



EFFECT OF YOGA ON BLOOD CHOLESTEROL AMONG UNIVERSITY WOMEN FOOTBALLERS

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Abstract:

The purpose of the study was to investigate the effect of yoga on blood cholesterol among university women footballers. To facilitate the study, thirty women footballers from Periyar University, Salem, Tamilnadu were selected as subjects at random and their ages between 18 to 27 years. The subjects were divided into two equal groups. In this study, yoga exercises were given to experimental group for the period of 6 weeks. Blood cholesterol was assessed by blood test. The pre-tests were taken from the subjects before administrating the training. The subjects were involved with their respective training for a period of 6 weeks. At the end of the sixth weeks of the training post-tests were taken. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired t ratio. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 14. Blood cholesterol of experimental group showed significant difference when compared to control group.

Keywords: Yoga, Blood Cholesterol, Football.

INTRODUCTION

Yoga represents the study, path and the means to proceed and also the absolute aim, which includes the following core concepts: the union of opposites, the effect the outside world has on the body, the yearning for and seeking of form of liberation; the merging of the individual consciousness with the Universal consciousness and the interest of discovering and attaining one's true self. Yoga has shown through its long history that it represents the effort that we are going to make in achieving something, the path that will take us to the ultimate achievement and the progress that we are going to make along the way, and ultimately, the end result: the sum of total of our achievements. Experiencing life with awareness, with exposure to great depths of Yogic literature, reinforces my motivation and provides the drive to devote the effort required to follow the Yogic path. Yoga derives its philosophy from Indian metaphysical beliefs. The word yoga comes from Sanskrit language and means union or merger. The ultimate aim of this philosophy is to strike a balance between mind and body and attain self-enlightenment. To achieve this, yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life. Though the exact origins of Yoga are unknown but Yoga is considered to be the oldest physical discipline in existence. Yoga, thus symbolizes balance in every area of life. In the earlier times, the rationale of the Yoga postures and breathing exercises was to bring stability and relaxation so that practitioners could prepare for the rigors of meditation, sitting still and alert for long periods of time. In modern context also Yoga can play an important role in

maintaining a fine balance between work and healthy mind.

Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'. There are too many misconceptions clouding the science of Yoga. People perceive it to be some kind of black or white magic, sorcery, physical or mental debauchery through which miraculous feats can be performed. For some it is an extremely dangerous practice which should be limited to only those who have renounced the world. Few others think it to be a kind of mental and physical acrobaticism that is compatible only to a Hindu mind. Human mind is subject to certain weaknesses which are universal. Avidya wrong notions of the external world, asmita wrong notions of oneself, raga-longing and attachment for sensory objects and affections, dweshad is like and hatred for objects and persons, and abinivesha or the love of life are the five defects of the mind that must be removed. Yoga, the constant meditation and introspection eradicate these mental flaws.

METHODOLOGY

The purpose of the study was to investigate the effect of yoga on blood cholesterol among university women footballers. To facilitate the study, thirty women footballers from Periyar University, Salem, Tamilnadu were selected as subjects at random and their ages

between 18 to 27 years. The subjects were divided into two equal groups. In this study, yoga exercises were given to experimental group for the period of 6 weeks. Blood cholesterol was assessed by blood test. The pre-tests were taken from the subjects before administrating the training. The subjects were involved with their respective training for a period of 6 weeks. At the end of

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RESULTS

TABLE I
COMPUTATION OF ‘t’ RATIO BETWEEN THE PRE TEST AND POST TEST MEANS OF BLOOD CHOLESTEROL OF EXPERIMENTAL AND CONTROL GROUPS

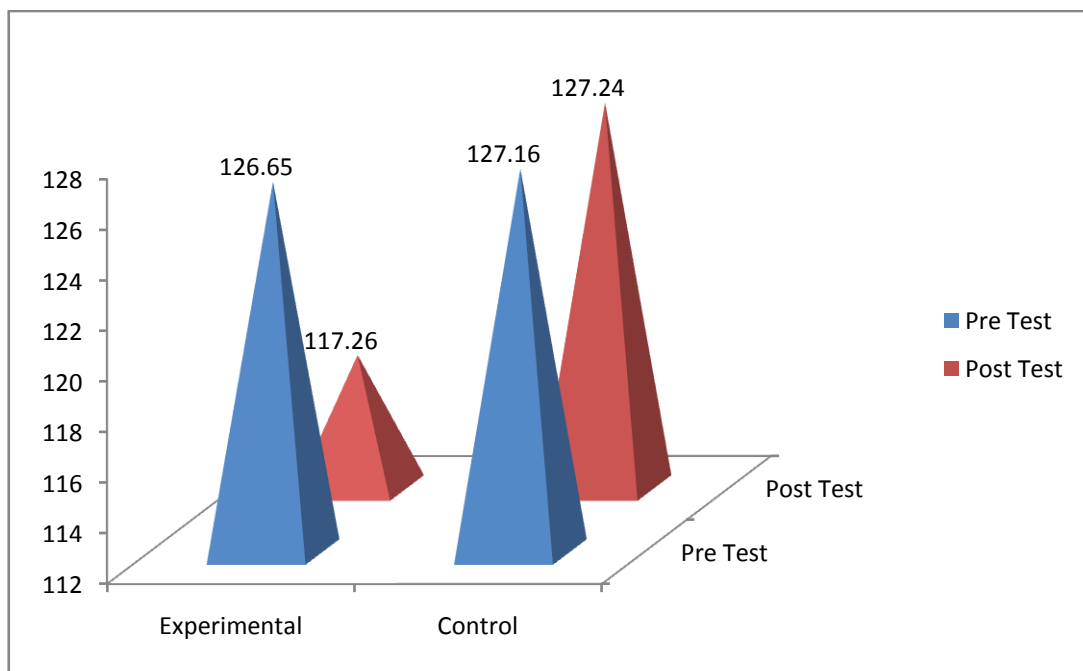
Variables	Groups	Mean diff	SD	σ DM	‘t’ ratio
Blood Cholesterol	Exp	9.38	1.96	0.50	18.45*
	Con	0.08	2.44	0.63	0.13

*Significant at 0.05 level

An examination of table I indicates that the obtained ‘t’ ratio was 5.53 on blood cholesterol of experimental group was found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The results of this study showed that 6 weeks practice of yogic exercises produced a significant improvement in blood cholesterol. Hence the formulated

hypothesis related to this was accepted. The obtained ‘t’ ratio was 0.13 on blood cholesterol of control group were found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be not significant. The mean scores of blood cholesterol of experimental and control group were shown graphically in figure I.

FIGURE I
BAR DIAGRAM SHOWING THE PRE MEAN AND POST MEAN OF BLOOD CHOLESTEROL OF EXPERIMENTAL AND CONTROL GROUP



CONCLUSION

1. Blood cholesterol of experimental group showed significant difference when compared to control group.

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