sample group and again tested the flexibility in the post test of the study. The study revealed the importance of the yoga to building the healthy body.

Key words – Yoga, flexibility, Gender.

INTRODUCTION

Yoga is an old Indian philosophy that combines exercise, breathing, diet, relaxation and meditation. It is a combination of physical and mental disciplines which make the body stronger and healthier and the mind calmer and more controlled, helping towards self-realization. It emphasizes the relationship of body, mind and breath, the

synchronisation of the breath and movement, the use of preparation, counter pose, sequences of linked postures and modification of postures to suit individual needs. Yoga is the art of living. It is all things to all people. It is about getting to know yourself. Integrating the many aspects of ourselves and putting us in control of our minds; the effects are holistic, bringing about health awareness and a change of attitude towards ourselves and the world around us. We cannot practice Yoga without changes happening within ourselves, becoming more aware that it influences our life and the way we live. The practice can be low impact but it can also be very demanding. The beauty of Yoga is that it is accessible to everyone, as the session can be adapted to each person's level of fitness or state of health. For those who love Yoga, it becomes a way of life. Whether your path is physical, mental, spiritual or a combination, yoga is for everyone. There are Yoga classes especially for beginners, intermediate and advanced practitioners, enabling teachers to grade their students and plan the lesson accordingly. Hatha Yoga is probably the best known form of Yoga which includes Asanas (body postures), Pranayama (control of vital energy through breath control), Kriyas (cleansing practices) Meditation and Relaxation to reduce stress and build self confidence.

Benefits of Yoga

Yoga is good for your posture and structural balance (leading to mental balance), it promotes flexibility and suppleness, strength and stamina, tones the internal organs, improves concentration, teaches you how to breathe more effectively facilitates relaxation and calms the mind. When you breathe slowly and deeply, more oxygen circulates through the blood. During exercise the cells of the body receive a fresh supply of nutrients and oxygen, so increasing energy, vitality and the flexibility of youth. Yoga can help a whole range of ailments including asthma, high blood pressure, lower back pain, arthritis, ME, menopausal changes, menstrual problems, stress, anxiety and depression. Yoga movements stretch all the major muscle groups and release built up tension. Through posture work, as the body's circulation increases and bones are properly aligned, age related rheumatism and arthritis can be prevented. You should not expect immediate results as Yoga is a gradual, progressive process. However, some people may find instant benefit after their first session. Yoga is not a 'cure all' treatment and care should be taken to find the right teacher and class if you have any medical condition. For some conditions it may be advisable to seek advice from your doctor before commencing a yoga class. It is important that the teacher knows about your condition prior to the practice. The yoga also having the positive influence on the physical fitness of the sports players.

METHODOLOGY

Significance of the study

The present study showing the importance and need of yoga practice to make the healthy society. The test were conducted two times pre and post test in between the four yoga asanas practice done by the same sample of the study. Which shown the influence of the yoga on the flexibility among the sample of the study.

Objectives

- ❖ To measure the flexibility of women`s in the pre test.
- ❖ Conducting the four weeks yoga practice to the sample.
- ❖ To measure the effect of yoga asana`s on the muscular flexibility of the sample group in the post test.

Hypothesis

- ❖ There would be effect of yoga practice on the level of flexibility of sample
- ❖ There would be significance difference in the flexibility level in pre and post tests.

Yoga asanas used in four week practice:

- Tadasana
- Utkatasana
- Virabhadrasana II
- Vriksasana
- Anjaneyasana
- Vasisthasana
- Setu Bandhasana
- Matsyasana
- Balasana

Sample

The sample of the study fifty women`s from the Gulbarga university. The sample was selected through simple random method of sampling technique.

Tool

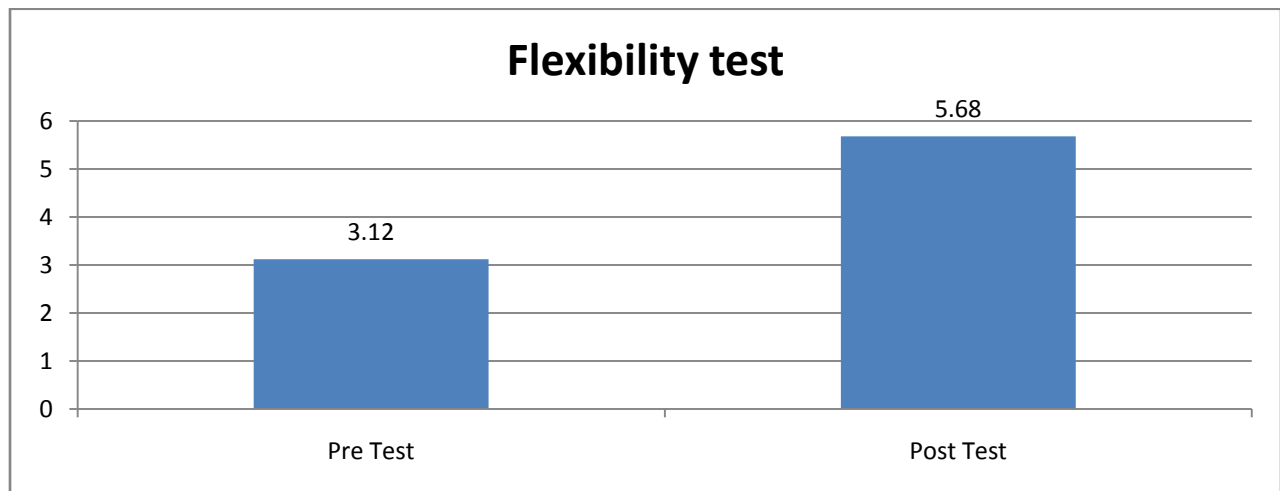
The basic outline of the sit and reach test is described below. Some of the more popular variations are described in more detail above. Equipment required: sit and reach box (or alternatively a ruler can be used, and a step or box) the measuring in inches.

Statistical techniques mean, sd, t test used to calculate the pre and post test to get the significance result.

Table No 1 showing mean, sd, t values of women`s in their flexibility

Sample	N		Flexibility test	t-Values
Pre test	50	Mean	3.120	2.119**
		SD	2.181	
Post test	50	Mean	5.680	
		SD	2.076	

Significance at 0.01**level



The table and graphs showing that the yoga asana practice enhancing the muscular flexibility of sports players. In pre test the mean score is 3.12 inches. After the yoga practice for four weeks the post test mean score is 5.68 inches of flexibility measured. Which showing the influence of the yoga asanas on the flexibility among the women`s. The t value is significant at 0.01 levels.

CONCLUSION

- There is significant effect of yoga asana`s on the flexibility of women`s
- There is significance difference in pre test and post test results on the flexibility among the women`s of Gulbarga university.
- The yoga practice will enhance the flexibility in the muscles.

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