

Effect of Complex Training with Yogic Practices on Selected Motor Fitness Variables and Playing Ability Among Kabaddi Men Players

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ABSTRACT: *The reason for the study is to figure out the impact of complex preparing with yogic practices on chosen engine fitness variables and playing capacity around men Kabaddi players. To attain this motivation behind the study sixty male Kabaddi players were chosen at irregular from in and around the Guntur locale of Andhra Pradesh. The age, stature and weight of chosen subjected were extended from 18 to 25 years, 165 to 170 cm. what's more 55 to 65 kilogram individually. The chose subjects were isolated into three assemblies of twenty each at arbitrary. Group "An" experienced complex preparing, Group "B" experienced complex preparing with yogic practices for four session for every week and Group "C" went about as control gathering in which they didn't experience any unique preparing programme separated from their customary programme of the educational module. The entire whole subject gave a composed steady and no impulse was made to tune in the preparation programme. A qualified medical practitioner inspected the subjects and proclaimed that they were restoratively and physically fit to take part in the training.*

KEYWORDS: *Kabaddi, Players, Motor Fitness, Yogic, Men.*

I. INTRODUCTION

"Games" is a ubiquitous display and a mass social development of contemporary times. In whatever time was spent authentic advancement brandishes has possessed an unmistakable place both in the ethical society of a social order. Its social essentialness presses on to fly. In the present day days 'wears for all' turn into an extremely prominent motto. Participation in games will yield best physical fitness and positive health for all. In the dash situation of cutting edge life individuals require more practice to keep their physique and mind fit to execute the regular exercises successfully. Were mortal is a dynamic animal. He controls limits for development. He has all the essential Neuro brawny systems that make development conceivable and energize terrible engine movement of the whole being. Without this support there is no life physiologically, while man is animated, he should move somehow. In the present day days, sports and amusement have got considerably more pertinence in the connection of men and ladies getting physical practice and along these lines keeping one self fit and possessing the recreation time in a productive way. Therefore, it should be an endeavour for organizations in the social order to strive optimally to make accessible sufficient offices and sound programme of games and recreations at each start like schools and school, production lines and business strongholds, organizations and withdraws companies and orgs in country and urban zones. So individuals of all ages pick a few recreations or brandishes occasions for participant.

II. AIMS & OBJECTIVES OF STUDY

To figure out the impact of complex preparing on chosen engine fitness and playing capacity around Kabaddi men players. The effect of complex preparing in addition to yogic practices on chosen engine fitness variables and playing capability around Kabaddi men players. The motivation behind this study was to discover the "impact of complex preparing programme with yogic practices on chosen engine fitness variables and playing capacity around kabaddi men players.

Limitations & Delimitations

1. Heredity and ecological element which help mental, physiological and sociological elements have not been regulated.
2. No extraordinary cause systems were utilized throughout the test. Therefore the contrasts that may have happened in the test because of absence of inspiration was distinguished as a restriction for this study.
3. Past physical preparing in games and diversions were not looked into.
4. Since the subjects were non-hostellers, the agent did not require any exertion to control and evaluate the quality and amount of sustenance taken by everybody.
5. No exertion was invested request to discover the impact of ecological updates throughout preend post tests and the preparation period.
6. In spite of the fact that the subjects were spurred verbally, no endeavor was made to separate their cause level throughout the testing and preparing period.

The present study was delimited in the following aspects.

- [1] The present study was restricted to men kabaddi player at between university levels.
- [2] The aggregate number of subjects for the present study was 60. They were partitioned into three aggregations. Each assembly comprising of 20 subjects.
- [3] The preparation period was delimited to 12 weeks.
- [4] The information was gathered former and 12 weeks later of preparing programme.
- [5] The level of importance was altered at 0.05 levels.
- [6] Engine fitness variables were delimited to speed, deftness, adaptability, unstable force, husky persistence and coordination.
- [7] Further this study delimited just playing capacity of the subject.
- [8] The study was restricted to the age assembly of 18 to 23 years just. The perplexing preparing practice was confined to the accompanying activities.

- Military press

- Leg curl

- Clean and jerk

- Abdominal crunches

- Half Squats

- Medicine ball over head throws

- Hopping

- Leg tuck jump

- Medicine ball sit and throw

- Bouncing

9. The perplexing preparing with yogic practices activities were delimited to the accompanying activities.

- Pranayama

- Meditation

- Surya Namaskar

- Ardha halasana

- Ardha pavanamukthaasana

- Dhanurasana

- Badmasana

- Vakarasana

- Makarasana

- Bhujanasana

- Ardha salabasana
- Pachimotagasana

III. METHODS & MATERIALS

A. Complex training

It is a quite successful manifestation of physical preparing that joins together both safety quality preparing and plyometric hazardous force preparing. The thought is to utilize the mixture of safety and plyometric activities to sublimely captivate the apprehensive framework and initiate more filaments. Complex preparing portrays a force advancing workout that consolidates weights and plyometric activities. About 10 years back, these work outs were welcomed with extraordinary praise as examination demonstrated that they could altogether improve quick twitch muscles filament power and along these lines, rapid sports execution. Complex preparing is a standout amongst the most development manifestations of games preparing. Joins safety preparing, plyometric, and sports-particular development. It comprises of an extraordinary safety practice accompanied by a plyometric practice. Complex preparing enacts and works the apprehensive framework and quick twitch muscles filament synchronously. The safety practice initiates the quick twitch muscles strands. The plyometric development pushes those muscles strands that have actuated by the safety preparing development. Throughout this actuated state, the muscles have an enormous capability to adjust. This manifestation of extraordinary preparing can educate moderate twitch muscles filaments to perform like twitch strands.

