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## Effect of Stretching Exercises on Mobility among College Men Football Players

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### Abstract

*The purpose of the study was to find out the Effect of stretching exercises on mobility among university men football players of college men football players. To achieve purpose of this study, 30 football players were selected from Government Boys Degree College Baramulla, State Jammu and Kashmir, India were selected as subjects at random, the age group of the subjects ranged between 17 to 22 years. The subjects were divided into two equal groups of 15 each. Group-I underwent stretching exercise training programme, and group-II acted as control, subjects which didn't participate in any special training apart from their regular activities. The flexibility variable was selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The ANCOVA (analysis of co variance) was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance which was considered as an appropriate. The results of the study revealed that there was a significant improvement on selected flexibility variable for stretching exercise programme as compared to control group among college men football players.*

**Keywords:** Stretching, Football, Flexibility.

### INTRODUCTION

Stretching is a form of physical exercise in which a specific skeletal muscle (or muscle group) is deliberately elongated[citation needed], often by abduction from the torso, in order to improve the muscle's felt elasticity and reaffirm comfortable muscle tone. The result is a feeling of increased muscle control, flexibility and range of motion. Stretching is also used therapeutically to alleviate cramps.

In its most basic form, stretching is a natural and instinctive activity; it is performed by humans and many animals. It can be accompanied by yawning. Stretching often occurs instinctively after waking from sleep, after long periods of inactivity, or after exiting confined spaces and areas.

Increasing flexibility through stretching is one of the basic tenets of physical fitness. It is common for athletes to stretch before and after exercise in order to reduce injury and increase performance. Yoga involves the stretching of major muscle groups, some of which require a high level of flexibility to perform, for example the lotus position. In yoga stretching can strengthen muscles, and in turn strong muscles are important to stretching safely and effectively.

Stretching can be dangerous when performed incorrectly. There are many techniques for stretching in general, but depending on which muscle group is being stretched, some techniques may be ineffective or detrimental, even to the point of causing permanent damage to the tendons, ligaments and muscle fiber. The physiological nature of stretching and theories about the effect of various techniques are therefore subject to heavy inquiry.

Flexibility is the range of motion possible around a specific joint or series of articulations. Flexibility is specific to a given joint or movement. A person may not be able to function normally if a joint lacks normal movement. The ability to move a joint through an adequate range of movement is important for daily activities in general as well a sports performance. For example, a sprinter may be handicapped by tight, inelastic hamstring muscles since the ability to flex the hip joint will be limited, thus shortening stride length. Activities such as gymnastics, ballet, diving, karate, and yoga require improved flexibility or even the ability to hyperextend some joints for superior performance.

## METHODOLOGY

The purpose of the study was to find out the Effect of stretching exercises on mobility among university men football players of college men football players. To achieve purpose of this study, 30 football players were selected from Government Boys Degree College Baramulla, State Jammu and Kashmir, India were selected as subjects at random, the age group of the subjects ranged between 17 to 22 years. The subjects were divided into two equal groups of 15 each. Group-I underwent stretching exercise training programme, and group-II acted as control, subjects which didn't participate in any special training apart from their regular activities. The flexibility variable was selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The ANCOVA (analysis of co variance) was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance which was considered as an appropriate.

### Training programme

For experimental group, stretching exercises has been given for three days each per week for eight weeks. Training was given in the morning session. The training session includes warming up and cooling down. Every day the workout lasted for 45 to 60 minutes approximately. During experimental period control group did not participate in any of the special training.

The stretching exercises were taught and the practice session were conducted and supervised by researcher himself. for teaching purpose, every exercise were explained and demonstrated before the students performed the same. Necessary corrections were made. The rest of instructions were given in between succeeding exercise.

