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Effect Of Prayanama On Speed Of Girls

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ABSTRACT

The purpose of the study was to find out the effect of pranayama on speed of girls. For the purpose of study 30 subjects were selected from DAV University Jalandhar. The speed was calculated by applying APPHER 50 yard run test. Before training pre-test was taken then after 12 week training the post-test was conducted and data was collected. The collected data was analyzed with the help of SPSS software. The result show that there was a significant effect on the speed of sports girls.

Key words: Pranayama, Physical Fitness Component, speed, APPHER 50 yard Run Test, SPSS Software.

INTRODUCTION

Pranayama is a Sanskrit term that combines two words: "prana," meaning life force or vital energy, and "ayama," meaning control or expansion. Therefore, pranayama translates to the control or expansion of the life force or breath. In the context of yoga and Indian philosophy, pranayama refers to the practice of breath control. It involves various techniques and exercises designed to regulate and manipulate the breath to enhance physical, mental, and spiritual well-being. Pranayama is an integral part of traditional yogic practices, and it is believed to have a profound impact on the flow of prana in the body, leading to increased vitality and balance. There are different pranayama techniques, each with its specific benefits and purposes. Some common pranayama practices include deep diaphragmatic breathing, alternate nostril breathing (Nadi Shodhana), and breath retention exercises (Kumbhaka). These practices are often incorporated into yoga routines and meditation to promote relaxation, concentration, and overall health. “Speed is the ability or capacity of an individual to perform successive movement of the same pattern at fast rate”. **Harrold M. Barrow (1971).** Speed is a critical element of physical fitness, representing the capacity to move rapidly over a distance or from one point to another. It encompasses not only running fast but also agility, reaction time, and quick movements in various activities. Speed manifests in different forms, including linear speed (straight-line movement), lateral speed or agility (quick changes of direction), reaction time, acceleration and deceleration, and speed endurance (sustaining speed over a distance

or duration). Enhancing speed involves a combination of training methods such as sprint training, agility drills, interval training, strength training, plyometric exercises, and flexibility training. Proper warm-up, cool-down, and a comprehensive fitness regimen are essential to improve speed while minimizing the risk of injuries.

METHODOLOGY

To achieve the purpose of this study, thirty (30) university girls was selected purposively from various departments of DAV University, Jalandhar. The age of the subjects was ranged between eighteen to twenty five years. The subjects was randomly selected. After pre –test, the group was treated with Pranayama. This treatment was given for a period of twelve weeks, six day in a week and 40-45 mints per day. After twelve weeks of training, all the subjects was tested with APPHER 50 yards run test on selected physical fitness component and the readings will recorded as post-test scores.

Independent variable

Pranayama

Dependent variable

Speed

The pranayama group underwent 12-week pranayama training program 40-45 minute a day. The training consisted of a variety of pranayama Om Kar Jaap, Bhastrika, Kapalbharti, Anulom-Vilom, Ujjay and Bhramari. Chanting "**Om Kar Jaap**" before engaging in pranayama exercises serves as a preparatory ritual in yoga and meditation. By intoning the sacred syllable "Om," individuals aim to center their minds and cultivate a sense of inner focus and tranquility. This practice aids in clearing mental clutter and establishing a deeper connection with oneself, thereby facilitating a smoother transition into the practice of pranayama. Through the harmonizing effects of chanting "Om," practitioners seek to optimize their physical, mental, and spiritual well-being, enhancing the overall efficacy of their pranayama practice. **Bhastrika:** Inhale deeply through both nostrils, expanding the chest and abdomen. Exhale forcefully through the nose, contracting the abdominal muscles. Immediately follow with a forceful inhalation, maintaining a steady rhythm. Begin 5 rounds of 20 strokes each round, take 20 seconds rest after each round. **Kapalbharti:** Inhale deeply through your nose. Exhale forcefully and swiftly through the nose by engaging your abdominal muscles. Keep the inhalation passive. Repeat this cycle of forceful exhalations and passive inhalations rhythmically. Begin 5 rounds of 20 strokes each round, take 20 seconds rest after each round. **Anulom-Vilom:** Close your right nostril with your right thumb and inhale deeply through your left nostril. After a full inhalation, close your left nostril with your right ring finger and release your right nostril. Exhale completely through your right nostril. Inhale deeply through your right nostril. After a full inhalation, close your right nostril with your right thumb and release your left nostril. Exhale completely through your left nostril, completing one cycle. Repeat this cycle at least 5 minutes. **Ujjayi:** Inhale slowly and deeply through your nose, allowing a soft, whisper-like sound to be produced by slightly contracting the throat muscles. Hold the breath briefly after inhaling. Exhale slowly and completely through the nose while maintaining the gentle constriction in the throat, producing a similar sound as during inhalation. Pause briefly after exhaling

before beginning the next inhalation. Repeat this cycle of controlled breaths, ensuring the consistent creation of the subtle sound. **Bhramari:** Close your eyes and inhale deeply through your nose. Exhale slowly and steadily through your nose, generating a soft humming sound resembling a bee's buzz. Keep your lips relaxed and closed as the sound resonates in your throat. Focus on the vibration and sensation of the humming sound while continuing to exhale. After fully exhaling, inhale deeply and repeat the process for several rounds. Start with a few cycles, gradually extending the duration and intensity of the humming as you become more comfortable with the practice.

