



IMPACT OF YOGASANA ON PHYSIOLOGICAL VARIABLE OF COLLEGE WOMEN STUDENTS

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Abstract

The purpose of the present study was to find out the Impact of Yogasana on Physiological Variable of College Women Students. For this purpose, 40 subjects from Smt. Bangaramma Sajjan Arts and Commerce College for Women, Vijayapura District, from Karnataka were selected as subjects and they were divided in to two equal groups with 10 each as experimental and control group. Experimental group underwent selected yogasana practice daily morning 60- minute included 10 minutes of warm-up and the control group not given any special training. The training period for this study was 8 weeks in a schedule of 5 days in a week. The pre and post test were conducted prior and after the training programme on the selected physiological variable of Vo2 Max. The mean, standard deviation and t-value were assessed both experimental and control group separately and thereby significant level were analyzed. The significant level was fixed at 0.05 levels. The result of the study revealed that the experimental group shown the significant improvement in selected variable where as in Vo2 max and the Control group were not shown any improvement. The results revealed the impact of yogasanas on Physiological Variable of College Women Students.

Keywords: *Yogasana, Physiological Variable, Vo2 max, College Women Students.*

Introduction

‘Yoga’ is a Sanskrit term meaning ‘to join, unite or yoke together’, and the essential purpose of yoga is to bring together body, mind and spirit into a harmonious whole. The central methods of yoga are physical postures or ‘asanas’ and movement, breathing techniques or ‘pranayama’ and meditation. Yoga includes guidance on healthy lifestyle, eating habits, mental attitude, and Ayurvedic medicine is also part of the Yogic path to health and balance.

Hatha yoga is the path of physical yoga, which is the most popular branch of yoga in the West. ‘HA’ means ‘SUN’, and ‘THA’, ‘MOON’, so Hatha Yoga is the joining, or the yoking together of these different energies in harmonious equilibrium, positive and negative, active and receptive.

The body in yoga is the vehicle for the development of wisdom, of spiritual awakening, and as such the body is held to be sacred and mastery of our body is considered the foundation for spiritual progress. In yoga we learn a discipline of the body which comes out of awareness and attentiveness, tuning in to our body’s subtle energy flows and the life-giving rhythm of our breathing.

The idea is that through entering more deeply and subtly into our physical experience, we can become more connected with ourselves, more grounded, and less swayed by anxieties or neurotic cravings for things that will not truly satisfy us. This can be a very positive influence on our approach to life,



offering an antidote to the alienated rushing and disconnection from ourselves that characterizes much of our modern world.

Amutha (2010) conducted a study on the effect of selected Yoga Programme on Anxiety, VO₂max and Flexibility and the result shown the significant improvement. Characteristically yoga is a slow paced, slow breathing exercising technique, which is in sharp contrast to the symptoms and characters of the anxiety and our reaction to it. Driven by its characteristic prolonged breathing, yoga helps dampen the causes of anxiety within one’s mind. The hormonal reactions in the blood are neutralized by determined and forceful self restraint. The shortness of breath, rapid pulses and heart beats get soothed by steady but gradual supply of oxygen and reduction in circulation due to yoga. Yogic training induces more physical and vital effects than ordinary physical exercises (Kulkarni, 1997). Yogic exercises had reduced the anxiety and increased the maximum oxygen uptake and flexibility (Nagarajan, 2010).

Objectives of the study

The core aim of the present study was to find out the Impact of Yogasana on Physiological Variable of College Women Students.

Methodology

For the purpose of this study 40 college women’s students were selected as subjects from a Smt. Bangaramma Sajjan Arts and Commerce College for Women, Vijayapura District, from Karnataka. The subjects were divided in to two groups equally with 10 each as experimental and control group. Experimental group underwent Sixty minute in the morning yogasana training included 10 minutes of warm-up before the yogasana training. The one hour yoga training includes eleven yogasanas. The Yogasanas are Padmasana, Sarvangasana, Halasana, Bhujangasana, Matsyasana, Chakarasana, Dhanurasana, Ardhamatsyenderasana, Vajrasana, Sirashasana and Savasana. The tests were carried out with standardized procedure. The pre and post test were conducted on selected Physiological variable of Vo₂ max. The Physiological parameters were assessed through standardized cooper 12 minute run and walk test.