### Name of stretching exercises:

Sr. No.	Name of Stretching Exercise
1.	Small Lunges
2.	Calf step backs
3.	High knees
4.	Stretch Leg March
5.	Hand Walks
6.	Alternate toe touch
7.	Quadriceps Stretch
8.	Hip flexor Stretch
9.	Sides stretches
10.	Hamstring muscles stretch
11.	Half Lunging
12.	Full Lunging
13.	Four Counts
14.	Side Lunging Stretch
15.	Stride Leg Kick
16.	Growing Muscle Stretch

## ANALYSIS OF THE DATA

The influence of stretching exercise training programme on flexibility criterion variables analyzed below.

## FLEXIBILITY

The pre test and post test data on flexibility of the stretching exercise training group and control group have been analysed and presented in table 1.1.

**TABLE -I**

ANCOVA ON FLEXIBILITY FOR STRETCHING EXERCISE AND CONTROL GROUPS

Test		Stretching exercise group	Control Group	Source of variance	S.S	df	M.S	"F" ratio
Pre test	Mean	18.95	19.00	Between	0.10	1	0.05	0.01
	S.D	1.90	2.01	Within	249.90	28	4.38	
Post test	Mean	24.65	18.75	Between	352.90	1	176.45	33.03*
	S.D	3.61	1.81	Within	304.50	28	5.34	
Adjusted post test	Mean	24.70	18.75	Between	357.59	1	178.79	157.39*
				Within	63.62	27	1.14	

\*significant at .05 level of confidence.

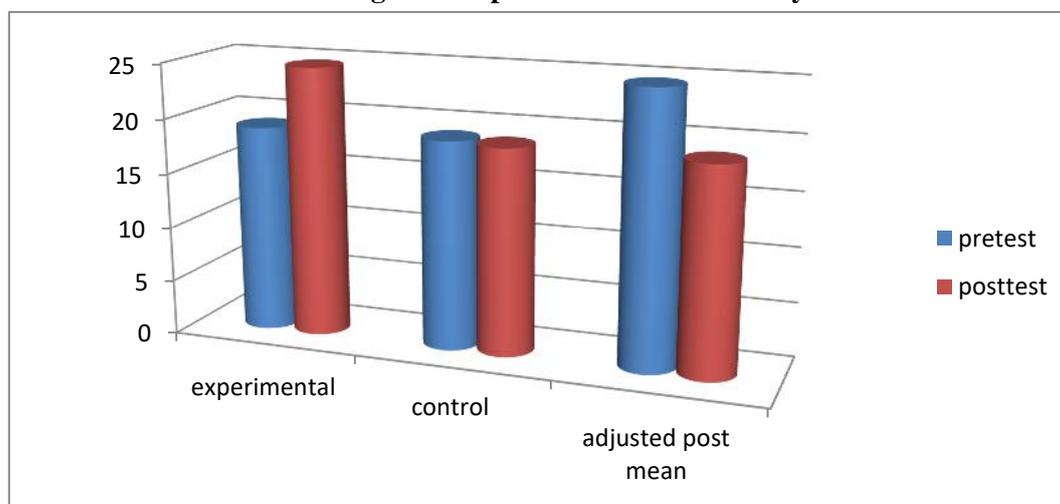
(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 28 are 3.34 and 3.35 respectively.)

The table I show that the adjusted post-test means on flexibility of stretching exercise training programme group and control group are 24.70 and 18.75 respectively. The obtained "F" ratio of 157.39\* for adjusted post-test means is greater than the table value of 3.35 for df1 and 27 required for significance at .05 level of confidence on flexibility.

The results of the study indicated that there was a significant difference between the adjusted post-test means of stretching exercise training programme group and control group on flexibility.

**Graph No. 1**

Showing the Graph of Mean for flexibility



**Graph no: 1. The Pre, Post and Adjusted Post Test Mean Values of Stretching exercise programme Group, and Control Group on Flexibility**

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## CONCLUSION

1. There was a significant difference between stretching exercise training programme group and control group on the flexibility performance of the football players.
2. It was found that there was a significant improvement on selected criterion variables such as s flexibility due to stretching exercise training programme on football players.

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