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Research article

COMBINED EFFECTS OF RECREATIONAL GAMES YOGIC PRACTICE AND GYMNASTICS TRAINING ON SELECTED FUNDAMENTAL MOTOR SKILLS OF SCHOOL STUDENTS

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Abstract

The present study is to find out the combined effects of recreational games, yogic practice and gymnastics training on selected fundamental motor skills of school students. 60 subjects were selected from nearby schools of Ramakrishna Mission Vidyalaya, Coimbatore. The subjects' age were between 11 and 14 years. They were divided into two groups of thirty in each. One group acted as the experimental group and another group acted as the control group. The experimental group underwent the combined training for 18 weeks of 5 days per week. Each training session was for one hour in the evening from 3.00 PM to 4.00 PM. To achieve the result, the collected data on following criterion measures namely fundamental motor skill variables like catch, kick and overhand throw were tested. The standardized tests was conducted before and after the combined training. The paired 't' test was applied to analyse the collected data and in all cases the criteria for the statistical significance was set at 0.05 level of confidence. It is concluded that the recreational games yogic practice and gymnastics training significantly increased the catch, kick and overhand throw of school students.

Keywords: *Recreational games, yogic practice, gymnastics training, catch, kick, overhand throw.*

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INTRODUCTION

In the modern world, man is enjoying lots of luxuries provided by the developments in advanced technology. Simultaneously, man is also facing lots of physical, mental, emotional and social disturbances in everyday living. Undoubtedly the latest technological developments have provided all kinds of comforts in all walks of life, at home as well as the work places, in agriculture or industries and so on. They have also reduced dependence of persons on each other, has resulted in increased social, and physiological problems. It has also reduced physical work but introduced the shift system at work places. People working in day and night shift have reduced the family members to strangers. This is causing emotional upheavals. Collectively all these factors affect family life, society and nation adversely in the long run. Further, the technological advancements in every sphere of life have created lots of free, or leisure time after the working hours. Side by side easy availability of recreational gadgets like T.V, cable T.V, Video CD games, computer games have made the human child least interested in physical activity. As a result, in so many physical, mental and emotional problems have cropped up. To counteract these. i.e. to utilitize the free or leisure time in a constructive way and to make people physically active thereby allowing their growth and development, active recreation activities, other than the passive ones, are a must.

Any activity voluntarily engaged in during leisure time and primarily motivated by the satisfaction of pleasure derived from it **(Meyer and Brightbill, 1997).**

The word yoga is derived from Sanskrit root "yuj" meaning to bind, join, attach and yoke to direct and concentrate one's attention on, to use and apply. It also means union or communion; it is the true union of our will with the will of God **(Ajmer Singh et al., 2003).**

Physical exercises are designed to develop and display strength, balance, endurance, speed and agility especially those performed on or with specialized apparatus **(Pintu Modak, 2000).**

Fundamental Motor Skills are the motor patterns that involve different body parts. They are the foundation movements or precursor patterns to the more specialized, complex skills used in play, games, sports, dance, gymnastics, outdoor education and physical recreation.

STATEMENT OF THE PROBLEM

The present study is to find out the combined effects of recreational games yogic practice and gymnastics training on selected fundamental motor skills variables namely catch, kick and overhand throw of school students

DELIMITATIONS

1. This study is confined to sixty school boys from nearby schools of Ramakrishna Mission Vidyalaya, Coimbatore, Tamil Nadu.
2. The subjects were selected only from the age group of 11 to 14 years.

3. The study delimited to the fundamental motor skills namely catch, kick and overhand throw.
4. The duration of the experimental period was 18 weeks.
5. The study is confined to the recreational games yogic practice and gymnastics training.

METHODS AND MATERIALS

SELECTION OF SUBJECTS

For this study 60 school boys were selected randomly from nearby school of Ramakrishna Mission Vidyalaya, Coimbatore. The age of the subjects ranged from11 to 14 years. They were divided into two groups of 30 in each. One group acted as the experimental group. The experimental group underwent the training for 18 weeks.

