

EFFECT OF SELECTED YOGASANAS ON HYPEREXTENSION ABILITY OF VERTEBRAL COLUMN

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Abstract:

Yoga is a spiritual discipline related to mind, body and soul, and this union gives a universal consciousness. Yoga is nothing but a relaxation , meditation physical exercise techniques which is use to derives sound body and sound mind. The aim of the study was to find out the effect of Yogasanas on the Hyperextension ability of Vertebral Columns. For the purpose of this study 20 post graduation female students from Kuvempu University, Shankaraghatta were selected as subjects, For the present study, a total of twenty (20) subjects, ten (10) control group and ten (10) experimental group, the age of the subjects was ranging from 20 to 27 years. The variables undertaken for the study was hyperextension ability of vertebral column of female post graduation students. Hyperextension ability of the vertebral column was tested by Bridge-up test (pre test and post test) for both group (control and experimental group) and it was recorded to the nearest quarter of an inch. All the responses were then converted into scores. T-test was used to compare the result. The level of significance was set at a 0.05 level. Significant differences were found between pre Bridge-up test and post Bridge-up test from Kuvempu University, Shankaraghatta post graduation female Students. The flexibility of post graduation students from Kuvempu University, Shankaraghatta age between 20-27 years, were developed because Yogic Asanas were responsible for vertebral column flexibility as well as joints and muscles flexibility.

Key Word: Yoga Asanas, Hyperextension Ability, College Students, Vertebral Column

INTRODUCTION

Yoga is a spiritual discipline related to mind, body and soul, and this union gives a universal consciousness. Yoga is nothing but a relaxation , meditation physical exercise techniques which is use to derives sound body and sound mind. It also helps in breathing. "In fact, this is an effective therapeutic tool for many physical, psychological and mental disorders". Being holistic, it is the best means for reach the goal of physical, social, mental and spiritual wellbeing of the practitioners. No one witnessing on yoga where it was origin and who gave it to society, and who is still caring it. So many histories are there to understand about yoga.

OBJECTIVE OF THE STUDY

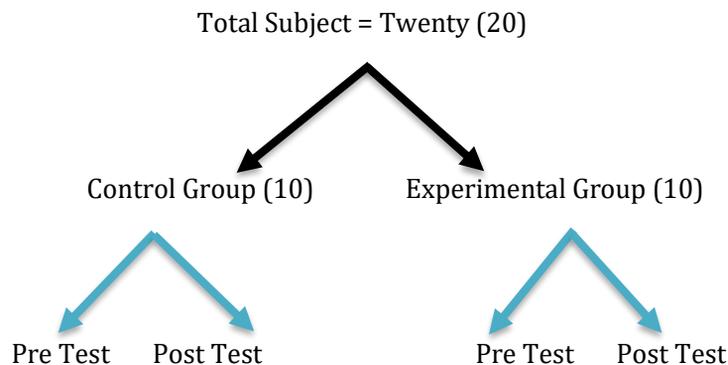
Objective of the study was to find out the effect of Yogasanas on the Hyperextension ability of Vertebral Columns.

METHODOLOGY

For the present study, a total of twenty (20) subjects, ten (10) control group and ten (10) experimental group post graduation female students were selected from Kuvempu University. The age of the subjects were ranged between 20 to 27 years. The selected subjects were divided into control and experimental groups. Hyperextension ability of the vertebral column was tested by Bridge-up test and it was recorded to the nearest quarter of an inch. The selection of the subjects for collecting data random group design was used for this study. In

order to find out the effect of selected yoga- asanas on hyperextension ability of vertebral column in pre test and post test result of the subjects. T-test statistics were applied. The level of significance to check the obtained T-test ratio was set as 0.05 level of significance, which was considered as appropriate for the purpose of this study.

Research Design



DATA COLLECTION TOOL

Data was collected with the help of a Bridge-up test.

ADMINISTRATION OF TRAINING PROGRAM

The researcher explains to the subjects (experimental group students) in detail regarding the testing procedure, experimental training method and the type of different Yoga Asanas which they had to do during the period of experimentation. The researcher asked the subjects to practice the 8 different Asanas for the development of flexibility of the vertebral column for a period of 8 weeks 3 days a week. The subjects had to perform Surya-Namaskar, Yogic Asanas 3 days per week for 8 weeks. Duration, frequency and repetition of Asanas were determined in a steady progressive manner from the first day to last day of the experiment. Performance of the (control and experimental group) subjects in Bridge-up test was taken at the beginning and at the end of 8 weeks experimental training period. The data were collected from post graduation female students from Kuvempu University, Shankaraghatta.

SCHEDULE OF TRAINING PROGRAM

The researcher had given training 3 days per week for a period of 8 weeks. The following Asanas practice was given during the 8 weeks training:

1. CHAKRASANA
2. PADAHASTASANA
3. BHUJANGASANA
4. HALASANA
5. DHANUR ASANAS
6. USTRASANA
7. PASCHIMOTTANASANA
8. MATSYASANA

Total Duration: - 8 weeks

Frequency: - 3 days in a week

ANALYSIS OF DATA

The statistical analysis of the collected data due to the effect of weeks Yogasanas on the Hyperextension ability of Vertebral Column in pre test and post test of the post graduation female students from Kuvempu University, Shankaraghatta was computed by 'T' ratio which is presented in Table-1 and Table- 2.

Table - 1
Mean, Standard deviation and t value of controlled group

Group	Scores of	Mean	Std. Deviation	t - value
Controlled	Pre-test	100.90	4.408	-.429
	Post-test	101.00	4.447	

In table 4.1 the result shows that there is no significant difference between pre and post test control group of hyperextension ability of vertebral column . Here the calculated table value was 0.429 which is lower than the theoretical value 2.262. So it is not significant at 0.05 level.

Table - 1
Mean, Standard deviation and t value of experimental group

Group	Scores of	Mean	Std. Deviation	t - value
Experimental	Pre-test	103.70	16.977	3.252
	Post-test	97.00	14.212	

* Significant at 0.05 level

In table 4.3 the result shows that there is a significant difference between pre and post test experimental group of hyperextension ability of vertebral column. Here the calculated table value is 3.252 which is higher than the table value 2.262. So it is significant at 0.05 level.

CONCLUSION

From the result finding, it was clearly shown that there was a significant difference between pre and post test result on Hyperextension ability of Vertebral column of the post graduation female students from Kuvempu University, Shankaraghatta.

After 8 weeks of Yogic Training on the flexibility of post graduation students were developed because Yogic Asanas were responsible for vertebral column flexibility as well as joints and muscles flexibility. Asanas help us produce more of this liquid matter which tones up the sinews.

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