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"Effect of Suryanamaskar Training on Flexibility Enhancement in Young Players: A Pre-Post Intervention Study"

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Abstract: ***The goal of the research was to determine how Suryanamaskar training affected players' flexibility. Twenty to twenty-four year old individuals, total, were chosen from Kalyan region, to participate in the current research as players. Suryanamaskar training (an independent variable) and flexibility (a dependent variable) were the variables used for this research. The pre- and post-tests were used to gather data on flexibility. A single group design was used for the research, and the pretest and posttest were administered before and after the eight weeks of Suryanamaskar training, respectively. At the 0.05 level of significance, paired t-tests and descriptive analyses were used to compare the pre- and posttest means of flexibility. The study's findings demonstrated a significant difference in players' pre- and post-test flexibility (t=6.713, p<0.05). Based on the results, it was determined that Suryanamaskar training would be useful for enhancing players' flexibility.***
Keywords: Suryanamaskar training, Flexibility, players, etc.

I. INTRODUCTION

An ancient Indian practice known as Suryanamaskar involves making morning petitions to God via a series of physical postures and deliberate breathing exercises that have a variety of benefits for the body, mind, and soul [9]. The twelve postures of Suryanamaskar are gracefully combined with controlled breathing and relaxation. It lessens solidity, revitalises the body, reactivates the brain, and cleans out invasive vitality pathways. Many studies on Suryanamaskar have been conducted, and the results have shown a significant shift in adaptability [3].

India has a thriving tradition of yoga. These days, social insurance specialists are paying a lot of attention to yoga, the ancient practice of postures, breathing, and meditation. The restorative aspects of yoga are also being researched along with its growing logical analysis. An important component of Indian traditional yoga practices is Suryanamaskar, which means "welcome to the God Sun." Among all the yoga poses, Suryanamaskar is the greatest. There are essentially twelve exercises in total, each with unique postures and effects on the human body.

It is transforming human existence into one that is deeply stimulating, logically relaxing, physically fit, and honestly adapting. The name "Suriyamaskar" is derived from the phrases "Surya" and "Namaskar," suggesting that Surya is a kind of flame and Namaskar is a kind of gratitude. The Suryanamaskara is a series of twelve postures. The whole body is stretched significantly by these substitutions in forward and backward bowing postures, which flex and lengthen the spinal region to its greatest degree. S N promotes calmness and relaxation, improves muscular flexibility, strengthens the muscles in the stomach, and raises human organ limitations, among other things.

There are so many different types of experts in this area. The most significant element that may impact a player's performance is flexibility. A sufficient focus on physical fitness components is required of bowlers, batsmen, fielders, and wicketkeepers; the primary component of physical fitness is flexibility.

This indicates the capacity to utilise muscles and move joints over their whole range of motion. Twelve stretching, holding, and relaxation movements make up Suryanamaskar, which is the primary method for increasing muscular flexibility.

players nowadays must be better prepared for matches, particularly for training as fast bowlers, batsmen, fielders, and wicketkeepers. Sufficient attention is paid to the development of physical fitness traits. In light of this, the current tendency in is to evaluate the relevant components as a part of each player's overall physique and size and to determine the extent to which each of these components aids in a player's performance throughout a match [5].

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A. Unique positions of Suryanamaskar

After reciting the Omkara platitude and a meaningful mantra for the benefit of Surya, or the sun deity, each Suryanamaskar round is concluded [1]. Every mantra that is spoken during an asana is like this.

1) Om Mitraya Namah
2) Om Ravaye Namah
3) Om Suryaya Namah
4) Om Bhanave Namah
5) Om Khagaya Namah
6) Om Pusne Namah
7) Om Hiranyagarbhay Namah
8) Om Adityay Namah
9) Om Savitre Namah
10) Om Arkay Namah
11) Om Bhaskaraye Namah
12) Om Savitrasurya Narayanaya Namah

B. Objectives of the Study

To determine if there was a substantial change in the players' flexibility between the pre- and post-test.

C. Hypothesis of the Study

It was predicted that players' flexibility would not be impacted by Suryanamaskar training.

II. METHODOLOGY

A. Selection of Subjects

Twenty-four male athletes, including fielders, bowlers, batsmen, and wicketkeepers, ages ranging from twenty to twenty-four, who were enrolled in the physical education department at G.G.V. Kalyan region of Karnataka, were chosen as subjects for the current research [2].

B. Selection of Variables

1) Independent variables
2) Suryanamaskar training
3) Dependent variables
4) Flexibility

C. Criterion Measures

Flexibility was measured by sit and reach test and recorded in centimeter.

D. Experiment Design

A single group design was used for the research, with a pretest administered before Suryanamaskar training and a posttest administered after the completion of eight weeks of instruction. The subjects received Suryanamaskar for six days, from Monday to Saturday. Every training session lasted thirty minutes and included two sessions (morning and evening) of Suryanamaskar training.

E. Statistical Procedure

The data were analyzed by applying descriptive statistical and paired t-test. The level of significance were set at 0.05.

III. RESULT AND FINDINGS OF THE STUDY

The pre- and posttest means for flexibility are 34.614 and 36.806 and S.D. 1.174 and 804, respectively, according to Table 1. At the 0.05 threshold of significance, the derived t-value for flexibility, 6.713, is significant. This demonstrates that there is a considerable variation in flexibility between the pre- and posttest means.

