

Enhancing Motor Ability in Male Kabaddi Players through Yogic Interventions

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ABSTRACT

In modern sports, motor ability plays a crucial role in determining the performance of athletes, particularly in high-intensity games like Kabaddi. The present study investigates the effectiveness of yogic interventions in enhancing motor abilities among male Kabaddi players. A total of 75 players aged 14–18 years were randomly selected from schools and sports academies in Jaipur. The participants underwent a six-week structured yoga training program that included asanas, pranayama, and meditation practices. The results revealed significant improvements in key motor ability components such as agility, balance, coordination, flexibility, and reaction time. The participants also demonstrated better neuromuscular control, physical efficiency, and overall performance. Additionally, yoga contributed to improved concentration, reduced fatigue, and enhanced recovery, which are essential for sustaining performance in competitive situations. The findings suggest that yoga serves as an effective and holistic training method for improving motor abilities in Kabaddi players. Its integration into regular sports training programs can enhance both physical performance and mental focus, leading to better athletic outcomes and overall well-being.

Keywords: Yoga, Motor Ability, Kabaddi Players, Agility, Coordination, Balance, Sports Performance.

Introduction

In the contemporary field of sports, athletic performance is influenced by both physical fitness and mental preparedness. In high-intensity contact sports like Kabaddi, motor abilities such as strength, agility, speed, coordination, balance, and reaction time play a crucial role in determining success. Male Kabaddi players are required to execute rapid movements, maintain balance under pressure, and respond quickly to dynamic situations during gameplay.

Despite regular physical training, athletes often face challenges such as fatigue, reduced coordination, and decreased efficiency. Therefore, there is a growing need for training approaches that enhance both physical and neuromuscular performance.

Yoga, an ancient Indian practice, offers a holistic approach by integrating asanas, pranayama, and meditation. It improves flexibility, balance, coordination, and muscular strength while also enhancing mental focus and recovery. Hence, this study aims to examine the effectiveness of yogic interventions in improving motor abilities among male Kabaddi players.

Sports and Yoga

Kabaddi is a physically demanding sport that requires explosive strength, agility, quick reflexes, and breath control. Yogic practices help improve joint mobility, neuromuscular coordination, and lung capacity, which are essential for performance.

Practices such as Surya Namaskar and pranayama techniques enhance endurance and body control, while meditation improves focus and decision-making. Yoga also reduces the risk of injuries and supports faster recovery, making it highly beneficial for Kabaddi players.

Importance of Yoga in Sports Training

Yoga enhances flexibility, muscular coordination, and balance, allowing athletes to perform movements more efficiently. It improves respiratory efficiency through breathing techniques and supports endurance.

Additionally, yoga promotes faster recovery, reduces fatigue, and enhances mental focus, enabling athletes to perform better under pressure.

Effects of Psychological Variables

Psychological factors significantly influence performance in Kabaddi. Yoga improves concentration, emotional control, and confidence through meditation and breathing practices.

It helps reduce stress and enhances mindfulness, enabling players to react quickly and maintain composure during competitive situations.

Methodology

Selection of Subjects

A total of 75 male Kabaddi players aged 14–18 years were selected randomly from schools and sports academies in Jaipur. All participants had prior experience representing their school teams.

Inclusion Criteria

- Age: 14–18 years
- Gender: Male
- Sport: Kabaddi
- Participation: School-level players

Exclusion Criteria

- Prior regular yoga practice
- Any medical or physical condition restricting participation

