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Impact of Hatha Yoga exercises on some of the physiological, psychological variables and the level of performances in judo

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Abstract

The research aims to identify the effect of Hatha Yoga exercises on some physiological and psychological variables and the level of performances in judo. Researcher used the experimental group, using design for one group by the pre and post measurement. the sample of research contain judo students who are in the third year of Faculty of Physical Education and the important result that there are significant differences in psychological variables, physiological variables and the degree of practical examination between the pre and post measurement for the post measurement.

Keywords: Hatha Yoga exercises, psychological, physiological variables.

1. Introduction

Judo is the sport of competitive individual sports, which is characterized by friction and direct face to face with rivals and of course, this friction generates many emotions converge or conflict, according to the changing positions during the course of the game, which requires the player reactions to different and varied. The yoga system sports a series of physical conditions that are carried out sequentially with the performance of fixed patterns of breathing and all that is needed is an individual walker or light carpet placed in the room without any furniture or equipment can practitioners to listen to classical music should be calm and not surprised practitioner in order to be able to achieve a high degree of concentration. The judo player, which is a valid psychological preparation can face various positions and to overcome the pressure, and the coach know the mental state of each player is expected reactions in different positions and try to deal with a situation that both the individual and the psychological conditions, including food for the determination of the player and the best of it done to him. and mental skills to play an important role in the achievement of sports, as these skills must go hand in hand with the development of components of physical fitness is important to point out that learning these skills do not only affect the mental development to sports performance, but move to a normal life skills such as control energy and the psychological stress and to develop realistic goals and to focus attention and reflection.
Osama adds full salary (2000) that relaxation helps increase focus and get rid of tension and development of many of the benefits of physical and physiological and psychological. (8) Is measured by pressure measuring device Sphygmomanometer medical headset. The researcher believes that the Faculty of Physical Education students are more vulnerable to stress and tension and anxiety due to the presence of theory and practice and offers sports and examinations continued throughout the year so need to reduce stress. it is through the teaching of students allocated to the researcher judo College noted that, in spite of the effort had been done by faculty members, however, students find it difficult to sequence and continuity in the performance of motor skills assessed by the same level they started it and they show the symptoms of tension and mental stress and the inability to focus attention causing the low level of performance. This invited the researcher to attempt to identify the weaknesses and shortcomings in the performance of students and to try healing through yoga exercises, which affect the development of many of the ingredients.

2. Method

Researcher used the experimental group, using design for one group by the pre and post measurement. the size of research sample (30) student from judo students who are in the third year of Faculty of Physical Education and measure some physiological variables like (pulse rate, blood pressure, systolic and , vital capacity, duration of self-hiding) and some psychological variables like (the ability to relax - muscular tension - focus attention ) also researcher used the next Tools and measuring devices:
- Alrstamitr device for measuring the height
- Stopwatch to measure the time of Self-mute.
- A device to measure blood pressure.
- Alospiromitr device for measuring the vital capacity.
- Levels of muscle tension designed by Nideffer (1985).
- Measure of capacity to relax: designed by Frank Vital.
- The focus of attention: designed Dwathi Harris Harris (1984).

The researchers have been applied research in the period from 11/2/2007 to 18/2/2007 on a sample of the research community and from outside the research sample and to ensure the validity of yoga exercises as well as the sincerity and consistency tests. The researcher took into account when the application and the results of the survey, which demonstrated the validity of the tests and exercises, "Hatha Yoga" used in the research and the appropriateness of its contents with members of the sample.

3. Results

Table 1. Value (t) test between the pre and post measurement in physiological variables

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Variables</th>
<th>pre measurement</th>
<th>Post measurement</th>
<th>the difference between the average</th>
<th>Value (t) t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>SD</td>
<td>M</td>
<td>SD</td>
<td>M</td>
</tr>
<tr>
<td>pulse rate</td>
<td>rest</td>
<td>68.83</td>
<td>3.51</td>
<td>63.76</td>
<td>2.07</td>
</tr>
<tr>
<td></td>
<td>effort</td>
<td>143.36</td>
<td>4.31</td>
<td>138.70</td>
<td>3.76</td>
</tr>
<tr>
<td>pressure</td>
<td>systolic</td>
<td>127.06</td>
<td>3.0</td>
<td>122.936</td>
<td>2.27</td>
</tr>
<tr>
<td>Blood</td>
<td>Anbsaty</td>
<td>69.23</td>
<td>2.19</td>
<td>65.33</td>
<td>2.86</td>
</tr>
<tr>
<td>vital capacity</td>
<td>3051.67</td>
<td>383.87</td>
<td>3498.00</td>
<td>349.57</td>
<td>746.33</td>
</tr>
<tr>
<td>period of self-concealing</td>
<td>37.93</td>
<td>4.60</td>
<td>46.26</td>
<td>3.76</td>
<td>8.33</td>
</tr>
</tbody>
</table>

Value (t) worksheet = (2.05) at the level of statistical significance (0.05)

Is clear from Table (1) that there are statistically significant differences in physiological variables between the measurement of tribal and dimensional measurement of the sample research and for the benefit of telemetric

Table 2. Value (t) between the pre and post measurement Sample search in psychological variables

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Variables</th>
<th>pre measurement</th>
<th>Post measurement</th>
<th>the difference between the average</th>
<th>Value (t) t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>SD</td>
<td>M</td>
<td>SD</td>
<td>M</td>
</tr>
<tr>
<td>the ability to relax</td>
<td>39.63</td>
<td>5.54</td>
<td>48.16</td>
<td>2.29</td>
<td>8.53</td>
</tr>
<tr>
<td>muscular tension</td>
<td>32.63</td>
<td>5.49</td>
<td>19.46</td>
<td>2.16</td>
<td>13.17</td>
</tr>
</tbody>
</table>
Table 3. Value (t) between the pre and post measurement of research sample in degree of practical examination

