



INFLUENCE OF SILAMBAM PRACTICES AFTER YOGIC PRACTICES ON SELECTED PHYSICAL FITNESS VARIABLES OF COLLEGE STUDENTS

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Abstract

This study was designed to investigate the Influence of silambam practices after yogic practices on selected physical fitness variables of College Students. To achieve the purpose of the study 30 College Students from Bharathiar University Coimbatore district. Their age ranged from 20 to 25years. The subjects was randomly assigned to two equal groups. Group- I (n=15) underwent silambam practices after yogic practices (SPAYP) and Group – II (n=15) acted as control group (CG). The silambam practices after yogic practices was given to the experimental group for 3 days per week (Monday, Wednesday and Friday) for the period of eight weeks. The control group was not given any sort of training except their routine work. The physical fitness parameters muscular strength endurance (modified sit up test) and flexibility (tested at sit and reach test) were assessed before and after training period. The data collected from the subjects were statistically analyzed using 't' test to find muscular strength endurance and flexibility speculated significant improvement due to silambam practices after yogic practices with the limitations of diet, climate, life style status and previous training. The results of the present study are in confirmatory with the findings of (Review). Thus it is concluded that silambam practices after yogic practices significantly improves Speed and flexibility of College Students.

Keywords: Silambam Practices, Yogic Practices, Muscular Strength endurance and Flexibility.

INTRODUCTION

Silambam: A Moving Meditation

Yoga: Universal Spirit of God

Silambam is an ancient martial art of Tamil Nadu. "I think it is one of the oldest martial arts in the world—it is over 5,000 years old," says Pandian. "It was put together by the sage Agastya Munivar; he is to martial arts what Patanjali is to yoga." It is said that it was

Agasthiar who invented this art of Silambam. Later on the chera, Chozha and Pandiya kings introduced this art in their warfare and made it compulsory for all the soldiers in the five wings of their military.

India is a Land of Knowledge, where many Gods and Saints have given divine knowledge to lead a good human life. The art

of Silambam also has age-old history in ancient texts of South India. Silambam denotes an elastic cane bamboo, uniform in cross section from end to end, having a length a little less than that of the height of the performer wielding it (David Manuel Raj, 1967) Silambam is a common word now used in Tamil Nadu, for the Martial art of stick-fencing. In other parts of South India it is called by different names, such as Kolu Varasay or Dhonay Varasay in Karnataka, Kolu Aatta or Karadi Aatta in Andhra Pradesh, Neduvari in Kerala. Generally in silambam includes single stance (otrai suvado) separate stances, (pereevusuvado) double swing, weapons sequences, locks, throws long stick and short sticks series techniques are there (Arunachalam,1995). British government had banned the practice of warfare and martial art in any form in India and they knew the dangers of Indian martial art. British troops were well trained to use with explosive and guns, but they were lacking the physical compact skills. This fear leads them to impose restrictions on Indian martial arts. Even today we are looking in for the origination of the modern martial art; a scientific martial art that can protect human lives at dangerous situation. Today the great martial art of Tamilnadu is just reduced to a demonstration art in public gatherings and folk art festivals despite the effort of many well-wishers. Silambam has the potential to be included as a mainstream activity in

the physical education curriculum as it is simple, inexpensive and also has the capability of improving all the major biomotor abilities. According to a study by It is the true union of our will with the will of god. The present study was taken up to investigate the Influence of silambam practices and yogic practices on speed and flexibility among male football players. **(Twemlow and coworkers (1996))**.

METHODS

Experimental Approach to the Problem

In order to address the hypothesis presented herein, we selected 30 male College Students from Bharathiar University, Coimbatore District. Their age ranged from 20 to 25 years. The subjects were randomly assigned in to two equal groups namely, silambam practice after yoga practice group (SPAYP) (n=15) and Control group (CG) (n=15). The respective training was given to the experimental group the 3 days per weeks (alternate days) for the training period of eight weeks. The control group was not given any sort of training except their routine.

DESIGN

The evaluated physical parameters were muscular strength endurance was assessed by modified sit ups and the unit of measurement was in counts, flexibility were assessed by sit and reach test the unit of measurement was in meters. The parameters

were measured at baseline and after 8 weeks of silambam practice after yoga practice were examined. The intensity was increased once in two weeks based on the variation of the exercises.

TRAINING PROGRAMME

The training programme was lasted for 45 minutes for session in a day, 3 days in a week for a period of 8 weeks duration. These 45 minutes included warm up for 5 minutes, 35 minutes silambam practice after yoga practice and 5 minutes warm down. The equivalent in silambam practice after yoga practice is the length of the time each action in total 3 day per weeks (Monday, Wednesday and Friday).

Table I reveals the computation of mean, standard deviation and 't' ratio on selected variables namely speed and flexibility of experimental group. The obtained 't' ratio on speed and flexibility were 7.91 and 4.25 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and 't' ratio on selected variables parameters, namely muscular strength and flexibility of control group.