Weekly Training Program

Weeks	Warm up	Surya Namaskar	Setubandh asana	Bhujang asana	Salbhan asana	Dhanur asana	Shawasana/Pranayama/Chant	Total Time
1 Week	15 Minutes	10 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes	15 Minutes	60 Minutes
	Sets	3 Sets	6 Sets	6 Sets	4 Sets	6 Sets		
	Set Time	3 min	30 Sec	30 Sec	1 min	30 Sec		
	Rest	30 Sec	20 Sec	20 Sec	30 Sec	20 Sec		
2 Week	15 Minutes	10 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes	15 Minutes	60 Minutes
	Sets	3 Sets	6 Sets	6 Sets	4 Sets	6 Sets		
	Set Time	3 min	30 Sec	30 Sec	1 Min	30 Sec		
	Rest	30 Sec	20 Sec	20 Sec	30 Sec	20 Sec		
3 Week	15 Minutes	10 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes	15 Minutes	60 Minutes
	Sets	6 Sets	4 Sets	5 Sets	2 Sets	5 Sets		
	Set Time	1 Minute	45 Sec	50 Sec	2 min	50 Sec		
	Rest	30 Sec	10 Sec	10 Sec	30 Sec	10 Sec		
4 Week	15 Minutes	10 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes	15 Minutes	60 Minutes
	Sets	8 Sets	5 Sets	4 Sets	3 Sets	5 Sets		
	Set Time	52 Sec	48 Sec	1 Min	2 Min	1 Min		
	Rest	10 Sec	10 Sec	10 Sec	10 Sec	10 Sec		
5 Week	15 Minutes	10 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes	15 Minutes	60 Minutes
	Sets	9 Sets	4 Sets	3 Sets	2 Sets	3 Sets		
	Set Time	46 Sec	1 Min	1 min	2:15 Sec	1:15 Sec		
	Rest	15 Sec	10 Sec	30 Sec	10 Sec	10 Sec		
6 Week	15 Minutes	10 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes	15 Minutes	60 Minutes
	Sets	9 Sets	4 Sets	3 Sets	2 Sets	3 Sets		
	Set Time	46 Sec	1 min	1 min	2:15 Sec	1:15 Sec		
	Rest	15 Sec	10 Sec	30 Sec	10 Sec	10 Sec		

Training Program

Six Weeks program (3 Days in a week)

In 60-minute training schedule was created to provide practice for the players of kabaddi game, boys at school level over a period of six weeks, three days in a week. Before starting the training, a pre-test was conducted, which served as the pre-data. After the six weeks training a post-test was conducted, which became the post-data. T-test was applied to analyse the data.

Motor ability variables were assessed before and after the intervention period.

Collection of Data

- The researcher examined the factors of physical fitness, which play a crucial role in influencing performance anxiety and motor fitness components among players at different levels, with the aim of improving their overall sports performance.
- The researcher visited schools to collect data and consulted experts in physical education and yoga. students, and the authorities were very cooperative. The researcher selected the JCR test to measure the Motor fitness of male players of Kabaddi.

Selection of Variables

- The researcher reviewed the factor of motor ability. This factor has an important influence on motor fitness among players at various levels to help improve their performance in their sports.
- The present study is examined and evaluated to measure the motor fitness component. The study group was observed the pre-data and post-data collection.

Tools to be Used

- Motor fitness test was measured by JCR test developed by B.E Philips (1957).

J.C.R Test

Phillip's J.C.R Test measures the Motor fitness of the subjects with respect to power, speed, agility and muscular endurance.

- Vertical jump (J)
- Chin up (C)
- Shuttle run (R)

Test Plan

- **Pre-test:** before starting any intervention program
- **Post-test:** Data was collected after six weeks of intervention program

Statistical Techniques for Analysis of Data

To analyse the results measured by the tools statistical analysis of data was done using various statistical tools like mean, standard deviation, t-test.

Conclusion

The study concludes that yogic interventions significantly enhance motor abilities in male Kabaddi players. After six weeks of training, participants showed improvements in agility, balance, coordination, reaction time, and overall physical efficiency.

Yoga also contributed to better neuromuscular control, improved concentration, reduced fatigue, and faster recovery. These benefits positively influenced overall performance in Kabaddi.

Thus, yoga can be considered a holistic and effective training method that supports both physical and mental aspects of athletic performance. Its integration into regular training programs can help athletes achieve higher levels of performance and long-term well-being.

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