



EFFECT OF YOGIC AND RECREATIONAL TRAINING PROGRAMMES ON STRENGTH AMONG INFORMATION TECHNOLOGY PROFESSIONALS IN CHENNAI

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Abstract

The purpose of the present study was find out the effect of yogic and recreational training programmes on strength among information technology professionals in Chennai. To achieve the purpose of the study, the investigator selected that there would be randomly ninety Informational Technology Professionals were selected from Chennai District. Tamil Nadu were selected as subjects. The subjects were selected at randomly and they were in the age group of 25 to 35 years. The subjects (N=90) were randomly assigned to three equal groups of thirty Information Technology Professionals each. The group were assigned as Yogic training group (YTG), Recreational training group (RTG) and control group (CG) respectively. The following variable on strength were selected for the study. They were tested with Sit-Ups Test respectively. The training period was six weeks. The dependent Analysis of Covariance (ANCOVA) and Scheffe's post hoc test was used to assess the collected data. From the analysis of data it was proved that there was strength were significantly improved by the both forms of experimental group namely the yogic training and recreational training programme among informational technology professionals in Chennai.

Keywords: Strength, Yogic Practices, Recreational Training, Information Technology Professionals.

INTRODUCTION

India's software exporting industry is one of the world's successful information technology industries. Begun in 1974, it employed 345,000 persons in 2004 and earned revenue of \$12.2 bn, equal to 3.3% of global software services spending. As we shall show, the industry originated under untypical conditions. Local markets were absent and government policy toward private enterprise was hostile. In the current lifestyle of utmost complexities, the stress level is raising at a phenomenal rate. The factors that contribute to stress not only differ between cultures, but also within the culture itself, from a sophisticated to a normal class family, the ultimate necessity is the job, may it be a business or a salaried job. Stress, simply put, is the way you react both physically and emotionally to a change. (Frank Bott, (2005). Yoga is defined as the silencing of the mind's activities which leads to complete realisation of the intrinsic nature of the supreme being (Ross, 1973). The aim of Yogic practices is not only to develop the muscles and the body but also to regulate the proper activities of all the internal organs and glands that affect the nervous system and that which control our well being to a much greater degree than we actually suppose.

Recreation is an activity of leisure, leisure being discretionary time. The "need to do something for recreation" is an essential element of human biology and psychology. Physical fitness is "the quality of physical well being that is characterized by a person a specific task effectively with ease and efficiency". (Jerrol

S. Greenberg & David Pargman, 1986). Strength is the ability of muscles to lift a heavy weight or exert a lot of force. (Jerrol S. Greenberg & David Pargman, 1986)

STATEMENT OF THE PROBLEM

The purpose of this study was to find out the effect of yogic and recreational training programmes on strength among information technology professionals in Chennai.

HYPOTHESES

1. It was hypothesized that there would be significant improvement on the Strength due to Yogic and Recreational training among the Information Technology Professionals in Chennai.
2. It was hypothesized that there would be a significant difference on the improvement of strength due to Yogic and Recreational training among the Information Technology Professionals in Chennai.

METHODOLOGY

The present study was effect of yogic and recreational training programmes on strength among information technology professionals in Chennai. To achieve the purpose of the study, the investigator selected that there would be randomly ninety women Informational Technology Professionals were selected from Chennai District. Tamil Nadu were selected as subjects. The subjects were selected at randomly and they were in the age group of 25 to 35 years. The

subjects (N=90) were randomly assigned to three equal groups of thirty Information Technology Professionals each. The group were assigned as Yogic training group (YTG), Recreational training group (RTG) and control group (CG) respectively. The following variable on

strength were selected for the study. They were tested with Sit-Ups Test respectively. The training period was six weeks. The dependent Analysis of Covariance (ANCOVA) and Scheffe's post hoc test was used to assess the collected data.

TABLE – I
YOGIC TRAINING SCHEDULE
EXPERIMENTAL GROUP I

Day	Yogic Training	Duration
Monday	Loosening exercises, Yogic Training and relaxation	Loosening exercises – 5 minutes. Yogic Training – 35 minutes. Relaxation - 5 minutes.
Tuesday	Loosening exercises , Yogic Training and relaxation	Loosening exercises – 5 minutes. Yogic Training – 35 minutes. Relaxation - 5 minutes.
Wednesday	Loosening exercises , Yogic Training and relaxation	Loosening exercises – 5 minutes. Yogic Training – 35 minutes. Relaxation - 5 minutes.
Thursday	Loosening exercises , Yogic Training and relaxation	Loosening exercises – 5 minutes. Yogic Training – 35 minutes. Relaxation - 5 minutes.
Friday	Loosening exercises , Yogic Training and relaxation	Loosening exercises – 5 minutes. Yogic Training – 35 minutes. Relaxation - 5 minutes.

