



## EFFECTS OF SELECTED ASANAS IN HATHA YOGA ON AGILITY AND FLEXIBILITY LEVEL

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The present study was conducted to determine the effects of selected asanas in hatha yoga on agility and flexibility level. The subjects for the study were selected on the basis of random group design. Thirty (N=30) male students were selected as subject for the present study from D.A.V. Institute of Engineering and Technology, Jalandhar (Punjab), INDIA. All the subjects ranged between the chronological age of 18-25 years. The selected subjects were further divided into two groups. Experimental treatment was then assigned to group "A" while group "B" acts as control. "Hexagonal Obstacle Test" was used to measure Agility whereas "Sit and Reach Test" was used to measure Flexibility. The subjects were subjected to the six week yogasanas training programme that includes Swastikasana, Mayurasana, Matsyendrasana, Paschimottanasana and Gomukhasana. The difference in the mean of each group for selected variable was tested for the significance of difference by "t" test. The level of significance was set at 0.05. The results have shown the significant improvement in flexibility, since  $\text{cal. } t (= 8.122) > \text{tab } t_{.05} (14) (= 2.145)$ . The treatment of six week yogasanas training programme also shown significant improvement in case of agility, since  $\text{cal. } t (= 7.376) > \text{tab } t_{.05} (14) (= 2.145)$ .

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