



EFFECT OF SELECTED YOGIC PRACTICE ON PHYSICAL VARIABLE AMONG COLLEGE STUDENTS

Geeta Rajaput * Prof. D.M.Jyoti**

*Research Scholar, Department of Studies in Physical Education & Sports Sciences, Karnataka State Akka, mahadevi Women's University, Vijayapura.

**Research Guide, Department of Studies in Physical Education & Sports Sciences, Karnataka State Akka, mahadevi Women's University, Vijayapura.

Abstract

The purpose of the present study was to find out the Effect of Selected yogic practice on physical variable among college 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 yogic 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 physical variable of Strength. 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 Strength and the Control group were not shown any improvement. The results revealed the Effect of Selected yogic practice on physical variable among college students.

Keywords: *Yogic Practice, Physical Variable, Strength, College Students.*

Introduction

Originating in the ancient East, yoga has gained massive popularity in the modern western world. Its image has evolved from those photos we may have seen of the extraordinary practice of unbelievably flexible cotton-clad ascetics in India, or the seventies hobby of hippy types! Yoga has become part of the chosen lifestyle of thousands of westerners seeking some real balance, health and well-being in their lives. Experiences of yoga can be close to nature, out of doors or on bumpy ground in large tents with slightly slippy carpets on summer retreats or at festivals. However, it is also common now to see the wonderfully tranquil and well-equipped yoga studios in the towns and cities too.

Yoga teachers seem to be possibly even hipper than DJs these days, making their own tracks by bicycle, scooter, or nippy Mini through city streets from one class to another, taking life at their own chosen pace, holidaying in stunning places, teaching the much-appreciated techniques and principles of yoga to grateful and enthusiastic city dwellers. There are yoga magazines, gorgeous yoga holidays and a rainbow of great yoga kit you can buy. But when it comes down to it, all you really need to benefit from the ancient wisdom of yoga is your own body, mind and spirit, some self-discipline, and a decent teacher to get you started.

The word yoga comes from the Sanskrit language and means "to integrate". Yoga promotes a harmonious working together of the body's components leading to both physical and mental training. Yoga is a scientific system which brings harmony in body and mind. Asana play significant role in



toning up the neuro-muscular glandular system of the body to maintain the vitality of bodily organs. Yoga provides the path to achieve greater perfection of the body, life and mind. Yoga, an ancient Indian concept, represents the way of life which endows perfect health comprising physical, mental, ethical and spiritual development. Yoga physically creates a toned, flexible, and strong body and physiologically improves respiration, energy, vitality and helps to maintain a balanced metabolism, promotes cardio and circulatory health, relieves pain and also improves athletic performance.

Fitness is the key to good health, fitness or the key to enjoy life. Fitness is important in many aspect of life. It consists of physical, mental, emotional, spiritual and social factors of life. Fitness can be maintained through the participation in physical exercises and yogic exercises. Physical education and sports are essentials elements of educational process to promote health, physical fitness and quality of life, besides producing topnotch athletes and sportsmen. Exercises are very helpful to maintain the sound body. The purpose of exercise is to enhancing the functions of the body systems.

The yoga practice might be interacting with varies somatic and neuro endocrine mechanism bringing about therapeutic effects. The overall performance is known to be improved by practicing yoga techniques and their effects on physical functions were reported by (Upadhyay et al., 2008).

Uma Datta (1993) found out that regular practice of yogic exercise (Asanas) and gymnastics contribute the development of physical fitness by bring about a significant improvement in the motor fitness components namely strength, speed, endurance, agility, flexibility and balance.

Objectives of the study

The core aim of the present study was to find out the Effect of Selected yogic practice on physical variable among college students.

Methodology

For the purpose of this study 40 college woman 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 yogic practice included 10 minutes of warm-up before the yogic practice. The one hour yogic practice includes eleven yogic practices. The yogic practices 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 Physical variable of Strength. The Physical parameters were assessed through standardized half sit up 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 yogic practice Experimental Group and Control Group on Strength performance.