TABLE – II
EXPERIMENTAL GROUP II
RECREATIONAL PROGRAMME TRAINING SCHEDULE

Day	Recreational Training	Duration
Monday	Warm up, Stretching Recreational Training and cool down	Warm up and stretching – 5 minutes. Recreational Training – 35 minutes. Cool down - 5 minutes.
Tuesday	Warm up, Stretching, Recreational Training and cool down	Warm up and stretching – 5 minutes. Recreational Training – 35 minutes. Cool down - 5 minutes.
Wednesday	Warm up, Stretching, Recreational Training and cool down	Warm up and stretching – 5 minutes. Recreational Training – 35 minutes. Cool down - 5 minutes.
Thursday	Warm up, Stretching, Recreational Training and cool down	Warm up and stretching – 5 minutes. Recreational Training – 35 minutes. Cool down - 5 minutes.
Friday	Warm up, Stretching, Recreational Training and cool down	Warm up and stretching – 5 minutes. Recreational Training – 35 minutes. Cool down - 5 minutes.

RESULTS AND DISCUSSION

TABLE III
COMPUTATION OF ANALYSIS OF COVARIANCE ON STRENGTH
(Scores in Numbers)

Test	Mean			SV	Sum of Squares	d f	Mean Squares	Obtained F
	Experimental Group- I (YTG)	Experimental Group - II (RTG)	Control Group (CG)					
Pre test	12.40	12.90	12.00	between	12.20	2	6.10	1.78
				within	285.90	87	3.29	
Post test	16.30	16.07	12.37	between	292.16	2	146.08	45.12*
				within	265.13	87	3.05	
Adjusted	16.33	15.71	12.69	between	221.63	2	110.81	90.23*
				within	101.04	86	1.17	
Mean gain	3.90	3.17	0.37					

***Significant**

Table F – ratio at 0.05 level confidence for 3 and 87(df) = 3.10, 3 and 86 (df) = 3.10

The pre test scores of experimental group I, experimental group II and control group on strength were 12.40, 12.90 and 12.00 respectively. The post test scores of experimental group I, experimental group II and control group on strength were 16.30, 16.07 and 12.37 respectively. The ordered adjusted mean scores of experimental group I, experimental group II and control group on strength were 16.33, 15.71 and 12.69 respectively. The mean gain in the experimental group I, experimental group II and control group on strength were 3.90, 3.17 and 0.37 respectively. The obtained F value on pre test scores 1.78 was less than the required F value of 3.10 to be significant at 0.05 level. This proved that there were no significant difference between the both experimental and control groups indicating that the process of randomization of the groups was perfect while

assigning the subjects to groups.

The post test scores analysis proved that there were significant differences between the both experimental and control groups, as the obtained F value 45.12 was greater than the required F value of 3.10. This proved that the differences between the post test means of the subjects were significant. Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 90.23 was greater than the required F value 3.10. This proved that there was a significant difference among the means due to the experimental training on strength. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table IV.

TABLE IV
SCHEFFE'S POST HOC TEST ON STRENGTH
(Score in Numbers)

Experimental group- I (YTG)	Experimental group - II (RTG)	Control Group (CG)	MD	CI
16.33	15.71	-	0.61	0.70
16.33	-	12.69	3.63*	
	15.71	12.69	3.02*	