SELECTION OF VARIABLES

INDEPENDENT VARIABLE

- Recreational games Yogic practice and Gymnastics training

DEPENDENT VARIABLES

- FUNDAMENTAL MOTOR SKILLS
  1. Catch
  2. Kick
  3. Overhand throw

TABLE - I
SELECTED VARIABLES AND TESTS

S.NO	VARIABLES	TESTS	UNIT
1.	Catch	Fundamental Motor Skills Assessment Test	Points
2.	Kick		
3.	Overhand throw		

TRAINING SCHEDULE

Training duration = 18 weeks
Frequency = 5 days per week
Session = 1 session of 60 minutes per day

TABLE - II
TRAINING PROGRAMME MESO CYCLE PLAN TRAINING COMPONENTS AND PERCENTAGE OF TRAINING RECREATIONAL, YOGIC PRACTICE AND GYMNASTICS GROUP

S.NO	TRAINING	WEEKS																	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1.	Warm up	15	15	20	22	15	12	15	12	18	25	14	16	18	12	25	20	15	15
2.	Recreational games	70	70	-	-	-	-	70	76	-	-	-	-	64	76	-	-	-	-
3.	Yogic practice	-	-	65	68	-	-	-	-	70	60	-	-			60	65	-	-
4.	Gymnastics	-	-	-	-	65	73	-	-	-	-	70	64	-	-	-	-	60	60
5.	Warm down	15	15	15	10	20	15	15	12	12	15	16	20	18	12	15	15	25	25
6.	Total percentage	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

List of Recreational games, Yogic practice and Gymnastics

Recreational games

- Potato race
- Zig Zag relay
- Dodge ball
- Throw and sit relay
- Kick and run tag
- Foot ball dribble relay
- Jump the hurdle relay
- Jump the lane relay

Yogic practice

- Surya namaskar
- Padmasana
- Vajrasana
- Ekapadasana
- Bhujangasana
- Dhanurasana
- Chakrasana
- Makarasana
- Savasana

Gymnastics training

- ✓ Forward rolls
- ✓ Backward rolls
- ✓ Cartwheels
- ✓ Rope and rings
- ✓ Wall walks to handstand
- ✓ Jump from bench into hoop
- ✓ Landings on feet
- ✓ Landing on hands
- ✓ Rocket rolls
- ✓ Banana rolls
- ✓ Clock rolls

STATISTICAL TECHNIQUE

't' ratio was calculated to findout the significance difference between the mean of pre and post test of the each group.

RESULTS

TABLE-III

TABLE SHOWING THE MEAN DIFFERENCE STANDARD DEVIATION AND 't' VALUE OF EXPERIMENTAL AND CONTROL GROUPS IN CATCH

Group	Mean	Md	Std.deviation	Std.error of the mean	't'	Table value
Experimental pre-test	9.47	4.93	0.73	0.13	29.78*	2.04
Experimental post test	14.40		1.13	0.20		
Control pre test	9.36	0.10	0.55	0.10	1.36	2.04
Control post test	9.46		0.50	0.09		

*Significance at 0.05 level of confidence

To find out the significant difference between pre test and post test on catch 't' ratio was employed and the level of significance was set at 0.05. The experimental group on catch pre test value was 9.47 and post test value was 14.40 respectively. The mean difference value was 4.93 and obtained 't' ratio 29.78 was greater than the table value 2.04. So it is found to be significant. The control group on catch pre test value was 9.36 and post test value was 9.46 respectively. The mean difference value was 0.10 and obtained 't' ratio was 1.36 and is lesser than table value of 2.04. So it is found to be insignificant.