B. Yogic practices

Yoga is an antiquated Indian rationality dependent upon differing breathing, extending and contemplation practices. The "Physical" part of yoga (Hatha) comprises of some extending and quality building activities of differing level of challenge called asanas. In integral elective medication, Hatha yoga has demonstrated to decrease stress and torment. Yoga sutra characterizes asana as that which is agreeable and simple, and in addition firm. It is a dynamic position, in which the professional is impeccably balanced between action and non-movement, being doing and "being carried out by" the carriage. A comparing mental equalize exists between development and stillness. Yoga shows that every carriage reflects a mental demeanor, if that state of mind be one of surrender, as in a forward bowing asana, or the reinforcing of the will, through retrograde curving postures, or the making of physical request to God or contemplation with form, as in the act of padmasana (Lotus carriage). A carriage or asana might be utilized for restoring particular organs and organs and also the spine.

IV. MATERIAL OBSERVATION, ANALYSIS & DISCUSSION

The purpose of this study was to determine the effect of complex training and complex training with yogic practices on selected motor fitness variables and playing ability of kabaddi players. For this purpose, sixty inter-collegiate kabaddi players were selected at random as subjects. They were divided into three groups namely: Group 'A' underwent complex training, Group 'B' underwent complex training with selected yogic exercises and Group 'C' acted as control group this group not involve any specific training programme other than their regular physical activities programme as per their college curriculum. The training were given four days per week for a period of 12 weeks. The data were obtained before the training periods (pre-test) and after the 12 weeks of the training period (post-test)

Playing ability

The below playing ability performance scored through expert judges in the field of Kabaddi.

CRITERION MEASURES		
VARIABLES	TEST	UNIT OF MEASURES
Speed	50 yard dash	In seconds
Agility	Shuttle run	In seconds
Flexibility	Sit and reach	In centimeter
Explosive power	Vertical jump	In centimeter
Muscular endurance	Bent knee Sit-ups	In numbers
Coordination	Scott obstacle race test	In seconds
Overall playing	ability Judges rating	In points

Training Protocol

During the training period, the experimental group 'A' underwent complex training and group 'B' underwent complex training with yogic practices. The training four days per week and group 'C' acted as control group who were not participated any special training apart from the regular curricular activates. The training programme carried out in Sri Kasu Brahmananda Reddy Stadium, Guntur district of Andhra Pradesh. The subject underwent the respective programmes as per the schedules under the supervision of the investigator. Each training session was conducted only in the morning time. Prior to every training session both the group had ten minutes warm up exercise. The entire subject involving in the training programme was questioned about their stature throughout the training period. None of them reported injury. However, muscle soreness and fatigue were reported in the early weeks, which subsided later.

GROUP	TREATMENT
Group I	Complex training
Group II	Complex training with yogic exercises
Group III	Control group
Training Duration	Sixty minutes
Training Section Per week	Four days for complex training group, every day and for complex training with yogic practices.

V. RESULT ANALYSIS

Analyses of results were absorbed as below list.

- a. The complex training improves the motor fitness variables on speed, agility, flexibility, explosive power, muscular endurance and coordination of kabaddi men players.
- b. The complex training improves the overall playing ability of Kabaddi men players.
- c. The complex training with yogic practices group improves the motor fitness variables on speed, agility, flexibility, explosive power, muscular endurance and coordination of kabaddi men players.
- d. The complex training with yogic practices group improves the overall playing ability of Kabaddi men players.
- e. The complex training with yogic practices group improves the motor fitness variables on speed, agility, flexibility, explosive power, muscular endurance and coordination are better than the complex training and control group of kabaddi men players.
- f. The complex training with yogic practices group improves the overall playing ability better than the complex training and control group of Kabaddi men players.
- g. The complex training improves the motor fitness variables on speed, agility, flexibility, explosive power, muscular endurance and coordination better than the control group of kabaddi men players.
- h. The complex training improves the overall playing ability better than the control group of Kabaddi men players.

VI. CONCLUSION

In light of the consequence of the study the accompanying conclusions are drawn. The complex preparing aggregation has essentially enhanced speed, spryness, adaptability, dangerous force, bulky continuance, coordination and playing capability when contrasted and control group. the complex preparing with yogic practices aggregates have fundamentally enhanced speed, dexterity, adaptability, unstable force, brawny perseverance, coordination and playing capacity when contrasted and control bunch. The point when think about between complex preparing and complex preparing with yogic practices. The perplexing preparing with yoga practice assemblies is superior to complex preparing in connection to speed, dexterity, adaptability, unstable force, brawny perseverance, coordination and playing capacity. The consequence of the study plainly demonstrates that the perplexing preparing with yogic practice gathering could upgrade the chose engine fitness variables and playing capability. Consequently, it is prescribed that the mentors and different coaches could accompany the perplexing preparing with yoga practices programme to improve their playing capability.

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