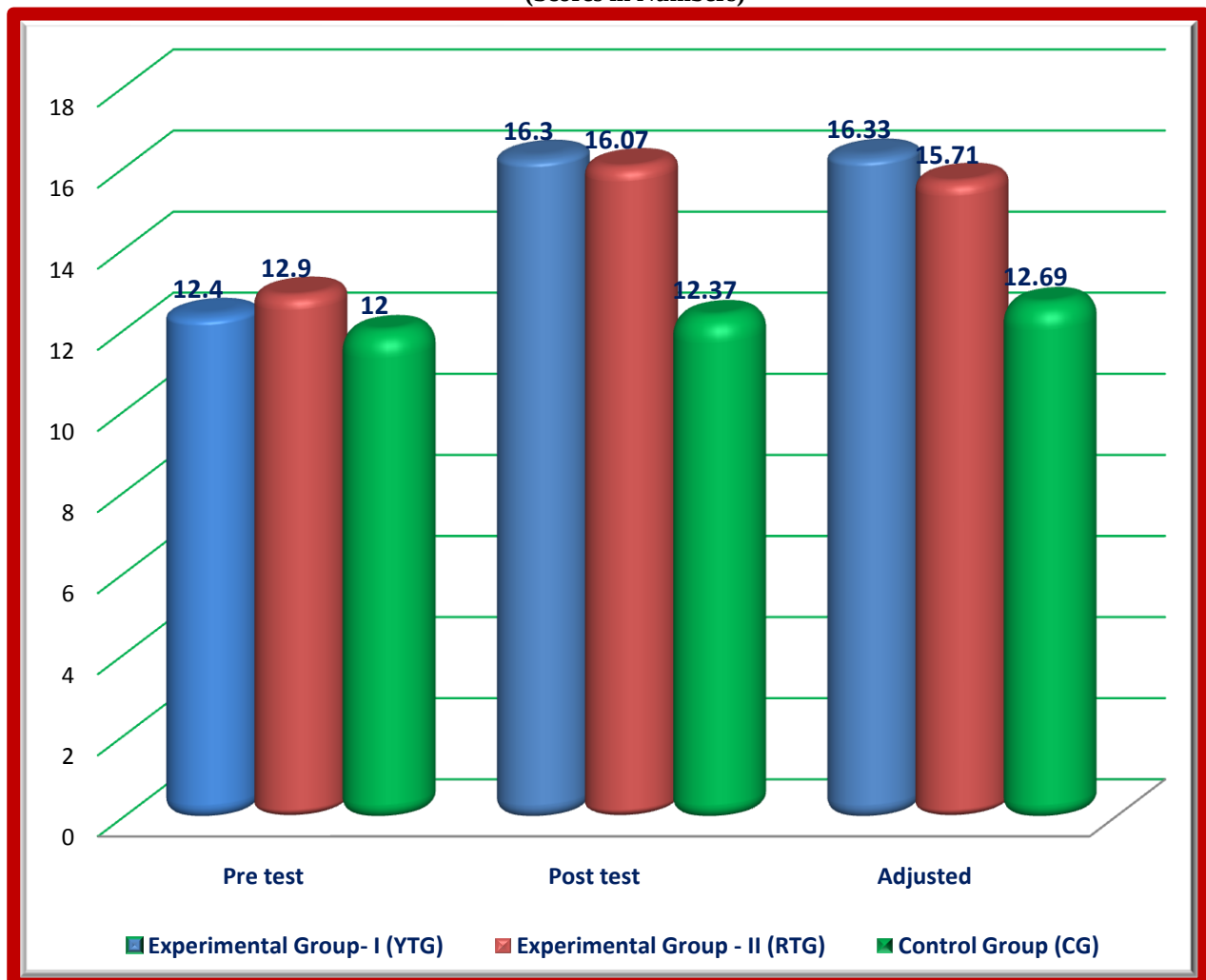
***Significant**

The multiple mean comparison showed in Table IV proved that there was significant differences exists between the adjusted means of Yogic training group and control group, Recreational training group and control group as the mean difference were greater than the obtained confidence interval 0.70. There was no

significant difference between Yogic training group and Recreational training group as the mean difference was lesser than the obtained confidence interval 0.70.

The adjusted means on strength were presented through bar diagram for better understanding of the results of this study in Figure - 1

FIGURE 1
BAR DIAGRAM ON PRE, POST AND ORDERED ADJUSTED MEANS OF STRENGTH
(Scores in Numbers)



DISCUSSION ON THE FINDINGS OF STRENGTH

The results presented in table III showed that obtained adjusted means on strength among Yogic training group was 16.33, followed by Recreational training group was 15.71 and control group with mean value 12.69. The differences among pre test scores, post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and F value were 1.78, 45.12 and 90.23 respectively. It was found that obtained F value on pre test scores were not significant at 0.05 level of confidence as these were lesser than the required table F value of 3.10 and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.10.

The post hoc analysis through Scheffe's confidence test proved that due to six weeks yogic training group and recreational training group was improved significantly better than the control group, clearly indicating the positive influences of yogic training group and recreational training group in improving the strength of the Information Technology Professionals in Chennai.

CONCLUSION

The strength were significantly improved by the both forms of experimental group namely the yogic training and recreational training programme among informational technology professionals in Chennai.

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