FIGURE-1

BAR DIAGRAM SHOWING THE PRE AND POST TEST MEAN VALUE OF EXPERIMENTAL GROUP AND CONTROL GROUP ON CATCH

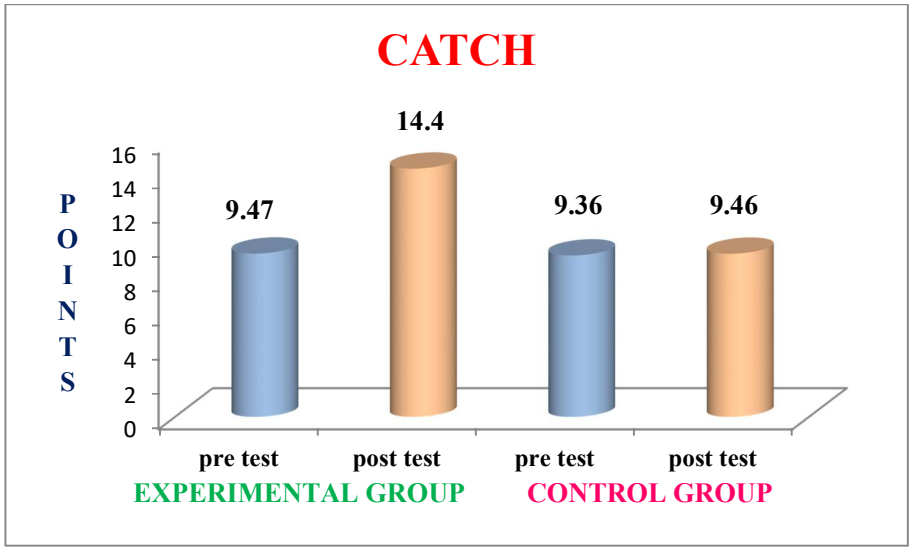


TABLE-IV
TABLE SHOWING THE MEAN DIFFERENCE STANDARD DEVIATION AND 't' VALUE OF EXPERIMENTAL AND CONTROL GROUPS IN KICK

Group	Mean	Md	Std.deviation	Std.error of the mean	't'	Table value
Experimental pre-test	9.23	4.20	0.81	0.14	28.57*	2.04
Experimental post test	13.43		1.00	0.18		
Control pre test	9.10	0.06	0.55	0.14	1.43	2.04
Control post test	9.16		0.50	0.13		

***Significance at 0.05 level of confidence**

To find out the significant difference between pre test and post test on kick 't' ratio was employed and the level of significance was set at 0.05. The experimental group on kick pre test value was 9.23 and post test value was 13.43 respectively. The mean difference value was 4.20 and obtained 't' ratio 28.57 was greater than the table value 2.04. So it is found to be significant. The control group on kick pre test value was 9.10 and post test value was 9.16 respectively. The mean difference value was 0.06 and obtained 't' ratio was 1.43 and is lesser than table value of 2.04. So it is found to be insignificant.