APPHER 50 YARDS RUN TEST

Purpose: The purpose of this exam is to measure speed.

Equipment required: Measuring tap, stop watch, cone markers and ground.

Procedure: The test consists of running a single maximum sprint over 50 meters, with the timing recorded. A comprehensive warm-up should be performed, including practice starts and accelerations. Begin in a steady standing position (hands not touching the ground), one foot in front of the other. The front foot must be positioned behind the starting line. When the subject is ready and still, the starter says, "Set" and then "Go." The tester should give tips for increasing speed (such as staying low and driving hard with the arms and legs), and the participant should be encouraged not to slow down until they cross the finish line.

Scoring: The best timing in seconds between the two trails will be recorded as a score.

STATISTICAL TECHNIQUE AND RESULT

Comparison of pre-test and post-test of pranayama.

PAIRED SAMPLES STATISTICS

Table 1.

		Mean	N	Std. Deviation	Std. Error Mean
Pre	Post	23.90	30	3.546	.647
		20.60	30	2.127	.388

In table 1 show the pre-test mean value of pranayama group is 23.90 and the pre-test standard deviation value is 3.546. Then the post-test mean value is 20.60 and the post-test standard deviation value is 2.127.

The mean value of pre-test is higher as compared to post-test value as shown in table 1. Additionally, the standard deviation and standard error mean is higher in pre as compared to post represent in table 1.

According to the values shown in table 1 we find that there is a significant difference between the mean of pre-test and post-test of speed.

PAIRED SAMPLES CORRELATIONS

Table 2.

		N	Correlation	Sig.
Pair 1	pre &post test	30	.795	.000

The correlation value of pair 1 with pre-test and post-test is .795 with 30 N values as shown in table 2

PAIRED SAMPLES TEST

Table 3.

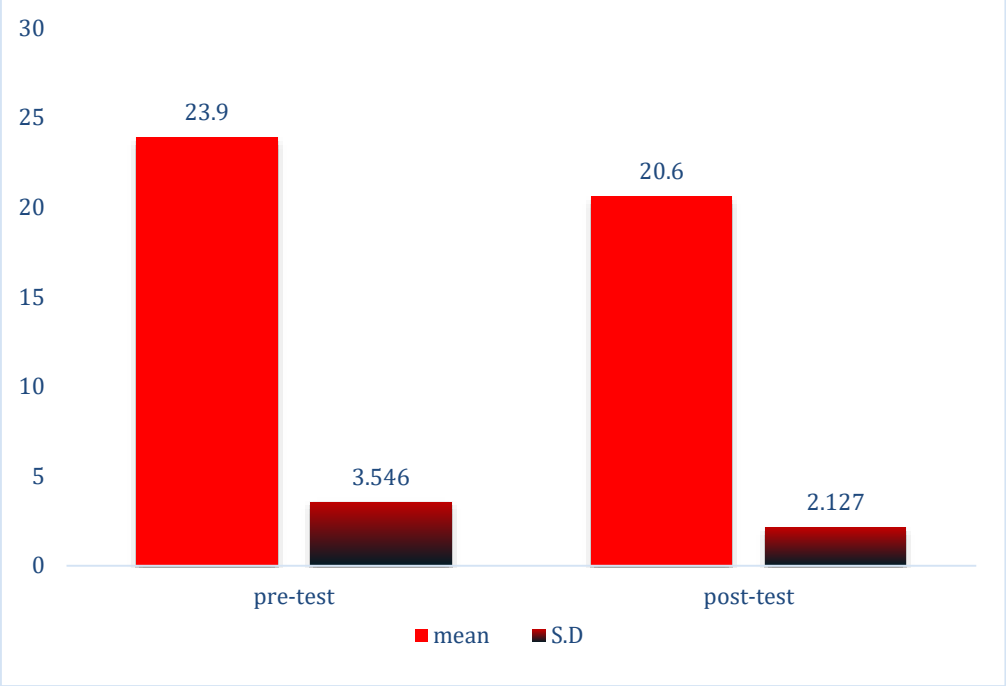
	Paired differences					t	df
	mean	S.D	Std. error mean	95%confidence interval of the difference			
				Lower	Upper		
Pair 1 pre-post	3.300	2.261	413	2.456	4.144	7.993	29

The above table 3. Shown the differentiation of pre-test and post-test mean is 3.300 and the difference between standard deviation of pre-test and post-test is 2.261 of Pranayama. Furthermore, it also contain t value 7.993 and degree of freedom for both pre and post-test is 29.

GRAPHICALLY REPRESENTATION

The pre-test and post-test mean value of pranayama on speed were graphically represented in figure-1

Figure-1



Mean and S.D value of speed

CONCLUSION

From the above result we conclude that the physical fitness variable speed have a positive correlated with pranayama, therefore speed may be improved with the help of pranayama for the improvement in the performance of the player.

RECOMMENDATIONS

- The study will help to get knowledge about the role of speed in fitness
- The study will help in identifying the role of speed as a variable of fitness for performance enhancement.
- The study will help the coach, instructors to select the player and to provide them appropriate training to develop speed from their present level.
- The study will help in motivating the players to excel more in speed.

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