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EFFECT OF PLYOMETRIC TRAINING WITH AND WITHOUT YOGIC PRACTICES ON SKILL PERFORMANCE VARIABLE OF WOMEN CRICKET PLAYERS

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ABSTRACT

To find out the Effect of Plyometric training with and without Yogic Practices on Skill Performance variable of Women Cricket players.

To achieve the above purpose of the study Ninety (90) Ninety Intercollegiate level Cricket players, ages 18 to 22, were randomly selected from Chittoor District for the current inquiry. The total strength will be dividing into 3 different training groups of 30 players each.

Using a genuine random group design, the research includes a pre- and posttests. Ninety participants are divided into three equal groups, each with thirty Female Cricket Players. Experiment Group-I, Experiment Group-II, and Control Group-III. Plyometric Training combined with Yogic Practices are the focus of Experimental Group I, whereas Plyometric Training alone is the focus of Experimental Group II, which serves as a Control Group. This group receives no additional attention other than their usual warm-up. The Researcher conduct pre-tests on Skill Performance of all the participants in this study. For 12 weeks, the experimental groups will undergo their separate training regimens. After 12-week trial period, all three groups will be subjected to post-tests on the dependent variable of Batting skill in cricket.

The experimental treatment was thought to have an impact if the beginning and end mean values of certain variables differed. For each variable, the statistical method Analysis of Covariance (ANCOVA) was performed to assess its significance.

Keywords: Plyometric Training, Yogic Practices, Batting

1. INTRODUCTION

Physical fitness is one of the components of the complete fitness of an individual, which also incorporate mutual, social and emotional fitness. It is one of the fundamental requirements of life broadly speaking it means the ability to carry out our daily chore without under fatigue. Strength endurance is required in all sports activities, whether fast or slow, movements have to be done under lesser or higher conditions of fatigue. Agility is a combination of several athletic traits such as strength, reaction time, speed of movement, power and co-ordination. It‘s display becomes essential in such movements as dodging, zigzag running, stopping and starting and changing body positions speedily

Plyometric training is one of the best strategies to increase your explosive power in sports and activities. Essentially, plyometrics is a style of training that aims to achieve the best possible balance of strength and speed, which will manifest itself in the form of explosive force. Plyometric motions are now used in practically every sport. Before beginning a plyometric training programme, you must first achieve a basic strength level. The type of exercise chosen must be appropriate for the athlete’s age, gender, and biological development. During an entire training cycle, these should be steadily increased in tension. When calculating the worth of jumps in the gym, body weight should be the deciding factor.

Plyometric training should be done twice or three times per week in most cases. Plyometric exercise is a relatively recent concept in the world of fitness.

Despite the fact that the word 'yoga' has many meanings, its etymological meaning is "reconciliation." The term 'Samatva' in the Bhagavat Gita has a similar meaning. Different terms like homeostasis, balance, balance, agreeable turn of events, and so on pretty much recommend exactly the samethings. The point of yoga itself is a combination of character in the entirety of itsviewpoints. Various methods are used to aid in the advancement of this kind of incorporation. Additionally, these techniques and tactics are referred to as yoga in the writings of the Yogis and in other conventions. (Gharote,1976).

People's perspectives on health care are being transformed as a result of recent yoga study. This study examines whether yoga intervention programmes and theories, which concentrate on components of yoga that improve health issues, are valid. I looked around twenty articles on how yoga impacts the human body. Each programme had its own evaluation of the literature. Each section explains the intervention and its outcome. Tibetan Yoga, Inner Resources, Progressive Muscle Relaxation Program and Attentional Behavioral Cognitive Relaxation Theory (ABCR), Mindfulness-Based Stress Reduction programme, Zen Meditation, and Transcendental Meditation are all included in this section.

2. METHODOLOGY

Selection of Subjects

To achieve the above purpose of the study Ninety (90) female students suffering from Type-I Obesity in Sri Padmavati Mahila Visvavidyalayam Tirupati as the subjects. The total strength will be dividing into 3 different training groups of 30 players each, the age of the subjects - 18 to 20 years.

3. RESEARCH DESIGN

Using a genuine random group design, the research includes a pre- and posttests. Ninety participants are divided into three equal groups, each with thirty Female Cricket Players. Experiment Group-I, Experiment Group-II, and Control Group-III. Plyometric Training combined with Yogic Practices are the focus of Experimental Group I, whereas Plyometric Training alone is the focus of Experimental Group II, which serves as a Control Group. This group receives no additional attention other than their usual warm-up. The Researcher conduct pre-tests on Skill Performance of all the participants in this study. For 12 weeks, the experimental groups will undergo their separate training regimens. After 12-week trial period, all three groups will be subjected to post-tests on the dependent variable of Batting Skill in Cricket.

The experimental treatment was thought to have an impact if the beginning and end mean values of certain variables differed. For each variable, the statistical method Analysis of Covariance (ANCOVA) was performed to assess its significance.

4. RESULTS ON BATTING

During the experimental time, the raw score was gathered before and after the experiment.

Plyometric Training with Yogic Practices Group, Plyometric Training without Yogic Practices Group, and Control Group were analysed for covariance on Batting of the Pre-Test, Post-Test, and Adjusted Test scores in table I.

