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The role of an eight week yogic training programme in enhancing the motor fitness components of children with intellectual disability

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Abstract

To achieve the purpose of the present study the role of an eight week yogic training program in enhancing the motor fitness components of children with intellectual disability. Regarding present study twenty children with intellectual disability were selected as a subjects from RKMVERI FDMSE therapy unit, TAT Kalanilayam middle school in Periyanaickenpalayam, Coimbatore district, Tamil Nadu. Their age ranged from 10 to 14 years old. It was concluded that there was a significant difference on selected leg explosive power and flexibility between control group and experimental group children with intellectual disabilities. The selected subjects equally divided into two equal groups, namely experimental group (n=10) and control group (n=10). The criterion variable standing broad jump test tested with leg explosive power and flexibility tested with sit and reach test. The pre-test and post test data were statistically examined for significant difference through dependent 't' test for each and every variable selected for this study. The level of confidence was fixed at 0.05. The result of the study showed that the indigenous activity training was better improvement on leg explosive power, flexibility of experimental group improve of children with intellectual disability.

Keywords: Yoga, flexibility, leg explosive power and intellectual disability

Introduction

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word "Yoga" is derived from the Sanskrit root *yuj* meaning "to join", "to yoke" or "to unite".

According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament.

"Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice (*sādhana*) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

Differently Aabled Personas physically and mentally healthy citizen is a necessary foundation for achieving all types of advancements in life. Without healthy people, the attaining of any developmental objective would be impossible. Good health is fundamental to the individuals to realize their full human potential. It is also a crucially important economic asset. Low levels of health impede people's ability to work and earn a living for themselves and their families. When someone falls ill, the entire family can become trapped in a downward spiral of lost income and high health-care costs. On a national scale, poor health diminishes productivity and arrests economic growth, while investment in better health programmes is generally seen as an investment towards accomplishing greater economic growth.

Physical activity or exercise is a cornerstone of a healthy life style. The human body is designed for physical activity and movement. Not only does physical activity makes the individual look and feel better, but it is also critical for improving health and extending the span of life. Throughout the life, man has to be physically active in order to procure his daily food and to succeed in the battle for survival. But a marked deterioration in health of people and the introduction of physical automation in day-to-day life has mechanized our lives, to a

large extent. Now-a-days people here almost become sedentary and physically inactive. This can have serious repercussions on the health of the people, according to WHO (World Health Organization).

Disabled do not need pity but they need encouragement in their efforts to overcome their handicaps so that they become assets to the society instead of liabilities. They also have the right to grow-up in the world which sets them apart which looks at them not with a scorn or pity or ridicule but which welcomes them exactly as it welcomes everyone, which offers them identical privilege and identical responsibilities.

Methodology

To achieve the purpose of the present study the role of an eight week yogic training program in enhancing the motor fitness components of children with intellectual disability. Regarding present study twenty children with intellectual disability were selected as a subjects from RKMVERI FDMSE therapy unit, TAT Kalanilayam middle school in Periyanaickenpalayam, Coimbatore district, Tamil Nadu. Their age ranged from 10 to 14 years old. It was concluded that there was a significant difference on selected leg

explosive power and flexibility between control group and experimental group children with intellectual disabilities. The selected subjects equally divided into two equal groups, namely experimental group (n=10) and control group (n=10).The criterion variable standing broad jump test tested with leg explosive power and flexibility tested with sit and reach test. The pre-test and post test data were statistically examined for significant difference through dependent ‘t’ test for each and every variable selected for this study. The level of confidence was fixed at 0.05. The result of the study showed that the indigenous activity training was better improvement on leg explosive power, flexibility of experimental group improve of children with intellectual disability. In this chapter, the methods adopted for the selection of subjects, selection of variables, experimental design, pilot study, criterion measures, reliability of the data, instrument used for the tests, instruments’ reliability, the reliability of the testing tools, testers’ reliability, subjects’ reliability, orientation of the subjects, collection of the data, test administration, training programmer, statistical procedures adopted for the treatment of the data are explained below.

Table 1: Computation with ‘t’ test between the pre and post-tests on flexibility of experimental and control groups

Variable	Group	Test	Mean	S.D	D.M	σ DM	‘t’	Table Value
Flexibility	Experimental Group	Pre-Test	19.33	8.12	3.27	0.56	5.79*	2.14
		Post Test	22.6	8.00				
	Control Group	Pre-Test	16.6	6.38	0.11	0.05		
		Post Test	16.71	6.36				

*Significant Level of significant was fixed at 0.05 and table value 2.14

It observes from the Table-VII that the experimental group’s means value for pretest was 19.33 and posttest was 22.6. The standard deviation for the pretest was 8.12 and posttest 8. The mean difference for the pretest and posttest was 3.27. The standard error of the difference between the mean was 0.56. It revealed that the obtained ‘t’ ratio 5.79. Since the ‘t’ value is greater than the table value 2.14 (T >2.14) it was significant at 0.05. Level of confidence. The results of the study indicated that there was a significant improvement in

the flexibility due to eight weeks yogic training program of students with intellectual disability.

It may be seen that the control group’s mean value for pretest was 16.6 and posttest was 16.71, the standard deviation for the pretest was 6.38 and posttest 6.36. the mean difference for the pretest and posttest was 0.11. The standard error of the difference between the mean was 0.05. It revealed that the obtained ‘t’ ratio 1.98. the ‘t’ value is lesser than the table value 2.14 (T >2.14) it was insignificant at 0.05 level of confidence.

