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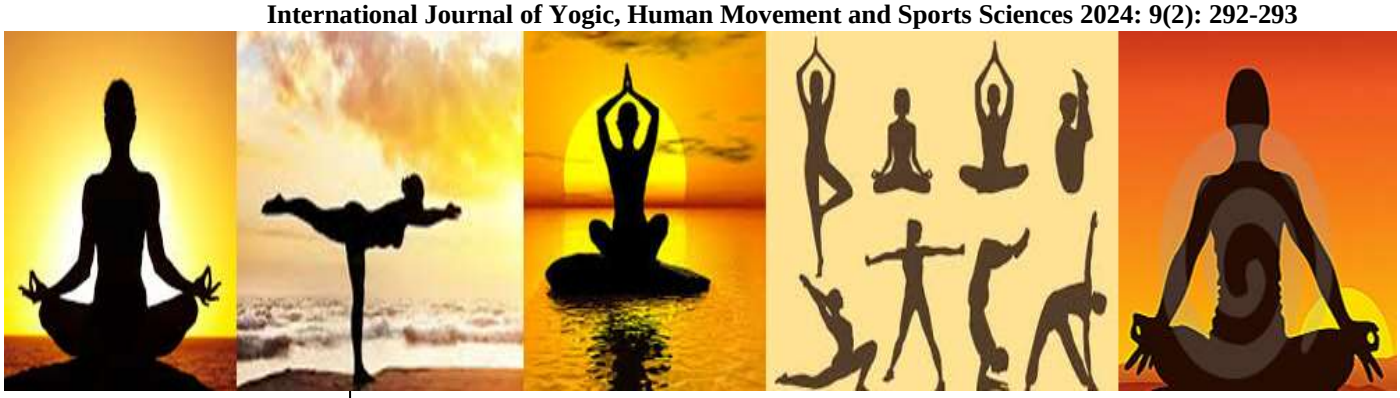

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Dr. A Praveen Kumar
Assistant Professor, Vikrama Simhapuri University, Nellore, Andhra Pradesh, India

Corresponding Author:
Dr. A Praveen Kumar
Assistant Professor, Vikrama Simhapuri University, Nellore, Andhra Pradesh, India

Effect of SAQ training and yogic practices on power parameters among college soccer players

Dr. A Praveen Kumar

Abstract
SAQ (Speed, Agility, and Quickness) training is a dynamic approach to enhancing athletic performance, focusing on improving an athlete's speed, reaction time, and overall agility. Yogic practices encompass a holistic approach to well-being that integrates physical, mental, and spiritual dimensions. Through regular engagement in yogic practices, individuals can cultivate greater self-awareness, reduce stress, and enhance overall health, making it a versatile discipline suitable for people of all ages and fitness levels. The purpose of the study was to find out the effect SAQ training and yogic practices on power parameters among college soccer players. Thirty six college soccer players studying from Nazareth Margoschis College, Nazareth, Popes College, Sawyerpuram and St. John's College, Palayamkottai were selected randomly as subjects. The age of the subjects ranged from 18 to 25 years. The selected subjects were divided into three groups. Group I underwent SAQ training, Group II underwent yogic practices and Group III acted as control. The experimental groups (SAQ training and yogic practices) was subjected to the SAQ training and yogic practices for alternative three days for up to eight weeks. The SAQ training and yogic practices was selected as independent variable and the criterion variables horizontal explosive power and vertical explosive power were selected as dependent variables and the selected dependent variables were assessed by the standardized test items. Horizontal explosive power was assessed by standing broad jump test and the unit of measurement in meters, and vertical explosive power was assessed by vertical jump test and the unit of measurement in centimeters. The experimental design selected for this study was pre and posttest randomized design. The data were collected from each subject before and after the training period and statistically analyzed by using dependent 't' test and analysis of covariance (ANCOVA). It was found that there was a significant improvement and significant different exist due to the effect of SAQ training and yogic practices on power parameters.

Keywords: SAQ training, yogic practice and explosive power

Introduction
SAQ (Speed, Agility, and Quickness) training is a dynamic approach to enhancing athletic performance, focusing on improving an athlete's speed, reaction time, and overall agility. This training methodology combines various drills and exercises designed to develop the neuromuscular system, allowing athletes to move more efficiently and effectively in competitive situations.

