
Development Of Physical Fitness By Continues Training And Pranayama Among Volleyball Players

Introduction

In twenty first century, science and technology have been developed in terms of landmarks, space, protection, nuclear power, computer, internet, etc. We may gather knowledge from any part of the planet within a fraction of a second by means of the internet invention. Due to the advanced development of science and society's technology and the pressure on undergraduate students for their education, the minimal body movements play an important role. Pranayama means breath management and power. Prana is a Sanskrit meaning essential power. It also means breath air. Ayana means the power of the Prana so that the regulation by focus controlled breathing of the vital force is the Pranayama. Prana is the vital power or force that motivates and is the source of every element of the earth.

The purpose of this study was to determine the "Development of Physical Fitness by continues training and pranayama among volleyball players". There were 120 students studying at Dr Babasaheb Ambedkar Marathwada University, Aurangabad the subjects for the proposed research. All of the topics were divided into four classes i.e. Group BHP, group PT, group BPPT and group Power. Divided into equal numbers in each group male students (15each) and female students (15each). The subject's age had ranged from 18 to 25 years. Eight weeks of structured training program of physical exercises and Pranayama were given to the subject of the Experimental group, while no training plan was given to the control group. In the current research, two key important aspects of life are physical health (body) and mental health (mental). Physical measurements which included Blut pressure, pulse rate, Respiratory speed, vital capacity, body weight, and hemoglobin from two health variables, physical health further divided into two component physical measures and physiology measures, including strength, muscle energy, shoulder power, speed and cardiovascular resistance, as well as physiological measures.

Hypothesis

- Pranayama and physical workouts will have a positive effect on volleyball players physical and mental health.
- There will be substantial differences among the different test groups of players after pranayama and physical activities in selected physical, physiological and mental health variables.

Aims and Objectives

- To explore the literature involved In Ayurveda, Yogic science and Physical Education
- To collect views and reviews of various scholars.
- Exploring physical fitness to improve the players physical, mental and physiological health.
- Exploring Pranayama to boost volleyball players physical, physiological and mental

health.

- Exploring the combined impact on physical, physiological and mental health of volleyball players of physical exercise and pranayama.

Review of Literature

Mahesh Yadav Et Al (2016) The laid it on the line design suggests that engaged terrestrial courage variables i.e., assist, cardio health, doggedness and lots of rope of school laid on the line basketball and volleyball macho games had been cling in suspense to be statistically now not enormous.

Frederick Travis Et Al (1996) This have a look at as compared physiologic styles around conventional aerobic duty to those from one end to the opposite Invincible Athletics position emphasizing insure and comfort everywhere exercising to boom complete head of steam, keep on with it aliveness, and thoughts-frame coordination seldom without the bide no manner effects of the healing cycle.

Sudip Sundar Et Al (2011) The reason becomes to design the worldly and display traits of beau monde Indian Volleyball games. To heed the reputation or to win a nature of the beast in their Indian Volleyball players human in tolerate of terrestrial and shuck and jive characteristics inside the stumble of the describe to be had disclosure of unique some of the global span players.

Ramesh N (2011) This study of volleyball groups proven precious efficacy teams carried out appreciably eclipse in a less costly tournament than did groups with reticent degrees of customary efficacy.

Methodology: The motive sampling rule of thumb become secondhand to acquire the topics for this describe observe. The debility of games became mid 18 to 25 years. The phrase of inter-college volleyball games have been collected from a widely recognized end to the alternative Dr Babasaheb Ambedkar Marathwada University, Aurangabad

The pretest mean (\pm SD) values of Physical Fitness of BHP Group, PT Group, BPPT Group and Control groups were 136.54 (\pm 12.62), 136.87 (\pm 12.63), 136.67 (\pm 10.81), 130.27 (\pm 10.52) respectively. The posttest mean (\pm SD) values of Physical Fitness for BHP Group, PT Group, BPPT Group and Control groups were 158.94 (\pm 18.52), 133.14 (\pm 12.34), 157.2 (\pm 9.10), 129.67 (\pm 11.15) respectively. The mean changes on values of mental health for BHP Group, PT Group, BPPT Group and Control groups were 22.4, 3.73, 20.53, 0.60 respectively.

Conclusion & Recommendations

Physical Fitness and Pranayama reveals significant improvement in physical, physiological and mental health variables when compared to the pretest and posttest.

The study showed significant improvement in Flexibility of pranayama group Physical Training group and both pranayama group & Physical Training group due to additive effect of Pranayama Training and Physical exercises Training and both Pranayama & Physical Fitness Training program in Volleyball players.

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