Effect of Slow Suryanamaskar on Co-ordination among Male Football Players

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Abstract: The present study aimed to examine the "Effect of slow suryanamaskar on co-ordination among state level male football players". The subjects' sample consists of forty-five (N=30) state level male football players ranging between 18-25 years of age were selected randomly. The subjects were divided into two groups namely: Experimental Group (15 subjects in total) and Control Group (15 subjects). Experimental Group-I (n=15) was given slow suryanamaskar training, and Group-II (n=15) was chosen as control group. Initial (pre-test) and final (post-test) scores in the criterion was collected through the administration of Eye-Foot Co-ordination Test. The obtained data were computed using IBM SPSS computer software version 20. The level of significance was set at .05. To study the different training method's effect on selected dependent variable, the pre-test and post-test means were compared by applying the paired sample 't' test. 12 weeks of slow suryanamaskar training showed significance effect on the variable of co-ordination among state level male football players.

Keywords: Suryanamaskar, Co-ordination, Football players, Eye-Foot Co-ordination Test.

INTRODUCTION

Due to the development of scientific advancement in the field of physical education and sports sciences, the physical educationists not only perform the orthodox methods of activities and exercises for joy, relaxation, amusement, pleasure, enjoyment and fitness, but nowadays keeping a panorama in attaining scientific corroboration that has to implement their effectiveness in sports training. Sports are able to give outstanding performance because of involvement of few scientifically substantiated training methods and means of execution of sports exercise such as sports techniques and tactics improvement of sports gear and equipment as well as other components and conditions of sports training *(Matveyer, 1981).* Taking into consideration on the fact of economy, without equipment (free hand) and their enormous benefits, Suryanamaskar will be of profound effects in methods of sports training to enhance the performance of sportsman by developing various motor-fitness parameters.

Football is the world's topmost popular and very much admired form of sport. Football is a team game combative sports which is played in between two opponents and most attended spectacular game in the world. Yogic practice like suryanamaskar is a physical and mental exercise practiced throughout the world. Many research studies of the past report that yogic training improves the performance of sportsperson in various sports discipline. Application of Yogic Exercise has considerable scope in the promotion of sports. Promotion of sports depends on basic motor fitness, physiological factors, specific sports skill and psychological factors too. To become a successful football player, one needs to understand the required characteristics. It is a combative team sports and in order to fulfill the perfect execution of the technical skills and tactical ability, football player requires a high level of development in motor fitness and physiological parameters. Then, a player can only able to perform well in optimum

level. Earlier studies clearly describe that the disturbed physiological state directly influences the motor fitness, as a result directly affects the performance factors and also it was accorded by the professional experts. With these causes and effect, to visualize the status of selected motor fitness i.e. reaction time characteristics of state level male football players and the effect of newly designed treatments training of slow and fast suryanamaskar of the football players, the variable underlie the reaction time was chosen as the criterion variables.

STATEMENT OF THE PROBLEM

The main purpose of the study was to find out the effect of slow Suryanamaskar on co-ordination among state level male football players.

METHODS AND PROCEDURE

For the purpose of the study random experimental control group design was adopted in this study. The subject's sample consists of N=30 state level male football players ranging between 18-25 years of age were randomly selected from the football players of AIM football Club, Khabam, Manipur. The subjects were randomly divided into two groups of 15 subjects each group namely: Experimental Group-I (n=15) was given slow suryanamaskar training and Group-II (n=15) had undergoes their usual training only to act as control group. Test and criterion measure for testing co-ordination was measured by using Eye-foot Co-ordination Test and the scores were recorded in number.

The training was administered for a period of 12th weeks, 5 days a week, 1 session a day, each session lasting for 45 minutes. Both the experimental group-I, and Control Group-II was subjected to their usual training schedule. In addition to the above usual training schedule, the experimental Group-I had undergone fast suryanamaskar practice. The practice was meted out for 45 minutes to Group-I and Group-II. Pre-test and post-test data was collected through the administration of eye-foot co-ordination test before the commencement and after the completion of experimental treatment. The obtained data were systematically computed using IBM SPSS computer software version 20 and level of significance was set at .05. In order to reveal the different training method's effect on co-ordination, the pre-test and post-test means were compared by applying the paired sample 't' test.

RESULTS AND FINDINGS

The data were collected for 15 subjects from experimental group and 15 subjects from control group. Analysis of all the collected data, their results and discussion are systematically presented as follows.

Table-1
COMPARISON OF PRE-TEST AND POST-TEST OF SLOW SURYANAMASKAR GROUP ON CO-ORDINATION AMONG STATE LEVEL MALE FOOTBALL PLAYERS

Variable	Testing Condition	Mean	SD	MD	SEM	't'	Sig
Co-ordination	Pre-Test	9.86	1.59	1.80	.39	**4.58**[*]	**0.000**
	Post-Test	8.06	1.79				

Significance at .05 level   Tabulated value of df(14)=2.14

An analysis of Table-1 shows that the pre-test and post-test mean of slow suryanamaskar group on co-ordination are 9.86 and 8.06 and their calculated 't' value is 4.58 which is greater than that of tabulated value 2.14 at 0.05(14) level of confidence. It was indicated that there was significance difference between the pre-test and post-test of slow suryanamaskar group on co-ordination among state level male football players.

Table-2
**COMPARISON OF PRE-TEST AND POST-TEST OF CONTROL GROUP ON
CO-ORDINATION AMONG STATE LEVEL MALE FOOTBALL PLAYERS**

Variable	Testing Condition	Mean	SD	MD	SEM	't'	Sig
Co-ordination	Pre-Test	8.8	1.56	.333	.27	1.23	.238
	Post-Test	9.1	1.72				

Significance at .05 level   *Tabulated value of df (14)=2.14*

An analysis of Table-2 shows that the pre-test and post-test mean of control group on co-ordination are 8.8 and 9.1 and their calculated 't' value is 1.23 which is lower than that of tabulated value 2.14 at 0.05 (14) level of confidence. It was indicated that there was no significance difference between the pre-test and post-test of control group on co-ordination among state level male football players.

DISCUSSION OF FINDINGS

The findings of study confirmed that there was significance difference between the pre-test and post-test of slow suryanamaskar group on co-ordination among state level male football players. . It may be attributed to the fact that 12 weeks of suryanamaskar training may be improved the co-ordination of the experimental group. However, no significant significance difference between the pre-test and post-test of control group on co-ordination. A study conducted by *Bhalerao (2015)* revealed that there was significance difference in eye hand co-ordination among the hockey, volleyball, football and cricket players.

CONCLUSION

Based on the finding of the study, the following conclusion was drawn:

- It was concluded from the finding that 12 weeks of weeks of fast suryanamaskar training showed significance improvement on the variable of co-ordination among state level male football players. However, no significant improvement was observed in control group.

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