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## Effect Of Yogic Practices On Flexibility Andco-Ordination Of Kho-Kho Players

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### ABSTRACT

Kho-Kho is one of the most popular sports in the world. It appeals to young age groups of various skill levels, boys and girls play it for action as well as competition. Flexibility and co-ordination play important role for the development of Kho-Kho skills. It has been observed from the result of the finding of this study that the training group had shown significant improvement in flexibility and coordinative ability, It could be because of the essence of consistent yogic exercises. Daily yogic exercises may have improved muscle tone, joint mobility, and neuromuscular cohesion. As a result, the chosen subjects' performance has improved significantly.

**Key Words:** Yogic Practices, Flexibility, coordination and Player.

### INTRODUCTION :-

The game of Kho-Kho is passing through an exciting period of changes and development that is making teachers and coaches reevaluate their coaching methods, techniques and tactics. Many research studies have also been completed for the development of the Kho-Kho game. But in western country such researches have been left behind in comparison with our countries. Therefore, the present researcher has selected the such type of study, related to Kho-Kho. Yogic practices like asana, pranayama and meditation increases the performance of the player. This helps to relax the mind and improves focus. Memory lapses can also be avoided by engaging in yogic activities that improve recall. Through continuous yogic effort, one can access the tremendous power of the mind.

### METHODOLOGY

Twenty Kho-Kho players were selected randomly from Darwha, Yawatmal district, who have participated in inter-university and inter-collegiate tournament. The age group of the subjects were ranged between 18 to 28 year. The following tests were administered for data collection:-

- (1) Sit and Reach test was administered to measure trunk flexibility and the score was recorded in centimeters.
- (2) Shoulder Elevation test was used to measure shoulder and wrist flexibility and the score was be recorded in centimeters.
- (3) Eye- Hand Co-Ordination test was applied to assess the co-ordination between eye and hand, and the score was recorded in seconds.
- (4) Eye-Foot Co-Ordination test was applied to assess the co-ordination between eye and foot, and the score was recorded in seconds.



**RESULT OF STUDY:-**

The t-ratio statistical technique was used to calculate the difference in results between the Pre-test and Post-test means. Where t-ratio differences were found to be significant, a tabulated t value was used to measure the significant difference between the means.

**Table No: 01**

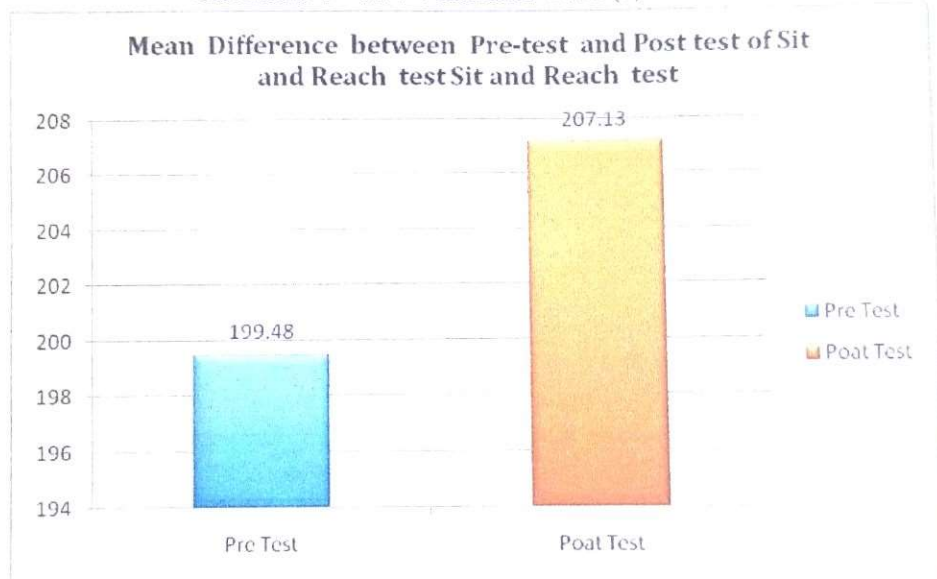
**Mean Difference between Pre-test and Post test: Sit and Reach test**

	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	199.48	18.93	7.65	8.14	0.94
Post Test	207.13	17.46			

@ Not significant at 0.05 level of confidence. Tabulated  $t_{0.05(9)} = 2.262$

From the above Table it is revealed that there is no significant difference between the Pre-test and Post-test of Sit and Reach test. Because the calculated 't' value i.e. 0.94 is less than the tabulated t value i.e. 2.26.