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Table 1: Descriptive and comparative statistics of pre and posttest of flexibility.

Variables	Test	N	Mean	STD. Deviation	Std. Error of Mean	t-value	Sig.
Flexibility	Pre	25	34.614	1.174	0.234	6.713*	.000
	Post	25	36.806	0.804	0.160		

IV. DISCUSSION

The aim of the research was to ascertain how Suryanamaskar training affected players' flexibility. The study's conclusions showed that there had been a noticeable increase in the flexibility of Suryanamaskar practice. The most likely explanation is because the Suryanamaskar is a set of twelve exercises that improves flexibility by including holding, stretching, and relaxing techniques. Numerous studies have already shown the effectiveness of Suryanamaskar as a flexibility training method used by trainers and coaches to increase athletes' flexibility. The results of Sankar and Pancholi [11] and Choudhary and Krzytof [3] are consistent with the findings. It has also been shown that yoga poses enhance flexibility and one's sense of health [6, 7, 8, 10].

V. CONCLUSIONS

Based on the study's findings, a substantial change was seen between the pre- and post-test scores for flexibility. Based on the results, it was determined that Suryanamaskar training would be useful for helping athletes become more flexible. At first, it was predicted that players' flexibility would not be much impacted by Suryanamaskar training.

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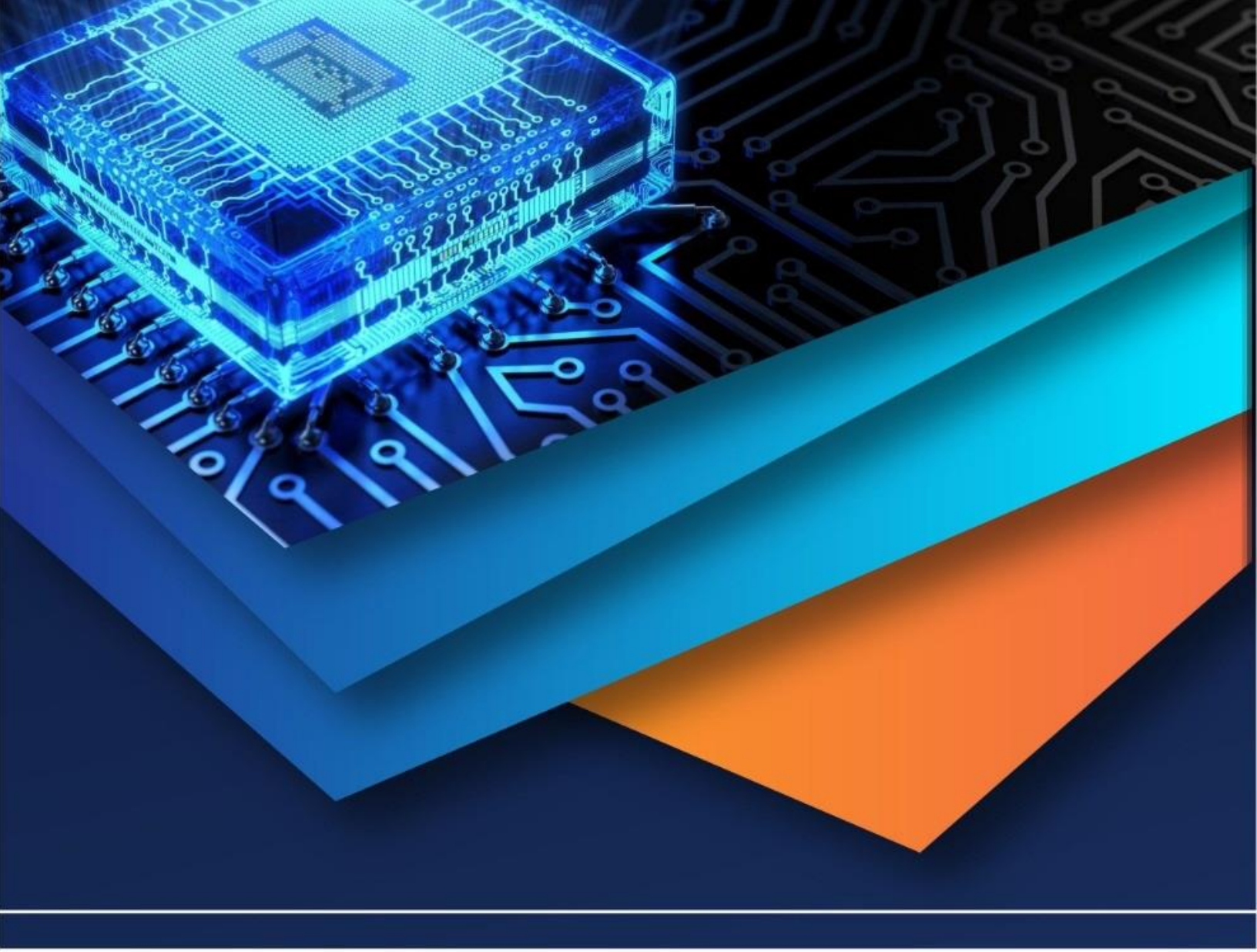

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