



## EFFECTS OF YOGIC EXERCISE ON SELECTED PHYSIOLOGICAL VARIABLES OF URBAN HOUSEWIVES

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### ABSTRACT

*Life is characterized by movement and it is imperative that all parts of the body should be exercised daily. Predominance of the scientific evidence indicates that exercise stimulates the process of growth and development. As modern days are infested with computers, televisions, cars and other technological luxuries most people do not provide their bodies with sufficient physical exercise to maintain adequate health. Many technological advances are intended to alienate physical exertion from everyday activities. Today's urban life is very fast. It is known fact that the health status of adults, the aged, urban housewives have also declined during last decades in India. To improve health status, the urban housewives along with their house hold work, must participate in regular physical activities like exercise,yoga,etc. 'Yama and Niyama' are to be given to the children up to the age of puberty that is up to twelve years of age. 'Yogic Exercises' (Asana and Pranayama) contribute the aspect of 'Physical Training' in the field of Yoga. In order to accomplish the purpose of the study thirty House Wives in Chennai Tamilnadu was selected at random. The selected subjects were in the age group of 30 to 35. As all the subjects were interested in improving their health conditions through Yogic exercises, volunteered for this study. The selected subjects were divided into two equivalent groups of fifteen each. One group was treated as experimental group Yogic Exercises and the other group was treated as control group. The control group did not participate in any vigorous activity during the experimental period. The experimental group was asked to practice the yogic exercises for six months, half an hour on alternate days. Based on the results of the study it was concluded that the decrease in resting heart rate and increase in vital capacity were due to the influence of the Yogic Exercises on house wives.*

### INTRODUCTION:

Life is characterized by movement and it is imperative that all parts of the body should be exercised daily. Predominance of the scientific evidence indicates that exercise stimulates the process of growth and development.

As modern days are infested with computers, televisions, cars and other

technological luxuries most people do not provide their bodies with sufficient physical exercise to maintain adequate health. Many technological advances are intended to alienate physical exertion from everyday activities.

Today's urban life is very fast. It is known fact that the health status of adults, the aged, urban housewives have also

declined during last decades in India. To improve health status, the urban housewives along with their house hold work, must participate in regular physical activities like exercise,yoga,etc.,

Health is wealth says an adage. But people realize the value of health only when it is lost. Health cannot be bought across the countries. Too much of emphasis of technological and artificial management of diseases has ignored the 'Individuals self respect and worth'. The cost and burden of 'Health maintenance' and cure have robbed many people of their happiness and tranquility.

Yoga is the universal religion, a way of life, which is above all castes, creeds, languages, region and nation. Yoga as a system of physical exercise has been in existence in India since very ancient times. According to our ancient sages, there are eight stages of yoga, namely Yama (Social Discipline), Niyma (Individual Discipline), Asana (Postures), Pranayama (Breath Control), Pratyahara (Mental Discipline ), Dharana (Concentration), Dhyana (Meditation) and Samathi (Self-realization).

'Yama and Niyma' are to be given to the children up to the age of puberty that is up to twelve years of age. 'Yogic Exercises' (Asana and Pranayama) contribute the aspect of 'Physical Training' in the field of Yoga.

'Vital Capacity' is the maximal volume of air which a person can expel from the lungs by forcible expiration after the deepest possible inspiration.

'Heart rate' is the frequency of pressure wave per minute propagated along the peripheral arteries as measured in the radial arteries.

Hence this preset study is, therefore relevant for the urban housewives to get rid of the barriers for achieving normal status of health and fitness.

#### **STATEMENT OF THE PROBLEM:**

Statement of the problem is to find out the "effect of yogic exercises on selected physiological variables such as, heart rate and vital capacity of urban house wives".

#### **METHODOLOGY:**

In order to accomplish the purpose of the study thirty House Wives in Chennai Tamilnadu was selected at random. The selected subjects were in the age group of 30 to 35. As all the subjects were interested in improving their health conditions through Yogic exercises, volunteered for this study. The selected subjects were divided into two equivalent groups of fifteen each. One group was treated as experimental group Yogic Exercises and the other group was treated as control group. The control group did not participate in any vigorous activity during the experimental period. The experimental group was asked to practice the yogic exercises for six months, half an hour on alternate days

Tadasana,Vrkshasana,Utkatasana,Padmasana.Halasan,Natarajasana and Nadhi Sodhana Pranayama were practiced for a period of six months.

In order to obtain the effect of Yogic Exercises pre test and post test were conducted for both experimental and control groups and the data on Resting Heart Rate and Vital Capacity, were measured by standards procedure as per the instructions given in the text manual .The score were tabulated, computed and analyzed the obtained data through the 't' test.

**RESULT:**

The data regarding the final mean value, standard deviation and its 't' value of Resting Heart Rate is shown in the Table shown below,

Group	Mean	MD	SD	Obtained 't' value	Required 't' value
Control	63.6	5.30	2.52	8.09	2.14
Experimental	58.3				

df(14.1)=2.14(The table value required for significance at 0.05 level)

The data regarding the final mean value, standard deviation and its 't' value of Vital Capacity is shown in the Table shown below,

Group	Mean	MD	SD	Obtained 't' value	Required 't' value
Control	2.63	0.4	0.54	2.86	2.14
Experimental	3.03				

df(14.1)=2.14(The table value required for significance at 0.05 level)

**CONCLUSIONS:**

Based on the results of the study it was concluded that the decrease in resting heart rate and increase in vital capacity were due to the influence of the Yogic Exercises on house wives.

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