

**A Comparative Study of Flexibility and Balance of Yoga students and Non Yoga students****Dr. R.P. Karanjkar**Director of Physical Education & Sports  
Jaikranti Arts Sr. College, Latur (M.S.)**Abstract**

*The purpose of present investigation is comparing the flexibility and balance to yoga students and non yoga students of S.R.T.M.University, Nanded. Subject selected for this study were 50 male yoga students and 50 male non yoga students from S.R.T.M.U. Nanded. Under the age from 19 to 25 years. The mean value of yoga and non yoga men students, the flexibility is 79.4 and 58.8 and the S.D. of yogic and non yoga students is 25.90 and 14.51 significant difference in the performance of S.R.T.M.University Nanded. The t value of 4.91 is significant difference at 0.01 level. The mean value of yoga and non yoga students of the balance is 23.55 & 14.25 and the sd of yogic and non yoga is 23.55 & 14.25. The value of t is 5.40 significant at 0.01 level. It clearly shows the significant difference in the performance of yoga and non yoga students of S.R.T.M.University, Nanded. There is a significant improvement of forward, backward bending flexibility of the body by practicing halasana and other asana. There is significant improvement of the balance by practicing natrajasana and other asanas.*

**Introduction :**

**I**n yoga flexibility is an attitude that invests and transforms the mind as well as the body. Every individual wants to be physically fit to carry out his day to day tasks or activities. Being more flexible means that the body is less susceptible to muscle injuries and faster recovery is more likely to occur. All yoga exercises and processes aim at purification, nervous control coordination of muscles. They give gentle exercise to the body as a whole including individual organs. The caloric requirement of these exercises is much lower than that of other physical exercises. Yoga has a universal proposition can be practiced by every human being irrespective of age and sex. It is an everyday activity of human life which provides total fitness for the individual.

**Flexibility:**

Flexibility is the ability to move muscles and joints through a full normal range of motion. Flexibility helps performance, posture, promotes efficient movement, prevents incorrect body alignment, maintains appropriate muscle length and balance and also decreases injury risk. Yoga poses stretch your muscles and increase your range of motion.

**Yoga & Flexibility :**

The regular practice of yoga enhances the overall health and flexibility of our bodies. We perform better, lose weight, have improved energy and vitality and boost our metabolism. In particular, we increase our flexibility through the various poses that are performed in yoga designed to stretch the muscles, making the body limber. When we lack flexibility and muscle tone, we are more likely to suffer from common injuries such as strains, swelling and bruising. It's time to find your favorite yoga pose and begin to increase our flexibility, tone those muscles, and relieve some pain.

**Balance :**

The ability to maintain a stable position while either stationary or moving. Balance is achieved by the action of reflexes involving the eyes, the balance organs in the semicircular canals of the ears, pressure receptors in the skin and stretch receptors in muscles and joints. Good balance is needed for many sports, especially those requiring sudden changes in movement, such as gymnastics and tennis.

**Yoga & Balance :**

A balancing asana is a pose in which you balance on one leg, or balance using your arms. These poses help to strengthen your hamstrings, calves, quads, glutes, and abs. Balance training is an

obvious but often overlooked tool to help avoid falls and injuries. Balancing poses also help us to become aware of our breath, enhance our focus and deepen our connection to ourselves. There are number of asana that aim at achieving balance in the body. One of them is Tadasana, Chakrasana, Virbhadrasana, Natrajasana etc. It would help you realize, which side of your body is more powerful and where do you tend to concentrate your weight on.

### Statement of the Problem :

The purpose of present investigation is comparing the flexibility and balance to yoga students and non yoga students of S.R.T.M.University, Nanded.

Subject selected for this study were 50 male yoga students and 50 male non yoga students from S.R.T.M.U. Nanded. Under the age from 19 to 25 years.

### Significant of the Study :

The result of the study may help the physical education teacher, coaches and sportsman that the effect of yogasana on improvement of flexibility and balance, it is also helps to reveals that the importance of the coaches while they are giving training.

### Hypothesis:

There are may be difference in flexibility and balance between yoga students and non yoga students.

