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## The effect of yogasanas on selected physical fitness of cricketers

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### Abstract

In present era now it is quite clearly proved that Yoga plays a great importance in normal peoples' life as well as contributes a lot in different games and sports for betterment in performance. Cricket is first recorded as a game played by schoolboys in Guildford in the sixteenth century and is found recorded in an Italian-English dictionary in 1598. The purpose of this study was to find out the effect of yogasanas on the health related physical fitness namely Flexibility and Abdominal Strength Endurance and skill related physical fitness, namely Balance of cricketers. The study was confined to a particular cricket academy located at Barasat of the age group from 15 to 18 years. The study was delimited to 40 male cricket players selected randomly and divided into two groups namely control and experimental. The data pertaining to the health and skill related physical fitness of the experimental and control group were tested by "t" test. The level of significance chosen was .05. There were significant differences in the initial means and the final means of the health and skill related physical fitness of the subject of experimental group after the completion of six weeks various yogasanas training program as the obtained "t" ratio (4.60) was greater than the tabulated "t" value (2.02) in case of flexibility, then obtained "t" ratio (3.24) was greater than the tabulated "t" value (2.02) in case of abdominal strength endurance and in case of balance, the obtained "t" ratio (2.90) was greater than the tabulated "t" value (2.02). For all three above results the level of significance was set at .05 level at 38 degrees of freedom. It was also evident from the same table that there was no significant difference in the initial and final means of the health and skill related physical fitness of the subjects of control group as the obtained "t" value (1.85) for flexibility, (1.76) for abdominal strength endurance and (1.60) for balance were less in all three cases than required tabulated "t" value (2.02) at .05 level of significance of with 38 degree of freedom.

**Keywords:** Yoga, cricket, health related fitness, skill related fitness, flexibility, abdominal strength endurance, balance

### Introduction

Cricket history is particularly murky and vague as to the exact origins of the game; it is believed to have been born in England in the late middle ages. Edward III banned a game similar to cricket in 1369, 'pila baculovirus or 'club ball' as it was known, as he saw it as being a distraction to his war effort. Derek Birley in his wonderful book, 'A Social History of English Cricket' suggests the game came to England with the French during the time of the Norman Invasion, that their word 'criquet' was the dialect name for a variation of club ball, the game Edward the III had sought to eradicate. There is record of the word 'creag' as a derivative of the word creaget in 1299-1300 in the Royal Wardrobe Accounts, for the then Prince Edward the II to play 'creag' and other games. There is no evidence that creag was the same as criquet, the links are too tenuous and games rarely appear in any records of this time unless the aristocracy were playing them or trying to have them eradicated as being morally degenerate. Cricket is first recorded as a game played by schoolboys in Guildford in the sixteenth century and is found recorded in an Italian -English dictionary in 1598.

Yoga is one of the oldest sciences of the world originated from India, which is very useful for both getting and maintaining the physical, mental and moral health. This yoga was started with the development of civilization. According to one of the classical texts of yoga known as Hatha yoga pradipika, Lord Shiva is the first teacher of yoga, whereas Bhagavad-Gita tells Lord Krishna is the first teacher of yoga. The historical evidences of yoga were seen up to 4500 B.C. So the time before 4500 B.C. and after 4500 B.C. up to Patanjali period is considered as pre Patanjali period.

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The main sources which we can get during those times are Vedas, Upanishads, Smriti, Teaching of Buddha, Jainism, Panini, Epics and Puranas.

Present study was planned to analyse the effect of various yogasanas on selected health and skill related physical fitness on cricketers. It was believed that the result of the study will be helpful in implementing yogasanas in different games and sports of similar nature.

**Methodology**

The study was confined to 40 cricketers, selected randomly from a local cricket academy located at Barasat and age ranged from 15 to 18 years. After dividing into two groups, some specific yogasanas were given to the experimental group only. Control group remain in same schedule as they did before. All the subjects were tested on selected health related physical fitness namely- flexibility and abdominal strength endurance and skill related fitness namely-balance. Flexibility was measured by the help of “Sit and reach test” and the result was recorded in Inches. Abdominal strength endurance was measured by the help of “One minute bend leg

sit-ups” and the score was recorded in total no. of sit-ups performed in one minute time. Further, balance was measured by the help of “Stroke stand test” and the score was recorded in Seconds. The data for measuring the above mentioned parameters were collected twice-first was collected prior to the training of yogasanas, and second after the completion of 8 weeks of yogasana training programme. The yogasana training period was of 8 weeks, thrice a week. The subjects had undergone Surya Namaskar, different yogasanas and savasana practice for 65 minutes. Frequency, duration and repetition of asanas were performed in a week wise progressive manner.