FIGURE-2
BAR DIAGRAM SHOWING THE PRE AND POST TEST MEAN VALUE OF EXPERIMENTAL GROUP AND CONTROL GROUP ON KICK

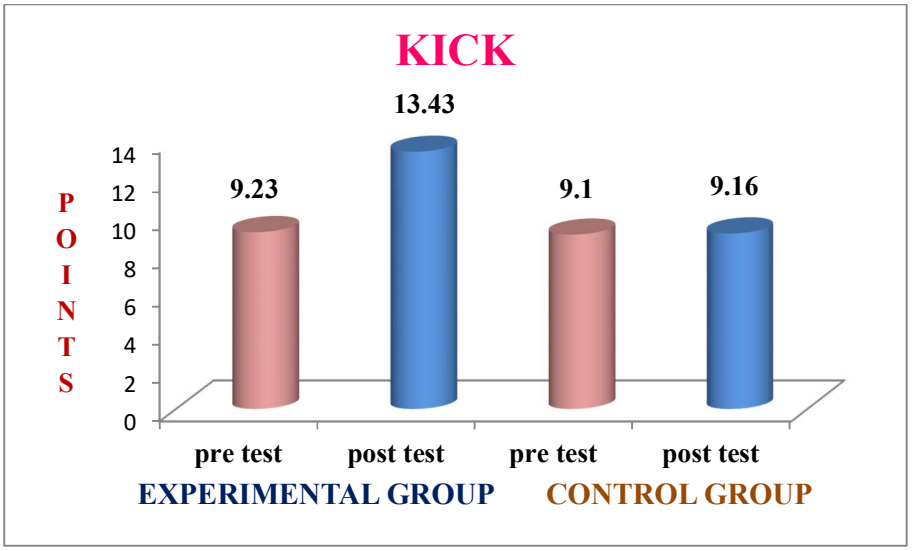


TABLE-V

TABLE SHOWING THE MEAN DIFFERENCE STANDARD DEVIATION AND 't' VALUE OF EXPERIMENTAL AND CONTROL GROUPS IN OVERHAND THROW

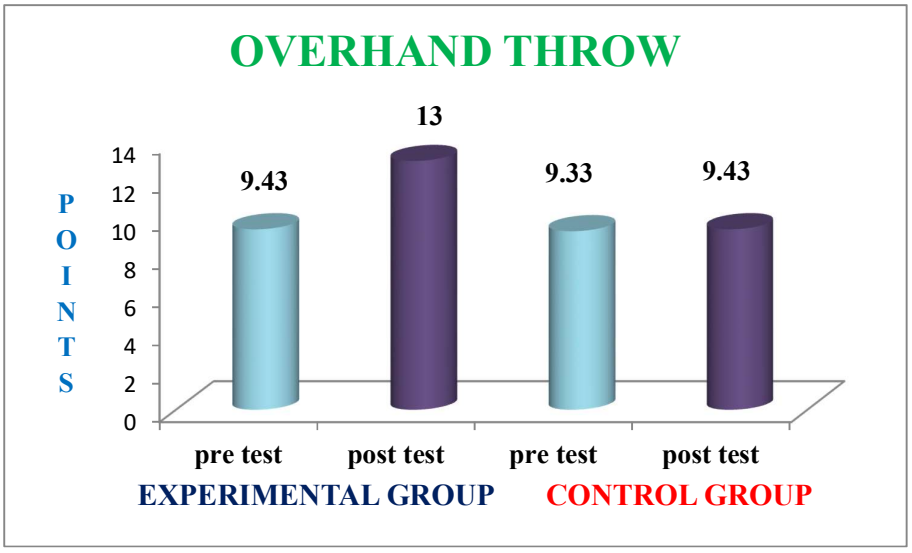
Group	Mean	Md	Std.deviation	Std.error of the mean	't'	Table value
Experimental pre-test	9.43	3.57	0.93	0.17	23.90*	2.04
Experimental post test	13.00		1.43	0.26		
Control pre test	9.33	0.10	0.84	0.15	1.79	2.04
Control post test	9.43		0.81	0.14		

***significance at 0.05 level of confidence**

To find out the significant difference between pre test and post test on overhand throw 't' ratio was employed and the level of significance was set at 0.05. The experimental group on overhand throw pre test value was 9.43 and post test value was 13.00 respectively. The mean difference value was 3.57 and the obtained 't' ratio 23.90 was greater than the table value 2.04. So it is found to be significant. The control group on overhand throw pre test value was 9.33 and post test value was 9.43 respectively. The mean difference value was 0.10 and the obtained 't' ratio was 1.79 and is lesser than table value of 2.04. So it is found to be insignificant.

FIGURE-3

BAR DIAGRAM SHOWING THE PRE AND POST TEST MEAN VALUE OF EXPERIMENTAL GROUP AND CONTROL GROUP ON OVERHAND THROW



DISCUSSION ON FINDINGS

The result of the study shows that the recreational games, yogic practice and gymnastics training group had significant improvement on selected fundamental motor skills namely catch, kick and overhand throw. This may be due to the combined effect of recreational games yogic practice gymnastics training.

The results are in conformity with other studies of Outle et al. (2011), Stern et al. (2009), Rajakumar (2010), Pratima et al. (2008), Hardy et al. (2013) and Patterson et al. (2001) who had concluded in their studies that an improvement did occur fundamental motor skills namely catch, kick and overhand throw.

CONCLUSIONS

Based on the statistical analysis and results of the study, the following conclusions are drawn.

- It is concluded that the recreational games yogic practice gymnastics training significantly improved the fundamental motor skills namely catch, kick and overhand throw of school students.

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