



EFFECT OF YOGIC PRACTICES ON BREATH HOLDING TIME AMONG SCHOOL CHILDRENS

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Abstract

The purpose of this study was to find out the effect of yogic practices on breath holding time among school children. To achieve the purpose of the study, the investigator selected thirty men school children as subjects from Namakkal and their age shall ranged from 15 to 17. Breath holding time was measured by digital stop watch. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen subjects each. The groups were assigned as yogic practices (YPG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. The variable used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. Analysis of covariance (ANCOVA) was applied because the subjects were selected random, but the groups were not equated in relation to the factors to be examined. Hence the difference between means of the two groups in the pre-test had to be taken into account during the analysis of the post-test differences between the means. This was achieved by the application of the analysis of covariance, where the final means were adjusted for differences in the initial means, and the adjusted means were tested for significance. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study. There was a significant difference between the yogic practices group (YPG) and control group (CG) on breath holding time.

Keywords: Yoga, Breath holding time, School children.

INTRODUCTION

Yoga is a physical, mental, and spiritual discipline, originating in ancient India. The word "Yoga" came from the Sanskrit word "yuj" which means "to unite or integrate. Hence means 'union' between the mind, body and spirit. As the name suggests, the ultimate aim of practicing Yoga is to create a balance between the body and the mind and to attain self-enlightenment. Thereby creating a union between a person's own consciousness and the universal consciousness. Yoga may mean : Unison; combination; sublimation; merging; attainment of the eternal bliss become oneness. Yoga enhances the intelligence, empowers the mind and makes the life pleasant. Yoga is a part of Indian Culture and Religion. Yoga is essentially an art of understanding all about the soul and to realize the self. The purpose of birth: The inherent aim of human birth is to understand fully the self, the nature, the almighty and its order of function. Once the realization is achieved one should live respecting the order of function in peace and content. Yoga helps a man to reach this stage. As we care for our physique we also should care for

the soul by giving it its due in safety cleanliness and rest. Yoga takes care of the soul. Yoga relieves one from selfishness, arrogance, lust for power and self. When man realizes the greatness of the 'self' he reaches the highest peak of the humanity. Yoga will bring out the sacred inner self and such attainment alone will secure peace in and around him. Yoga narrows down the distance between intelligence and emotion. The understanding of self in absolute space will enable him to understand the secret of the 'Pancha Boothas' (five elements) in the Universe.

METHODOLOGY

The purpose of this study was to find out the effect of yogic practices on breath holding time among school children. To achieve the purpose of the study, the investigator selected thirty men school children as subjects from Namakkal and their age shall ranged from 15 to 17. Breath holding time was measured by digital stop watch. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two

equal groups of fifteen subjects each. The groups were assigned as yogic practices (YPG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. The variable used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. Analysis of covariance (ANCOVA) was applied because the

subjects were selected random, but the groups were not equated in relation to the factors to be examined. Hence the difference between means of the two groups in the pre-test had to be taken into account during the analysis of the post-test differences between the means. This was achieved by the application of the analysis of covariance, where the final means were adjusted for differences in the initial means, and the adjusted means were tested for significance. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study.

RESULTS AND DISCUSSION

TABLE - I

COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF EXPERIMENTAL AND CONTROL GROUPS ON BREATH HOLDING TIME

	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means ± SD	26.00	25.33	BG	3.33	1	3.33	1.42
			WG	65.33	28	2.33	
Post-Test Means ± SD	31.86	25.13	BG	340.03	1	340.03	61.24*
			WG	155.46	28	5.55	
Adjusted Post-Test Means	31.74	25.25	BG	301.05	1	301.05	55.24*
			WG	147.13	27	5.44	

(Table Value for 0.05 Level for df 1 & 28 = 4.19)

(Table Value for 0.05 Level for df 1 & 27 = 4.21)

df- Degrees of Freedom

An examination of table - I indicated that the pretest means of experimental and control groups were 26.00 and 25.33 respectively. The obtained F-ratio for the pre-test was 1.42 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 28. The post-test means of the experimental and control groups were 31.86 and 25.13 respectively. The obtained F-ratio for the post-test was 61.24 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 28. The adjusted post-test means of the experimental and control groups were 31.74 and 25.25 respectively. The obtained F-ratio

for the adjusted post-test means was 55.24 and the table F-ratio was 4.21. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 27.

CONCLUSION

1. There was a significant difference between the yogic practices group (YPG) and control group (CG) on breath holding time.

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