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PHYSICAL EDUCATION

EFFECT OF YOGIC PRACTICES ON MUSCULAR STRENGTH ENDURANCE OF MEN STUDENTS

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Abstract

The purpose of the preset study was to find out the effect of yogic practices on flexibility. To achieve the purpose of this study, a qualified physician examined 90 male students from Annamalai University Tamil Nadu, India, and found out 30 adolescents out of 90 obese adolescents 30 adolescents were selected at random, their age ranged from 18 to 24 years of age. The selected subjects were divided into one experimental groups and a control group with fifteen subjects in each (n=15). Experimental group underwent yogic practices (YPG) and Group II served as control group (CG) for the training period of 12 weeks. All the subjects were informed about the nature of the study and their consent was obtained to co-operate until the end of the experiment and testing period. The data collected from the three groups before and after the experimental period was statistically examined to find out the significant improvement using the analysis of covariance (ANCOVA). It is interfered from the findings of the study that Muscular Strength Endurance has significantly improved for yogic practice group.

Keywords: Yogic Practices, Muscular Strength, Men.

INTRODUCTION

Yoga is an ancient form of relaxation and exercise that has many health benefits, including lowering cholesterol. Pranayama also helps to connect the body to its battery, the solar plexus, where tremendous potential energy is stored. When tapped through specific techniques this vital energy, or prana, is released for physical, mental and spiritual rejuvenation. Regular practice removes obstructions, which impede the flow of vital energy. When the cells work in unison, they bring back harmony and health to the system. 20 to 25 minutes (every morning or evening) of pranayama practice increases lung capacity, breathing efficiency, circulation, cardiovascular efficiency, helps to normalize blood pressure, strengthens and tones the nervous system, combats anxiety and depression, improves sleep, digestion and excretory functions, provides massage to the internal organs, stimulates the glands, enhances endocrine functions, normalizes body weight, provides great conditioning for weight loss, improves skin tone and complexion. (Sugumar and Raghavan, 2010)

METHODOLOGY

The purpose of the preset study was to find out the effect of yogic practices onMuscular strength Endurance. To find out the influence of yogic practices on such asMuscular strength Endurance. To achieve the purpose of this study, a qualified physician examined 90 male students from Annamalai University Tamil Nadu, India, and found out 30 adolescents out of 90 obese adolescents 30 adolescents were selected at random, their age ranged from 18 to 24 years of age. The selected subjects were divided into one experimental groups and a control group with fifteen subjects in each (n=15) . Experimental group underwent yogic practices (YPG) and Group II served as control group (CG) for the training period of 12 weeks. All the subjects were informed about the nature of the study and their consent was obtained to co-operate until the end of the experiment and testing period. The data collected from the three groups before and after the experimental period was statistically examined to find out the significant improvement using the analysis of covariance (ANCOVA).

SELECTION OF CRITERION MEASURES TEST

After reviewing the available literature, the following standardized tests were selected and used to collect the relevant data on the selected dependent variables and they are presented in table I.

TEST ADMINISTRATION

TABLE- I
SELECTION OF TEST

Variables	Test/Method/Instrument	Unit of Measurement
Muscular Strength and Endurance	Bent Knee Sit-ups	In Numbers

BENT KNEE SIT-UPS
Objective
To assess the abdominal muscular endurance.
Equipment
Mat, floor, or dry turf and stop watch.
Procedure
Subjects' lies on back with legs flexed at the knees and feet approximately 12 - 18 inches apart. The hands are placed behind the head with fingers interlaced. A partner holds the subject's ankles and keeps the feet in contact with the floor while counting each sit-up. On the signal to begin, the subject sit-ups, turns the trunk touching one elbow to the opposite knee, and returns to the starting position. The next sit – up is performed touching the other elbow to the knee. This alternating sequence is repeated as many times as possible. One complete sit-up is counted each time the subject returns to the starting 125 position. Subjects should be informed that credit will not be given for sit-ups completed when finger-tips do not maintain contact behind the head, when the knee is not touched by the opposite elbow, or when the performer pushes off the floor with the elbow.
Scoring
The total number of sit-ups successfully completed in one minute is recorded as the score. ***(Johnson and Nelson, 1988)***

Muscular Strength and Endurance

The analysis of covariance on the data obtained for muscular strength and endurance of pre and post-test of, yoga practices (YPG) and control (CG) groups have been presented in table 1I.