Table 1

A study comparing experimental bats with those from a Batting Control Group

Test	Plyometric Training with Yogic Practices Group	Plyometric Training without Yogic Practices Group	Control Group	SOV	SS	df	MS	F - Ratio
Pre test Mean	**28.80**	**29.80**	**28.57**	Between	**25.76**	**2**	**12.88**	**0.60**
				Within	**1878.97**	**87**	**21.60**	

Post test Mean	**34.67**	**33.87**	**28.97**	Between	**571.40**	**2**	**285.7**	**19.31***
				Within	**1287.10**	**87**	**14.79**	
Adjusted Post Test Mean	**34.81**	**33.43**	**29.25**	Between	**502.46**	**2**	**251.23**	**32.98***
				Within	**655.06**	**86**	**7.62**	

* significant at .05 level of confidence

Table value of df (2 & 87) at .05 level = 3.10

The above table- I presented that,

1) The Pre Test means of Batting

- Plyometric Training with Yogic Practices Group: **28.80**
- Plyometric Training without Yogic Practices Group :**29.80**
- Control Group: **28.57**

According to the table, the F Ratio achieved for Pre-Test scores was 0.38, which was lower than the 3.10 necessary for considerable degree of confidence.

2) The Post Test means of Batting

- Plyometric Training with Yogic Practices Group: **34.67**
- Plyometric Training without Yogic Practices Group :**33.87**
- Control Group: **28.97**

Significant level confidence was necessary for the Degrees of freedom 2 and 87, however we attained a f ratio of 19.31* that was higher than that in the table, at 3.10.

3) The Adjusted Post Test means of Batting

- Plyometric Training with Yogic Practices Group: **34.81**
- Plyometric Training without Yogic Practices Group: **33.43**
- Control Group: **29.25**

F ratio 32.98* for Pre-Test scores exceeded value of 3.10 necessary for considerable degree of confidence in the results.

Scheffe's Confidence Interval test was used as a Post Hoc examination of the data since substantial improvements were seen. Using Table II, the results were summarised.

Table 2

Comparison of Plyometric Training with and without Yogic Practices with and without a Control Group by Scheffe Adjusted Post-Test Batting paired means

Plyometric Training with Yogic Practices Group	Plyometric Training without Yogic Practices Group	Control Group	Mean Diff	Confidence Interval
34.81	**33.43**		**1.38**	**1.77**
34.81		**29.25**	**5.56***	**1.77**
	33.43	**29.25**	**4.18***	**1.77**

Table 2 That, the adjusted Post-Test mean difference on Batting between the Plyometric Training with Yogic Practices Group, Plyometric Training without Yogic Practices Group, and the Control Group was shown.

The following paired mean comparisons were significant at the 0.05 level and were greater than the necessary confidence interval.

1) Plyometric Training with Yogic Practices Group and Control Group: **5.56***
2) Plyometric Training without Yogic Practices Group and Control Group: **4.18***

They are not significant at the 0.05 level because they have confidence intervals that are lower than the acceptable level of confidence.

Yoga and Plyometric Training Non-Yoga-based Plyometric Training in a Group Group: **1.38**.

A visual depiction of the results of Plyometric Training on Batting equipment with and without Yogic Practices, as well as the Adjusted Post Test results for each group, may be seen in Figure I.

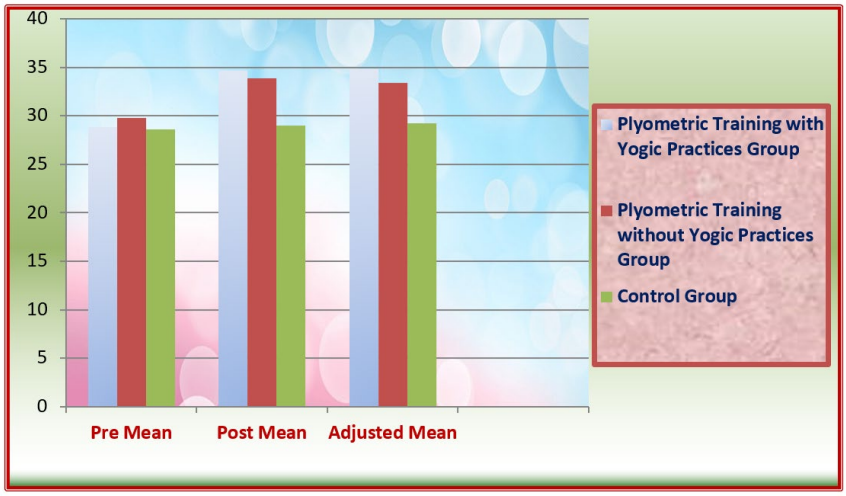

Figure 1 When comparing Plyometric Training without Yogic Practices to Plyometric Training with Yogic Practices, as well as the Adjusted Post-Test Values from each of the three groups.

5. DISCUSSION ON BATTING

Within the limitations and delimitations of the study, the following conclusion was drawn.

Plyometric Training with Yogic Practices and Plyometric Training without Yogic Practices treatments for a period of twelve weeks were shown to have a significant impact on the Batting of the samples.

In the experiment, the Plyometric Training with Yogic Practices group had a greater impact than the Plyometric Training without Yogic Practices Group and the Control Group. Plyometric Training with Yogic Practices, on the other hand, may improve Batting by enhancing mental fitness.

6. CONCLUSIONS

There were significant differences between the Plyometric Training with Yogic practices group and the Plyometric Training without Yogic practices group after twelve weeks of testing, with the results showing that the Plyometric Training with Yogic practices group outperformed the Plyometric Training without Yogic practices group in terms of improving women's cricket players' batting.

CONFLICT OF INTERESTS

None.

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None.

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