Yogic practices encompass a holistic approach to well-being that integrates physical, mental, and spiritual dimensions. Rooted in ancient traditions, these practices include a variety of techniques such as asanas (postures), pranayama (breath control), meditation, and mindfulness, all aimed at promoting balance, flexibility, and inner peace. Power parameters, particularly horizontal and vertical explosive power, are crucial measures of athletic performance that assess an individual's ability to generate force rapidly. Horizontal explosive power refers to the capacity to propel oneself forward with speed and strength, essential in sports like sprinting and jumping. In contrast, vertical explosive power focuses on the ability to elevate oneself vertically, key for activities such as basketball and volleyball. Both forms of explosive power are influenced by factors like muscle strength, coordination, and technique, making them vital for athletes looking to enhance their performance and achieve explosive movements in their respective sports.

Methodology

To achieve the purpose, thirty six college soccer players studying from Nazareth Margoschis College, Nazareth, Popes College, Sawyerpuram and St. John's College, Palayamkottai were selected randomly as subjects. The age of the subjects ranged from 18 to 25 years. They were assigned randomly into two groups (group I) underwent SAQ training, (group II) underwent yogic practices and (group III) acted as control of twelve subjects each. The experimental group I & II was subjected to the SAQ training and yogic practices during morning hours for three days and group III acted as control. The SAQ training and yogic practices was selected as independent variable and the criterion variables horizontal explosive power and vertical explosive power were selected as dependent variables and the selected dependent variable were assessed by the standardized test items. Horizontal explosive power was assessed by standing broad jump test and the unit of measurement in meters, and vertical explosive power was assessed by vertical jump test and the unit of measurement in meters. The experimental design selected for this study was pre and posttest randomized design. The data were collected from each subject before and after the training period and statistically analyzed by using dependent 't' test and analysis of covariance (ANCOVA).

Results and Discussions

The data pertaining to the variables in this study were examined by using dependent 't' test to find out the significant improvement and analysis of covariance (ANCOVA) for each variables separately in order to determine the difference and tested at .05 level of significance. The analysis of dependent 't' test on data obtained for horizontal explosive power, and vertical explosive power of the pre test and post test means of experimental I & II and control group have been analyzed and presented in Table 1.

Table 1: Mean and dependent 't' test of experimental and control groups on selected variables

Variables	Mean	SAQ training	Yogic practices	Control group
Horizontal explosive power	Pre test Mean	2.21	2.21	2.21
	Post test Mean	2.23	2.22	2.21
	't' test	2.54*	2.52*	1.00
Vertical explosive power	Pre test Mean	1.63	1.61	1.63
	Post test Mean	1.65	1.62	1.63
	't' test	10.38*	9.14*	1.00

*Significant at 0.05 level of confidence (11) = 2.20

The obtained 't' ratio value on horizontal explosive power and vertical explosive power of experimental group is higher than the table value, it is understood that the SAQ training and yogic practices has made significant improvement on horizontal explosive power and vertical explosive power. However, the control group has not made significant improvement as the obtained 't' value is less than the table value; because it was not subjected to any specific training. The analysis of covariance on the data obtained on horizontal explosive power and vertical explosive power due to the effect of SAQ training, yogic practices and control groups have been analysed and presented in Table 2.

Table 2: Analysis of covariance of experimental and control groups on selected variables

Variables	Adjusted post test means			Source of variance	SS	df	Mean squares	'F'- ratio
	SAQ training	Yogic practice	Control group					
Horizontal Explosive Power	2.23	2.22	2.21	Between	.003	1	.003	7.29*
				Within	.008	21	000	
Vertical Explosive Power	1.64	1.62	1.63	Between	.001	1	.001	71.51*
				Within	.000	21	000001.2	

*Significant at .05 level of confidence, df (1, 34) = 3.27

Table 2 shows that the obtained 'F' ratio value is7.29 and 71.51which are higher than the table value 3.27 with df 1 and 34 required to be significant at 0.05 level. Since the obtained value of 'F' ratio is higher than the table value, it indicates that there is significant difference has made among the adjusted post- test means of SAQ training group, yogic practices group and control group on horizontal explosive power and vertical explosive power. The SAQ training and yogic practices may influence the significant difference on horizontal explosive power and vertical explosive power.

Conclusions

The SAQ training had significantly improved the horizontal explosive power and vertical explosive power.

1. The yogic practices had significantly improved the horizontal explosive power and vertical explosive power.
2. There was significant difference among the adjusted post – test means of jump metric training and control group on horizontal explosive power and vertical explosive power.

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