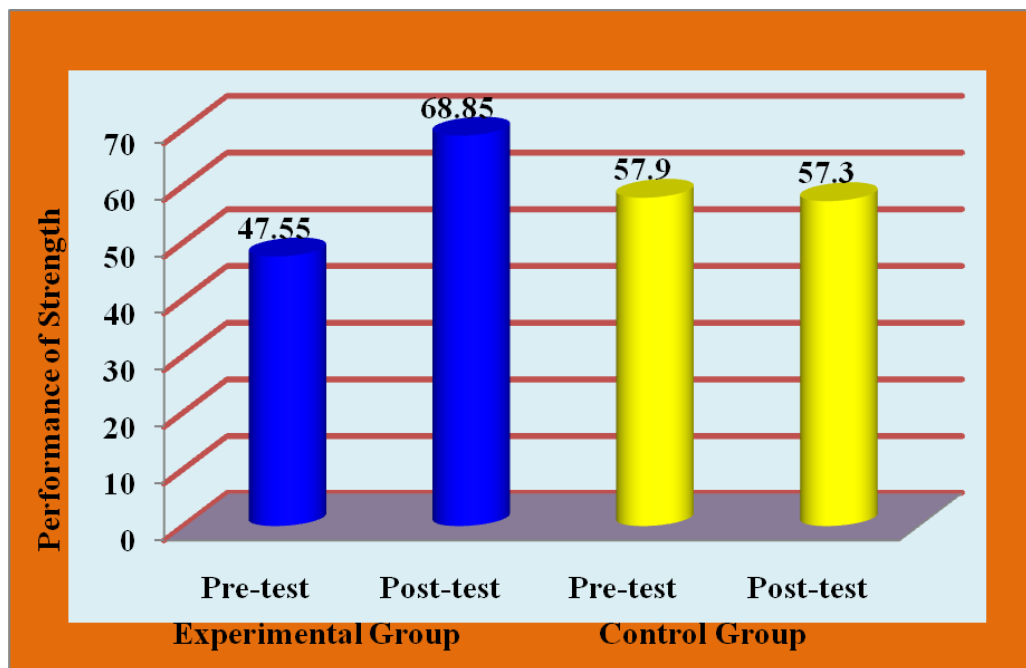
The level of significant 0.05=Table value =2.000

Variable	Group	Test	N	Mean	SD	t- Value
Strength	Experimental Group	Pre-test	10	47.5500	9.55579	12.286*
		Post-test	10	68.8500	9.25245	
	Control Group	Pre-test	10	57.9000	23.94050	.201
		Post-test	10	57.3000	23.55754	

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 47.5500 and the post-test mean value 68.8500. The post-test mean value is more than pre-test mean value. It shows significant improvement in the Strength performance of women owing to the eight weeks yogic practice. The pre-test mean value is 57.9000 and the post-test mean value 57.3000. The post-test mean value is less than the pre-test mean value. It is shows no improvement in the Strength 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 yogic practice Experimental Group and Control Group on Strength performance.



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



Conclusions

The Strength had increased significantly for yogic practice group when compared along with the control group

References

1. Kuvalyanandas, swami.” Asana” Bombay: Popular prakashan, 1971, 1983.
2. Kumar T.P. Sree, Simple yoga (Madras; Yoga Brotherhood 1966).
3. Kuppuswamy Selvan, The Influence of Physical Exercise and Yogic Practices on Health Related Physical Fitness of School Children in Tamilnadu, Unpublished Doctoral of Philosophy Dissertation, Alagappa University, Karaikudi (1996).
4. A.M. Moorthy, Effects of Selected Physical Exercise on Minimum Muscular Fitness of the Elementary School Children’s, Vyayam, 15(2 and 3), 22-27 (1982).
5. Paavolaines Leena, Explosive Strength Training Improves 5 Kms Running Time by Improving Running Economy and Muscle Power, Journal of Applied Physiology, 86(5),1527-1533 (1999).