

A Study of Effect of Yoga on Choice Visual Reaction Time of Soccer Players

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Abstract : The objective of the study was to study the effectiveness of common yoga protocol on reaction time (choice visual reaction time, measured in milliseconds/seconds) of male football players in the age group of 16 to 21 years. The 40 boys were measured initially on parameters of years of experience, level of participation. They were randomly assigned into two groups i.e. control and experimental. CVRT for both the groups was measured on day-1 and post intervention (common yoga protocol here) was measured after 45 days of training to the experimental group after they had finished with their regular fitness and soccer skill training. One way ANOVA (Univariate analysis) and Independent t-test using SPSS 23 statistical package were applied to get and analyze the results. The experimental yoga protocol group showed a significant reduction in CVRT, whereas the insignificant difference in reaction times was observed for control group after 45 days. The effect size was more than 52% for CVRT indicating that the effect of treatment was large. Power of the study was also found to be high ($> .80$). There was a significant difference after 45 days of yoga protocol in choice visual reaction time of experimental group ($p = .000$), $t(21.93) = 6.410$, $p = .000$ (two-tailed). The null hypothesis (that there would be no difference in reaction times of control and experimental groups) was rejected. Where $p < .05$. Therefore alternate hypothesis was accepted.

Keywords : reaction time, yoga protocol, t-test, soccer players

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