**Statistical Procedure**

The data of measuring flexibility, abdominal strength endurance and balance were collected and statistically analyzed through “t” test. The level of significance was set at 0.05 level.

**Findings**

**Table 1:** Means, Standard Deviations and “t” ratio of Flexibility between Pre and Post-test of two groups

	Variables	Pre-test mean	Post-test mean	Dm	σ Dm	‘t’ ratio
Experimental group	Flexibility	12.13	16.35	4.22	0.84	4.60*
Control group		12.56	12.87	0.31	0.26	1.85

“t”<sub>0.05(38)</sub>= 2.02

From the above table, it was clearly understood that the calculated “t” value (4.60) was greater than tabulated “t”

value (2.02). The evidence was enough to indicate that yoga training has a significant effect on flexibility of cricketers.

**Table 2:** Means, Standard Deviations and “t” ratio of Abdominal Strength endurance between Pre and Post-test of two groups

	Variables	Pre-test mean	Post-test mean	Dm	σ Dm	‘t’ ratio
Experimental group	Abdominal Strength Endurance	22.50	27.35	4.65	0.74	3.24*
Control group		21.75	22.07	0.32	0.31	1.76

“t”<sub>0.05(38)</sub>= 2.02

From the above table, it was clearly understood that the calculated “t” value (3.24) was greater than tabulated “t” value (2.02). The evidence was enough to indicate that yoga

training has a significant effect on Abdominal Strength endurance of cricketers.

**Table 3:** Means, Standard Deviations and “t” ratio of Balance between Pre and Post-test of two groups

	Variables	Pre-test mean	Post-test mean	Dm	σ Dm	‘t’ ratio
Experimental group	Balance	10.34	15.42	5.08	0.52	2.90*
Control group		10.75	11.38	0.63	0.23	1.60

“t”<sub>0.05(38)</sub>= 2.02

From the above table, it was clearly understood that the calculated “t” value (2.90) was greater than tabulated “t” value (2.02). The evidence was enough to indicate that yoga training has a significant effect on balance of cricketers.

**Discussions of Findings**

On the basis of the outcome of the result, it clearly indicates that there was significant improvement in case of flexibility, abdominal strength and balance after 8 weeks training of practicing yogasanas. Firstly in case of flexibility, the muscle plays a tremendous vital role. The contractibility and muscle tenacity are very much important in flexing the required joints. With the help of yogasanas, the ability of increasing the range of motion takes place. In cricket flexibility is one of the pre dominant requisite for better performance. Different types of asanas like Chakrasana, Paschimottanasana, Padahastana, and Ardha Matsyendrasana are responsible for

spine and muscle flexibility. Secondly without abdominal strength endurance no cricketers can plays for longer duration. Asanas like Naukasana, Salabhasana, Matsyasana, and Trikonasana help to develop core strength for abdomen. Lastly in cricket, balance is like the alternative word for it. Without balance no one can survive in performing any skill. The secret of top class performance in cricket is dependent on balance without any doubt. Asanas like Tadasana, Vrikshasana, Mayrasana, Utkatasana, Garurasana etc plays vital role in developing balance even in adverse situation. Gore MM Bhogal RS. & Raja Purkar, M.V (1990) <sup>[11]</sup> conducted a study on twenty young men hockey player to see the effect of yogasana on flexibility and strength endurance and there they found out a significant amount of improvement in both cases. The present study also revealed that there was significant effect of yogasana on flexibility and strength endurance, hence supported the studies of above authors.

L.R.T. Williams (1990) conducted a study on 100 young men gymnasts to see the effect of various yogasana on static and dynamic balance and there they found out a significant amount of improvement after implying the yogasana for 3 months. The present study also revealed that there was significant effect of yogasana on flexibility and strength endurance, hence supported the studies of above author.

#### Conclusion

From the present study, it may be concluded that the yoga practice can be significantly develop multiple health and skill related physical fitness in young cricketers and other sports persons. More specifically yoga can improve the flexibility, abdominal strength endurance and balance, thus helps in better performance.

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