Calculated  $t = 0.94 < \text{tabulated } t_{0.05(9)} = 2.262$



**Table No.2**

**Significant of Mean Difference between Pre-test and Post test: Shoulder Elevation test**

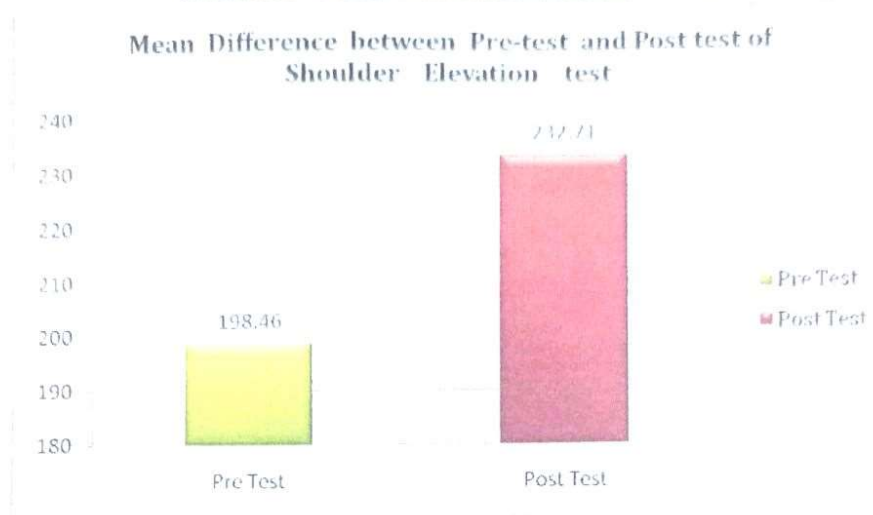
	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	198.46	27.75	34.25	10.83	3.25
Post Test	232.71	15.91			

\*significant at 0.05 level of confidence. Tabulated  $t_{0.05(9)} = 2.262$

If calculated 't' is greater than the tabulated  $t_{0.05}$  then there is a significant difference between the Means of two test performance of group. From the above table it is revealed that there is significant difference between the Pre-test and Post-test of Shoulder Elevation test. Because the calculated 't' value i.e. 3.25 is greater than the tabulated t value i.e. 2.26.



Calculated  $t=3.25 >$  tabulated  $t_{0.05(9)} = 2.26$



**Table No: 03**

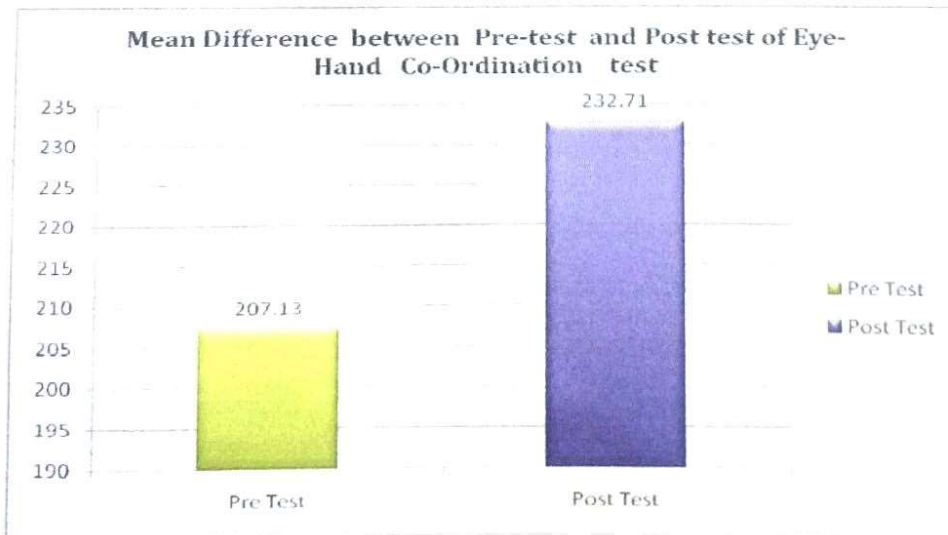
**Significant of Mean Difference between Pre-test and Post test of Eye- Hand Co-Ordination test**

