CHAPTER-III

PROCEDURE
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In this chapter, the selection of the subject, reliability of the data, criterion measures, collection of data, description of the test, statistical procedure for analysing the data are represented.

SELECTION OF THE SUBJECTS

For the purpose of the study, 50 state level players in each group (2 Experimental groups and 1 control led group) were selected. The age group of the subjects ranged from 12 - 20 years.

RELIABILITY OF DATA

The reliability of the data was measured by ensuring instrument reliability and tester competency.

RELIABILITY OF INSTRUMENT

The required instruments used in the study are purchased from own finance and are supplied by well known manufactures catering to research laboratories, and hence was considered accurate and reliable.
TESTER RELIABILITY

To ensure that the investigator is well versed with the technique of conducting the test, the investigator had a number of practice sessions in testing procedure, under the guidance of the expert. The investigator took all the measurements with the assistance of qualified testers, who were also well acquainted with the tests.

Tester reliability was established by test-retest process where the consistency of results was obtained by product movement correlation. The data is collected from a randomly – selected sample.

In order to develop the suitable training programme of Yogic exercise, a pilot study was conducted with 10 selected subjects and load of intensity was determined by the following steps.

**Yogic Practice Programme :**

Selection of Asanas,

12 asanas excluding shavasana were selected for this investigation.

Selection of Asanas were done on the basic of shoulder, hip, trunk, wrist joints movements.
Basic Education Programme in Asanas

Players selected for this investigation were freshers in the field of Yoga, and they did not know the complete technique of asanas. Hence the researcher conducted one week basic education programme for them to give the information about the techniques of asanas and their importance and other details.

The research hereself being an advanced trainee in asanas demonstrated perfect pose of each asana and also explained the procedure of the Asana.

**Yogic Practices Session:**

The Yogic practices were given to the players in the morning session for a duration of near about one hour. The subjects were from different institutions and grounds; therefore, it was convenient for the researcher to administer the training in the morning session i.e. from 6:30 to 7:30 a.m.

**Programme:**

<table>
<thead>
<tr>
<th>Period</th>
<th>3 Months (Excluding Sunday)</th>
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<tr>
<td>Time</td>
<td>6:30 to 7:30 a.m. daily</td>
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Number of Asana : Suryanamaskar + 12 asanas with shavasana.

Sequence of Yogic Practice

1. Suryanamaskar
2. Padamasana
3. Suptavajrasana
4. Paschimotanasana
5. Andhamachedrasana
6. Janusirasana
7. Halasana
8. Sarvangasana
9. Matsyasana
10. Bhujangasana
11. Dhanurasana
12. Trikonasana
13. Vrikshana
14. Shavasana
15. Pranayama
16. Kriya
Duration of Asanas

Phase - I

Phase I means the first month. In this phase the final posture of each asana was maintained for near about 30 sec.

Shavasana was done after every two asanas for 2 minutes.

In this phase suryanamaskar was done for 4 repetitions followed by 4 to 5 minutes of Shavasana.

Phase-II

Phase - II means 2 to 3 months. In this stage the final pose of each asanas was maintained for near about 1 minute.

Shavasana was done after every two asanas for 1½ to 2 minutes' duration.

In this phase suryanamaskar was done for 6 repetitions followed by 3 to 4 minutes of Shavasana.

Kriya : Kriya was performed 2 times in a month.

Pranayama : After a practicing the asanas five minutes of pranayama was conducted.
CRITERION MEASURES

The criterion measures chosen to test the hypothesis were:

1. Trunk flexibility recorded to the nearest half of inches with the help of flexio-measure.

2. Hip flexibility recorded to the performance of activity within 20 sec with the help of a stop watch.

3. Shoulder flexibility recorded to the highest point with the help of a yardstick and a flexiomeasure.

COLLECTION OF DATA

The necessary data was collected by administrating the tests for the chosen variable. All the tests were administrated in the different grounds and institutions. (The Yoga Physique Institute and Studies, Manipur, Uripok and M.D.U. Yaiskul, YOHECA Sagolband, Yoga Training Centre, Chingamakha, SUN Club Mongshangei, Eastern Club Wangkhei, AUNS Club Konjangleikai.

Before the administration of the tests, the subjects were briefed on the objectives and requirements of the various variables that were to be tested. All were given a chance to practise and to
get familiar with the desired test. The apparatus and procedure were explained with demonstration prior to the administration of tests.

**ADMINISTRATION OF TESTS**

All the state level players who were selected as subjects were given three types of flexibility. The investigator decided to see the effect of Yogic Practice on both types of flexibility – the dynamic and static flexibility and also to examine the effect of Yogic practices on the few major joints i.e., shoulder, hip and trunk.

Following tests were selected and administrated to judge the degree of flexibility.

1. Side splits test.
2. Shoulder and wrist elevation test.
3. Dynamic flexibility test.

For the purpose of establishing reliability of data, the tests for flexibility were taken three times and the average recorded as a final data.
Side Splits test:

Equipment: Flexomeasure with yard stick and ruler guide inserted.

Directions:

To develop the leg flexibility.

1. The subject stands extending her legs apart (side to side) until her crotch is near the floor as far as possible. Make it a slow steady motion without bouncing.

2. As subject lowers an assistant should be positioned behind her with the zero end of the yardstick on the floor.

3. When the subject reach as her lowest point the case is raised upward until the ruler guide rests under her crotch. The reading to the nearest quarter of an inch is taken in the case window at the lower line.

Additional Points:

1. The knees must be locked at the movement of measurement.

2. The subjects hands may touch the floor for balance during the test.
3. The subjects hip must not shift past the vertical during the measurement.

**SHOULDER AND WRIST ELEVATION TEST**

Equipment: Flexomeasure case with yardstick and ruler guide inserted, plus one extra yardstick.

**Direction**: To developed shoulder and wrist flexibility:

1. The subject takes a prone (face down) position with arms straight and grip the yard stick about shoulder wide apart.

2. Raise the stick upwards as high as possible while keeping her chin on the floor with elbow straight.

3. As subject raise the stick, the researcher should be positioned in front of her with zero end of the yardstick on the floor. When she reaches the highest point the case is raised vertically upward until the ruler guide rests under her stick and at the midpoint between her hands. The reading to the nearest quarter of an inch is taken in the case window at lower side.

4. Measure her arm length from the acromion process (top of the arm at the joint), to the middle fingertip using the flexomeasure.
Place the zero end of the yardstick next to her middle fingertip, (as the arm hangs down) and raise the flexomeasure case until the A-B line (Bottom of the case) rests on her accordion process.

Take a reading to the nearest quarter of an inch at the A-B line.

**Additional points:**

Although some individuals are so flexible that they can move the stick beyond the highest vertical point, the measurement must be taken at the highest point.

**Test for Dynamic flexibility:**

Equipment: Floor space wall, stop watch.

**Direction:**

To develop the trunk and shoulder joint flexibility.

The subject will stand near about 12 inches away from the wall facing back. On the signal ‘go’ she will bend forward and back, left twisting and turn, right twist and turn, forward bending.

She has to perform above exercise within 20 sec.

The researcher will count the number of performance.
STATISTICAL PROCEDURE EMPLOYED

To compare the mean difference between the Initial and Post Test of Dynamic Flexibility Test, Side Split Flexibility test and Shoulder Wrist Elevation Flexibility Test comparision (Yoga Player and Football Players) and comparision (Experimental Group and Control Group) 't' test was employed.

To determine the difference between the 3 groups (Initial, Mid, and Post Test) of the State Level Yoga Players and Football Players, analysis of variance (F test) was computed for the Flexibility. The Level of significance chosen was 0.05.