<table>
<thead>
<tr>
<th>Variables</th>
<th>pre measurement</th>
<th>Post measurement</th>
<th>the difference between the average</th>
<th>Value (t) test</th>
</tr>
</thead>
<tbody>
<tr>
<td>agree of practical examination</td>
<td>8.13</td>
<td>1.10</td>
<td>10.93</td>
<td>1.41</td>
</tr>
</tbody>
</table>

Value (t) worksheet = (2.05) at the level of statistical significance (0.05)

Is clear from Table (3) that there are significant differences in the degree of statistical examination of the practical measurement of tribal and dimensional measurement of a sample search for the dimensional measurement.

4. Discussion

Is clear from the results of (1) in terms of specific tribal and dimensional measurements of a sample of research and there is a function of statistical differences for the benefit of telemetric physiological variables (pulse rate - systolic blood pressure - blood pressure Anbsati - vital capacity (the duration of self-hiding)).

The study of these differences in rates of change-after measurements of tribal substantive exercises "Hatha yoga" designed by the researcher and included by the relaxation exercises and a correct way to breathe during the regular performance of exercise in addition to the prolongation of flexibility exercises for the muscles operating the work led to an improvement in heart muscle and raise the efficiency and therefore This led to an increase in cardiac micro-payment, which had a positive impact in the flow of blood in the coronary artery, and this gives the heart a rest enough between the pulse and thus the impact of a decline in pulse rate.

This is consistent with what both referred to by Abul-Ela, Mohamed Abdel-Fattah Subhi Hassanin (2) that the speed pulse in the comfort of individuals carrying practitioners seeking to improve due to low blood pressure, systolic and Anbsati Al Hath yoga training that has led to the revitalization of the venous return and increased blood to the heart in addition to the increase of blood capillaries in the open cells and tissue blood flow easily inside the arteries and capillaries of blood during systole and thus led to a decrease in systolic blood pressure and increase blood capillaries open and during extended cardiovascular activity, led to reduce external resistance to the flow of blood outside the artery, which in turn led to decline in the rate of pressure Anbsati also in line with what indicated by Bahaa Eddin Ibrahim and Abul-Ela Mohamed Abdel Fattah Hassan Allawi. (3), (1), (14)

The researcher attributed the improvement in the respiratory rate increased vital capacity and low respiration rate during the rest of the amount paid in the blood from the heart to the lungs, which led to an increase in lung gas exchange and training of the work and an adaptation of the respiratory system may be a sample search for the regularity and continuity Hatha yoga in training exercises and the content of the rubber of the muscles and breathing exercises have helped to increase the efficiency of muscle, especially muscle chest veil, which contributes to the improvement of respiratory capacity.

This is consistent with what indicated by Elias Ayoub (1994) that the breathing exercises associated with yoga exercises a positive impact on the organization of the process of breathing capacity and improve vitality. (13),(2)

Clear from the results of the agenda (2) the terms of the differences between tribal and dimensional measurement of a sample of research and there is a function of statistical differences for the benefit of dimensional measurement of the psychological variables under consideration (the ability to focus attention - the ability to relax) and the researcher, these differences were due to positive effects and multiple exercises and Hatha Yoga upon the conditions and breathing and relaxation exercises final regular students the opportunity to sample the search to satisfy their need for self-fulfilment and to get rid of fatigue and stress also helped to unload a lot of cargo for the outside (rather than to remain dormant) in the body, causing many of the disturbances and their sense that all
members of the body has been approved adequacy of relaxation necessary to revitalize the body racked by tension and fatigue due to the pressures resulting from the fatigue of the daily school day.

Indicates Osama salary, Ibrahim Khalifa (9) that the respiration of the most influential ways to control the tension and anxiety and is a breathing exercise control of major importance in the face of the positions of the various pressures of life.

Mahmud Rabeey ,Nashua Mahmoud (14),(11) that the clarity and sense of self begins to relax psychological access to our lives and when this is achieved will find sweet serenity of new work practice in the past, we consider it a tedious and cumbersome and difficult.

The study of the increase in the degree of relaxation to the sample following the method of research has the ability to relax at all times.
This study agrees that the positive impact of yoga on psychological variables among practitioners with the results of a study of Chadtemmerman stand others al, the birth of Akreczi Milad Krajri. (21)
As is clear from the agenda (3) the terms of the differences between tribal and measurement dimensional in the level of practical performance tests of a sample of research and there is a function of statistical differences for the benefit of telemetric The study of these differences that Hatha yoga and training due to a variety of physical conditions associated with breathing may be organized at the level of positive impact the performance of students as a sample search recalls Elias Ayoub (3), Mahmud Rabeey (14) to Hatha Yoga exercises that help the device to acquire the vast capacity and flexibility necessary flexibility, especially the spinal column, the researcher believes that this helps the students in the performance of the skills of judo better.
The Housam El-din Talhah, et al (6) to achieve the benefits of yoga exercises at the vehicle development flexibility through the integration of all of the body, mind and spirit of reason may be due to the nature of the performance of such exercises, which is characterized by slow and work to raise the level of motivation towards the best addition to Hatha Yoga exercises to improve and strengthen the muscles of the body of all the various benefits of yoga are not limited to this only, but also to work to improve and develop the various components of the body.
The researcher Recommendations with Use Hatha Yoga exercises because of its clear and positive impact on improving the psychological and physiological variables and skill, encourage female students to the practice of sports activities in general, to alleviate the pressures of life.

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