	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	207.13	17.46	27.60	7.69	3.57 <sup>^</sup>
Post Test	232.71	15.91			

\*significant at 0.05 level of confidence.

<sup>^</sup>Tabulated  $t_{0.05(18)} = 2.31$

If calculated 't' is greater than the tabulated t 0.05 then there is a significant difference between the Means of two test performance of group. From the above table it was revealed that there is significant difference between the Eye- Hand Co-Ordination test. Because the calculated 't' value i.e. 3.57 is greater than the tabulated 't' value i.e. 2.31. Tabulated  $t_{0.05(9)} = 2.262$

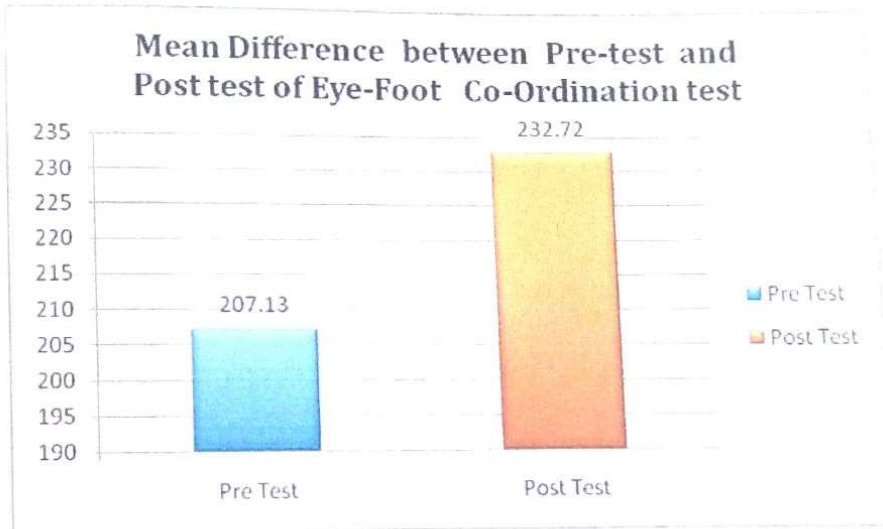


**Table No: 04**  
**Significant of Mean Difference between Pre-test and Posttest of Eye-Foot Co-Ordination test**

	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	207.13	17.46	27.60	7.69	3.57 <sup>^</sup>
Post Test	232.72	15.91			

\*significant at 0.05 level of confidence <sup>^</sup>Tabulated  
 $t_{0.05(18)} = 2.31$

If calculated 't' is greater than the tabulated t 0.05 then there is a significant difference between the Means of two test performance of group. From the above table it was revealed that there is significant difference between the Eye-Foot Co-Ordination test. Because the calculated 't' value i.e. 3.57 is greater than the tabulated 't' value i.e. 2.31



**CONCLUSION :-**

It has been observed from the result of the finding of this study that the training had shown significant improvement in flexibility and coordinative ability, which may be attributed to the essence of daily yogic exercises. Regular yogic exercises may have enhanced muscle tone, joint stability, and neuromuscular coordination. Hence, the selected subjects have shown a significant increase in performance.

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