TABLE – I COMPUTATION OF 'T' RATIO ON SELECTED PARAMETERS OF COLLEGE STUDENTS ON EXPERIMENTAL GROUP AND CONTROL GROUP					
(Scores in numbers)					
Group	Test		Mean	Std. Deviation	T ratio
Experimental Group	Muscular Strength endurance	Pre test	41.15	6.36	7.91
		Post test	47.25	8.20	
	Flexibility	Pre test	15.80	2.35	4.25
		Post test	16.75	2.44	
Control Group	Muscular Strength endurance	Pre test	36.55	5.52	0.97
		Post test	35.60	4.56	
	Flexibility	Pre test	21.05	1.53	1.56
		Post test	23.75	2.26	
*significant level 0.05 level (degree of freedom 2.14, 1 and 14)					

The obtained 't' ratio on muscular strength and flexibility were 0.97 and 1.56 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained 't' values were lesser than the table value it was found to be statistically not significant.

Selvam et.al.,(2016) I) and they found that twenty four weeks there was significant improved in , Speed, Flexibility among female sprinters due to the influence of silambam practice and yogic practices.

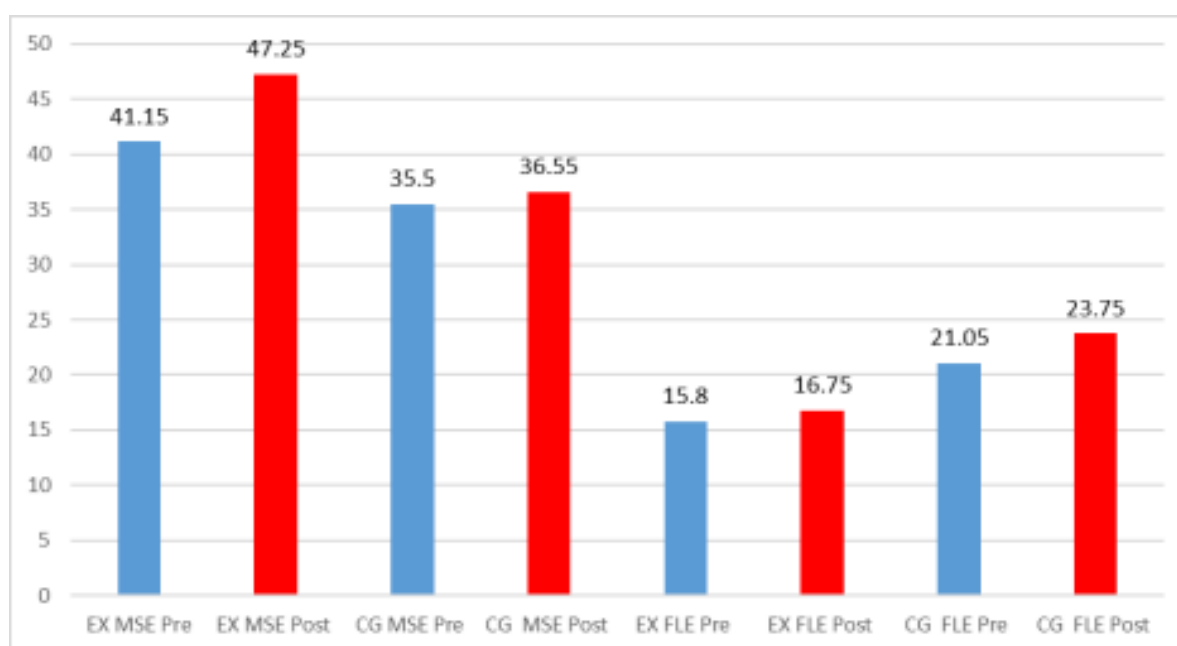


FIGURE- I BAR DIAGRAM SHOWING THE MEAN VALUE ON SELECTED PHYSICAL FITNESS VARIABLES COLLEGE STUDENTS ON EXPERIMENTAL GROUP AND CONTROL GROUP

DISCUSSION AND FINDINGS

The present study experimented the influence of eight weeks silambam practice after yoga practice on the selected parameters of the College Students. The results of this study indicated that silambam practice after yoga practice is more efficient to bring out desirable changes over the muscular strength endurance and flexibility of the College Students.

Mohanavalli P et al, (2013) [6] and they found that twenty four weeks there was significant improved in cardio vascular endurance, and a significant reduction in body weight, BMI, lean body mass, and percent body fat among 40 sedentary college girls due to the influence of silambam training.

Another study was Sosamma John et al., (2011) and they found that twenty four weeks there was significant improved in Strength, Speed, Flexibility and Vital capacity among college Softball players due to the influence of yogic practices.

Conclusions

From the results of the study and discussion the following conclusions were drawn.

1. Based on the result of the study it was concluded that the 8 weeks of silambam practices after yogic practices have been significantly improved muscular strength endurance of college students.
2. The 8 weeks of silambam practices after yogic practices have been significantly improved flexibility of college students.

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