

COMPARATIVE EFFECTS OF SURYANAMASKAR AND DYNAMIC STRETCHING ON THE FLEXIBILITY OF CRICKET PLAYERS

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ABSTRACT

The purpose of the study was to compare the effect of Suryanamaskar and dynamic stretching on flexibility of the district cricket players of DAVV University Indore Madhya Pradesh. The subjects were chosen as male cricket players of under 19 years of age. The expert has made three groups; suryanamaskar, dynamic stretching, and controlled group of 10 players each. For testing the only dependent variable that is flexibility, Sit and reach test was used. The expert took the pretest of all the groups and post-test after giving the treatment. For evaluating the scores analysis of covariance and paired 't' test was applied. The findings revealed that the two experimental groups of suryanamaskar and dynamic stretching improved significantly on the flexibility variable whereas the control group did not show any significant improvement. Flexibility can directly improve the range of motion of joints efficiently. During sports training a large amount of mobility is required for proper functioning of a body and this can only improve by flexibility.