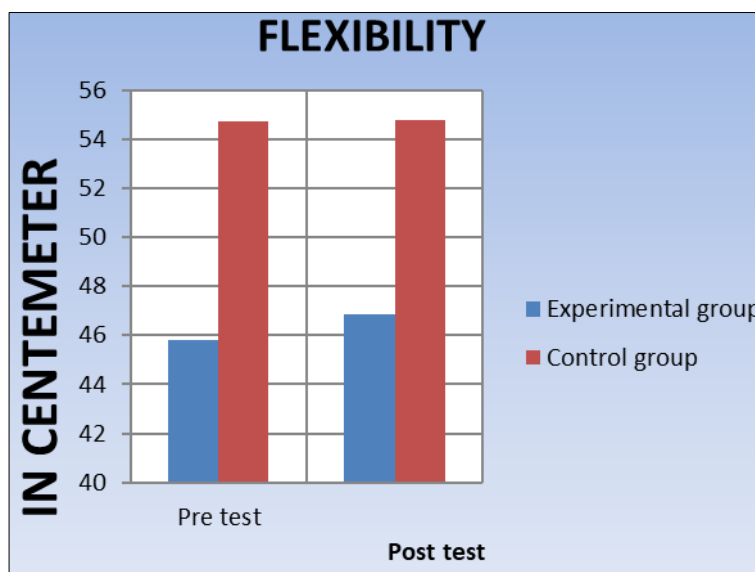


Fig 2: Bar diagram showing the mean differences of pre and post-tests scores on flexibility of experimental and control groups

Table 2: Computation with ‘t’ test between the pre and post-tests on leg explosive power of experimental and control groups

Variable	Group	Test	Mean	S.D	D.M	σ DM	‘t’	Table Value
Leg explosive power	Experimental Group	Pre-Test	45.80	38.48	1.08	0.16	6.9*	2.14
		Post Test	46.88	38.29				
	Control Group	Pre-Test	54.73	38.74	0.05	0.02	1.8	
		Post Test	54.78	38.71				

*Significant Level of significant was fixed at 0.05

It observes from the Table-VII that the experimental group’s means value for pretest was 45.80 and posttest was 46.88. The standard deviation for the pretest was 46.88 and posttest 38.29. The mean difference for the pretest and posttest was 1.08. The standard error of the difference between the mean was 0.05. It revealed that the obtained ‘t’ ratio 6.9. Since the ‘t’ value is greater than the table value 2.14 ($T > 2.14$) it was significant at 0.05. Level of confidence. The results of the study indicated that there was a significant improvement in

the flexibility due to eight weeks yogic training program of students with intellectual disability.

It may be seen that the control group’s mean value for pretest was 54.73 and posttest was 54.78, the standard deviation for the pretest was 38.74 and posttest 38.71. the mean difference for the pretest and posttest was 0.05. The standard error of the difference between the mean was 0.05. It revealed that the obtained ‘t’ ratio 0.02. the ‘t’ value is lesser than the table value 2.14 ($T > 2.14$) it was insignificant at 0.05 level of confidence.

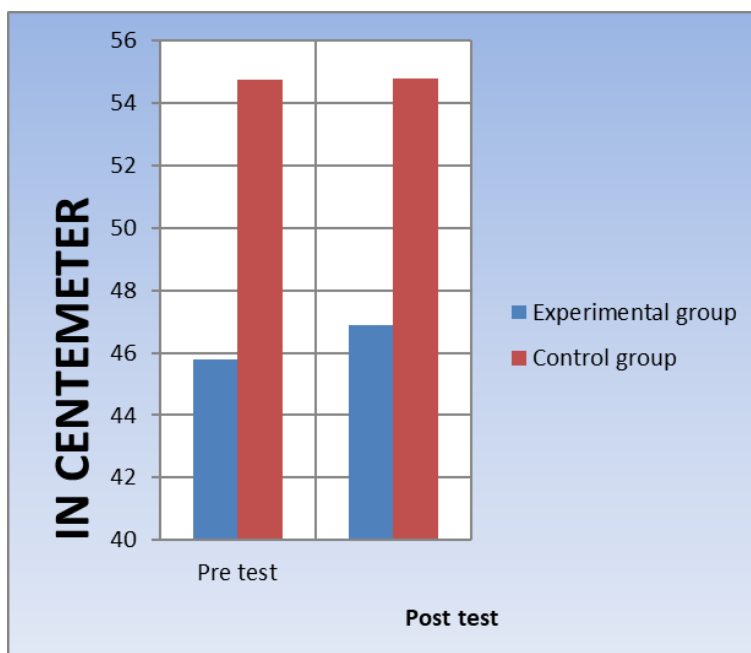


Fig 2: Bar diagram showing the mean differences of pre and post-tests scores on leg explosive power of experimental and control groups

Conclusion

1. Based on the results of the study the following conclusions were drawn. Within the limitations and on the basis of the findings of the study, it was very clear that eight weeks of Yogasanas training produced significant changes on flexibility and leg explosive power among students with intellectually disabilities.
2. It was also concluded that the control group did not show any significant difference on flexibility and leg explosive power among students with intellectually disabilities.

Further, it was inferred that Yogasanas training programme appears to be a safe and practical intervention tool for flexibility and leg explosive power.

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