Table No. 1

Sr.No.	Population		Total
1	Yoga Students	50	100
2	Non Yoga Students	50	

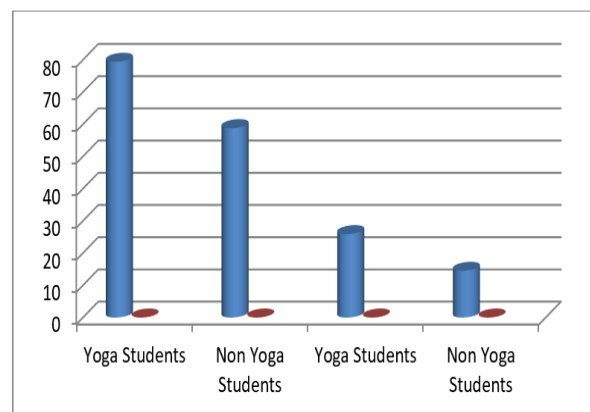
Table No. 2 : Shows that Mean and SD of Halasana Yoga and Non Yoga students performance in Flexibility.

HALASANA	Mean	S.D.	T value
Yoga Students	79.4	25.90	4.91
Non Yoga Students	58.80	14.51	

The mean value of yoga and non yoga men students, the flexibility is 79.4 and 58.8 and the S.D. of yogic and non yoga students is 25.90 and 14.51 significant difference in the performance of

S.R.T.M.UniversityNanded. The t value of 4.91is significant difference at 0.01 level.

Graph No. 1 : Shows the Mean difference and SD of Halasana yoga and non yogastudents performance in Flexibility test.



The above graph no. 1 clearly indicates the yoga students Halasana flexibility performance is higher than non yoga students. Thus the formulated hypothesis is accepted.

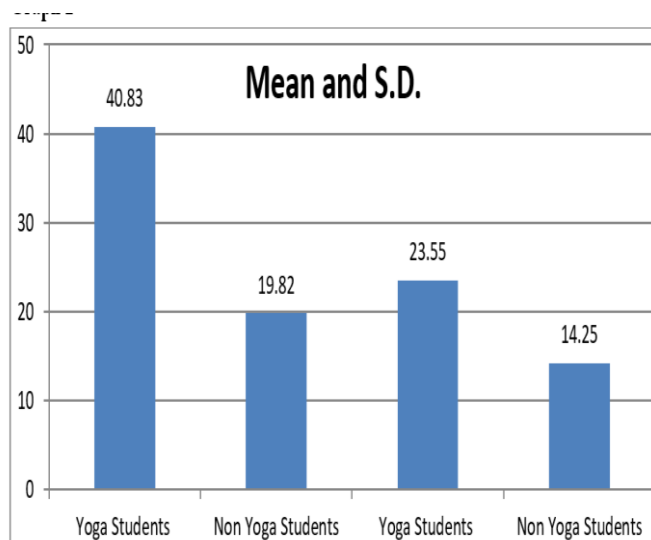
Table No. 3 : Shows that Mean and SD of Natrajasana Yoga and Non Yoga students performance in Balance.

NATRAJASANA	Mean	S.D.	T value
Yoga Students	40.83	23.55	5.40
Non Yoga Students	19.82	14.25	

Table no. 3 shows yoga and non yoga students mean, sd and t values of yoga students performance in balance test. The mean value of yoga and non yoga students of the balance is 23.55 & 14.25 and the sd of yogic and non yoga is 23.55 & 14.25. The value of t is 5.40 significant at 0.01 level. It clearly shows the significant difference in the performance of yoga and non yoga students of S.R.T.M.University, Nanded.

Graph No. 2 : Shows the Mean difference and SD of Natrajasana yoga and non yogastudents performance in Balance test.

Graph 2



The above graph no. 1 clearly indicates the yoga students Natrajasanabalance performance is higher than non yoga students.

#### Conclusion :

There is a significant relationship between yogasana and motor quality of flexibility.

There is a significant improvement of forward, backward bending flexibility of the body by practicing halasana and other asana.

There is significant improvement of the balance by practicing natrajasana and other asnas.

There are no improvement of flexibility and balance of non-yoga students as compared with yoga students.

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