TABLE II
ANALYSIS OF COVARIANCE FOR THE PRETEST, POST TEST AND ADJUSTEDPOST TEST MEAN DATA ON BODY MUSCULAR STRENGTHOF YOGIC PRACTICESAND CONTROL GROUPS

	Control group	Experimental group	S OV	Sum of Squares	df	Mean Square	'F' Ratio
Pre Test Mean	10.39	10.37	**B**	0.01	1	0.012	2.02
SD	0.31	10.37	**W**	0.16	28	0.006	
Post Test Mean	10.32	13.53	**B**	77.3	1	77.37	4973.27*
SD	0.10	0.13	**W**	0.43	28	77.37	
Adjusted Post test Mean	10.33	13.51	**B**	70.63	1	70.63	6076.39*
			W	.314	27	0.12	

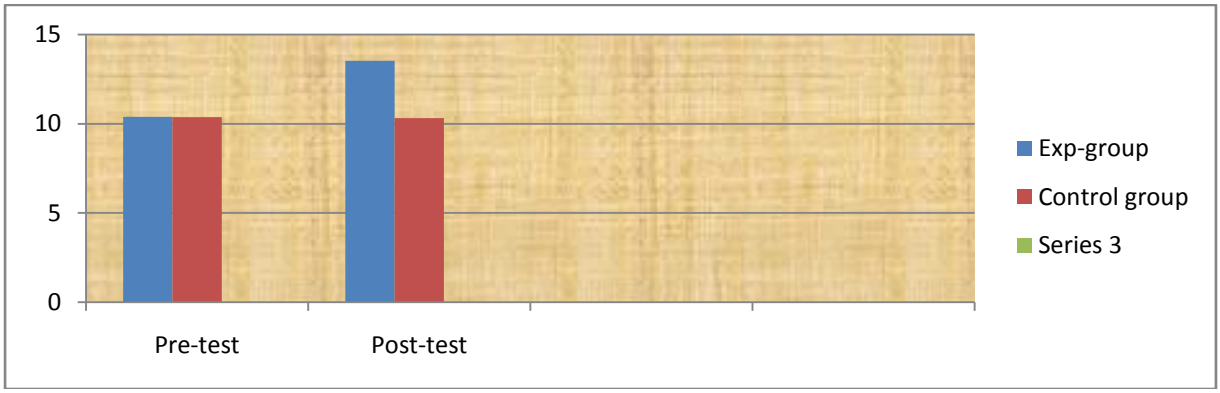
**Significant at 0.05 level of confidence*
The require table value for significant at 0.05 level of confidence with degree of freedom1 and 28 is 4.20and degree of freedom for 1and 27 at 4.21

Table II shows that the pre-test means in muscular strength and endurance of the YPG and the control groups (CG) are 10.39, and 10.37 respectively, resulted in an "F' ratio of 2.02, which indicates statistically no significant difference between the pre test means at 0.05 level of confidence. The posttest means of muscular strength and endurance of the YPG and the control groups (CG) are 13.53 and 10.32 respectively, resulted in an "F' ratio of 4973.27 which indicates statistically significant difference between the post test means at 0.05 level of confidence. The adjusted posttest means of muscular strength and endurance of the, YPG and the control groups (CG) 6076.39 respectively. The obtained F-ratio value of adjusted post test mean higher than the table value 4.21 with

df 1 and 27 required for significance at 0.05 level. It indicates that there was a significant difference among the adjusted posttest means of muscular strength and endurance performance of the YPG and the control groups (CG).

This shows there is improvement in the muscular strength and endurance in experimental group compared with control group. The pretest, posttest and adjusted post-test mean values of yogic practice group (YPG) and control group (CG) on muscular strength are graphically presented in figure 1.

FIGURE I
GRAPHICAL REPRESENTATION OF THE DATA ON MUSCULAR STRENGTH



DISCUSSION

It is interfered from the findings of the study that muscle strength has significantly improved for yogic practice group.It was concluded from the results of the study that the yoga practices groups showed significant improvement in, muscle strength when compared with a control group as well as pre test.

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