

EFFECT OF IRON YOGA TRAINING ON FLEXIBILITY AND BALANCE

Dr. M. Uma Kamalavathi

Dr. S. Sumathi

Abstract

The purpose of the study was to find out the effect of iron yoga training on flexibility and balance among college students. To achieve the purpose of the study thirty men students were selected from Aditanar College of Arts and Science Tiruchendur. The age of the subjects was ranged from 21 to 28 years respectively. The subjects selected for this study were randomly divided into two groups of fifteen subjects each. The experimental group I was named as Iron yoga training group and Group II acted as controlled group. All the subjects in the experimental group (iron yoga Training) were given their respective training programme three alternative days in a week for 6 weeks duration in addition to the regular physical education activities of the department as per the curriculum. The data collected from the subjects were treated with dependent "t" test and analysis of co-variance (ANOVA) to find out the adjusted mean difference between the groups. It was concluded that, the experimental group had significantly improved the flexibility and balance and also there was a significant difference among the adjusted post – test means of experimental group and control group on flexibility and balance.

INTRODUCTION

Iron yoga may surprise you that for a long-time resistant type of yogic training were strictly a boy's activity, at least in western cultures. In fact, young girls were warned not to undertake such strenuous activity lest their blood vessels would burst! Fortunately, around the turn of the century females realized that some was pulling the wool over their eyes and began iron yoga with a vengeance (Hardayal Singh, 1995).

Iron yoga increases dynamic balance because the athlete must make numerous neuromuscular adjustments to the imbalance created by each of the hundreds of yogic exercises per training session.

These adjustments also force the athlete to balance the body weight on the balls of the feet, reinforcing the universal athletic position. The universal athletic position is a standing position of readiness that allows the athlete to react quickly in any direction and then more back to the starting position. In sports play this position also requires slightly crouching with the weight balanced on the balls of the feet and one foot placed slightly in front of the other (Bompa, 1999).

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the effect of iron yoga training on

flexibility and balance among college students.

METHODOLOGY

To achieve the purpose of the study, thirty men students were selected from Aditanar college of Arts and science, Tiruchendur. The age of the subjects was ranged from 21 to 28 years respectively. The subjects selected for this study were randomly divided into two groups of fifteen subjects each. The experimental group I was named as iron yoga training and group II acted as control. All the subjects in the experimental group (iron yoga training)

were given their respective training programme three alternative days in a week for six weeks duration in addition to the regular physical education activities of the departments as per the curriculum. The data collected from the subjects were treated with analysis of covariance(ANACOVA) to find out the adjusts mean difference between the groups.

ANALYSIS OF DATA

The data were analyzed and presented in table I & II.

Table I Mean and Dependent 'T' Test of Experimental and Control Groups on Flexibility and Balance

Variables	Mean	Experimental Group	Control Group
Flexibility	Pre test	15.07	14.07
	Post test	19.20	14.00
	't' test	15.10*	1.00
Balance	Pre test	10.86	10.03
	Post test	12.35	10.02
	't' test	7.77*	1.47

*Significant at 0.05 level (df14=2.201)

Table II Analysis of Covariance of Experimental and Control Groups on Flexibility and Balance

Variables	Adjusted Post Test Means		Sources of Variance	SS	df	Mean Squares	f-ratio
	Experimental Group	Control Group					
Flexibility	18.71	14.49	Between	126.31	1	126.31	205.55*
			Within	16.59	27	0.62	
Balance	11.94	10.43	Between	16.27	1	16.27	56.72*
			within	7.75	27	0.27	

*Significant at 0.05 level of confidence, (df 1, 27 = 4.21).

RESULTS AND DISCUSSION

Table I shows that the obtained t – ratio value on flexibility and balance of experimental group is higher than the table value , it is understood that the flexibility had made significant improvement on flexibility and balance. However, the control group has not made significant changes as the obtained ‘ t ’ value is less than the value because it was not subjected to any specific training.

Tale II shows the obtained ‘ F ’ ratio value is 205.55 and 56.72 which are higher than the table value 4.21 with df , and 27 required to be significant at 0.05 level. Since the obtained value of ‘ F ’ ratio is higher than the table value, it indicated that there is significant difference has made among the adjusted post – test means of experimental group and control group on flexibility and balance.

The experimental group may influence the significant difference on flexibility and balance.

The results of this investigation are in accordance with previous studies (Asmussen, 1974; Adams, et al. 1992; Behm, & Sale, 1993; Cavagna, 1977; Cavagna, 1968). From the results of the study and also inferred from the literature, it was concluded that iron yoga training plays a vital role in enhancing balance and flexibility.

CONCLUSIONS

The experimental group had significantly improved the flexibility and balance.

There was significant difference among the adjusted post – test means of

experimental group and control group on flexibility and balance.

REFERENCES

1. Adams K, O'Shea JP, O'Shea Kl, Climstein M. The Effect of Six Weeks of Iron Yoga Training on Power Production. *Journal of Applied Sport Science Research*. 1992; 6(1):36-41.
2. Asmussen, E. (1974). Apparent Efficiency and Storage of Elastic Energy in Skeletal Muscles in Man. *Acta Phys. Scand.*, 91, 385-392.
3. Behm, D.G., & Sale, D.G. (1993). Velocity Specificity of Iron Yoga Training. *Sports Medicine.*, 15, 374-388.
4. Cavagna, G. (1968). Positive Work Force by a Previously Stretched Muscle. *Journal of Applied Physiology.* 24, 21-32.
5. Cavagna, G. (1977). Storage and Utilization of Elastic Energy in Skeletal Muscle. *Exercise and Sports Science Review.*, 5, 89-129.
6. Hardayal singh, (1995), “Science of sports Training,” Delhi: D.V.S publication.
7. Tudor O. Bompa, (1991), “Theory and methodology of sports training,” U.S.A. Human kinetics.

Dr. M. Uma Kamalavathi

Assistant Professor

Sri Sarada College of Physical Education for Women, Salem

Dr. S. Sumathi

Assistant Professor, Sri Sarada College of Physical Education for Women, Salem