Statistical Procedure

The collected data of experimental and control groups were statistically analyzed by using mean standard deviation and t- test and presented in Table 1. The level of significance was fixed at 0 .05 level of confidence with the table value of 2.000. The t-values of 2.000 and above were considered significant in this study. In the tables it was denoted by star (*) which indicates 0.05 significant level.

Results and Discussions

Table No.1.Shows the Mean, Standard Deviation and‘t’- value of Pre-test and Post-test for Yogasana training Experimental Group and Control Group on Vo₂ max performance.

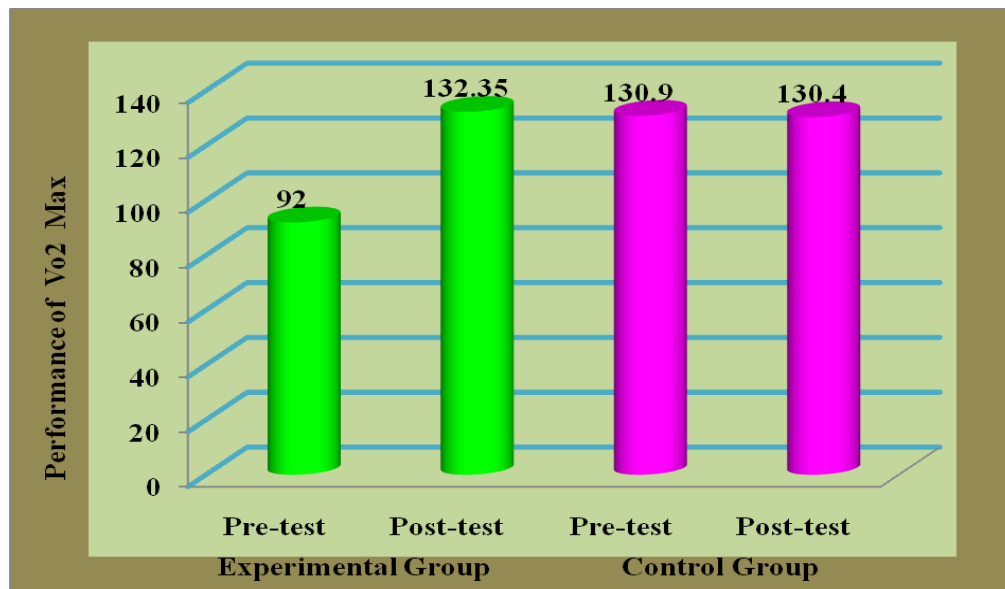
The level of significant 0.05=Table value =2.000

Variable	Group	Test	N	Mean	SD	t- Value
Vo ₂ Max	Experimental Group	Pre-test	10	92.0000	12.89635	8.765*
		Post-test	10	132.3500	18.25917	
	Control Group	Pre-test	10	130.9000	19.48792	.081
		Post-test	10	130.4000	21.71441	



Table No1. Indicates that the 't'- value is more than the table value that is 2.000, hence it is significant. The pre-test mean value is 92.0000 and the post-test mean value 132.3500. The post-test mean value is more than pre-test mean value. It shows significant improvement in the Vo2 max performance of women owing to the eight weeks Yogasana training. The pre-test mean value is 130.9000 and the post-test mean value 130.4000. The post-test mean value is less than the pre-test mean value. It is shows no improvement in the Vo2 max performance of women subjects control group did not undergo any kind of training Programme the same as displayed in the figure 1. (a)

Figure No.1. The Pre-test and Post-test for Yogasana training Experimental Group and Control Group on Vo2 max performance.



The above figure 1. (a) Indicates that the post test values of Experimental group significantly improved the performance of Vo2 max and also the post test values of Vo2 Max were less than the pre test values due to 8 weeks of Yogasana training. The Control group pre- test and post- test performance of Vo2 max shows no improvement.

Conclusions

The results of the present study indicate the effectiveness of yogasanas on physiological system of college women students. In the experimental group the selected variables were significantly improved in the teach us that yoga training is useful to everyone in particularly sports persons to achieve the higher performance level because the selected variables in the study were more related to the sports men too. Further the control group post test means score indicates that the yogasanas training not improvement.



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