



## IMPACT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG SCHOOL BOYS

Dr.T.THANGAMANI

*Physical Director, C.D. Nayagam T.Nagar Hr.Sec. School, T. Nagar, Chennai, Tamilnadu, India.*

### Abstract

*The purpose of the study was to find out the impact of yogic practices on selected physiological variables among school boys. It was hypothesized that there would be significant differences on selected physiological variables due to the effect of yogic practices among school boys. For the present study the 30 male School Boys from C.D. Nayagam, T.Nagar Hr.Sec. School, Chennai district, Tamilnadu were selected at random and their age ranged from 14 to 16 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent yogic practices and Group ‘B’ has not undergone any training. The data was collected before and after six weeks of training. The data was analyzed by applying dependent ‘t test. The level of significance was set at 0.05. The yogic practices had positive impact on systolic blood pressure and diastolic blood pressure among school boys.*

**Keywords:** Yogic practices, Systolic blood pressure, Diastolic blood pressure.

### INTRODUCTION

The practice of yoga started thousands and thousands of years ago, when the world was rich in resources and man was self contented. The satisfaction in life made him look into the origin of the Universe. The inquisitiveness in man took him to Yoga. Archaeologists found out evidence from Mohenjo Daro and Harappa that people of Indus civilization period which was dated 5000 BC had practiced Yoga. Only when Aryas entered India they introduced the Vedas-Rig, Yajur, Sama, and Athervana with three components in each Veda viz., Mantras Brahmanas. Upanishads is the philosophy of Mantras and Brahmas. Aranyaka is other section which deals with Sanyasa seeking peace through penance and meditation by going deep into the forests. Rig Veda is the oldest among Vedas. Vyasara was responsible for organizing these four in order. Rig is hymns. Yajur is Yagam. Sama is song or music. Atharvana is thanthram / manthram. Even those days, there were people who disputed the existence of God. Lokhayats were prominent among them. Unfortunately this group could not have a leader. All in that group were leaders. That was why it did not become a religion like Buddhism and Jainism. But those people believed in “No person could be called God” and leading a moral life avoiding all sins would be enough. The group who followed the Upanishad thought differently and closed in toward Brahman which did not have any shape or size. In short Brahman is abstract. As there were too many sub groups in Upanishads there were inconsistencies in statements (Andre, 1987).

### METHODOLOGY

The purpose of the study was to find out the impact of yogic practices on selected physiological variables among school boys. It was hypothesized that there would be significant differences on selected physiological variables due to the effect of yogic practices among school boys. For the present study the 30 male School Boys from C.D. Nayagam, T.Nagar Hr.Sec. School, Chennai district, Tamilnadu were selected at random and their age ranged from 14 to 16 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent yogic practices and Group ‘B’ has not undergone any training. The data was collected before and after six weeks of training. The data was analyzed by applying dependent ‘t test. The level of significance was set at 0.05.

**TABLE –I**  
**VARIABLES AND TEST**

S.No	Variables	Tests
1	Systolic blood pressure	Bio-Monitor
2	Diastolic blood pressure	

### RESULTS

The findings pertaining to analysis of dependent ‘t’ test between experimental group and

control group on selected physiological variables among school boys for pre-post test respectively have been presented in table II to III.

**TABLE –II**  
**SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF YOGIC PRACTICES GROUP (PTG)**

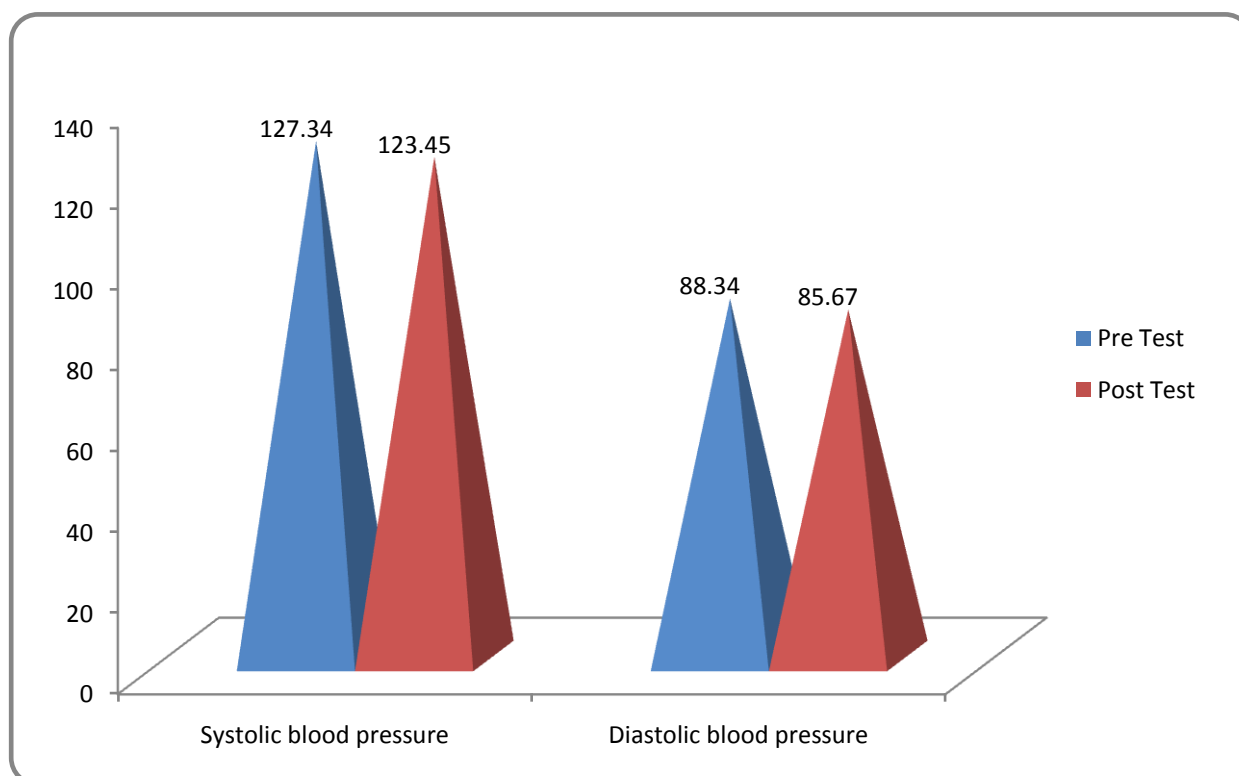
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Systolic blood pressure	127.34	123.45	3.89	1.32	0.34	9.37*
2	Diastolic blood pressure	88.34	85.67	2.67	1.46	0.37	10.27*

\* Significant at 0.05 level

Table II shows the obtained 't' ratios for pre and post test mean difference in the selected variable of systolic blood pressure (9.37) and diastolic blood pressure (10.27). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically significant at 0.05

level of confidence. It was observed that the mean gain and losses made from pre to post test were significantly improved in physiological namely systolic blood pressure (3.89,  $p < 0.05$ ) and diastolic blood pressure (2.67,  $p < 0.05$ ) thus the formulated hypothesis is accepted.

**FIGURE- I**  
**COMPARISONS OF PRE – TEST MEANS AND POST – TEST MEANS FOR EXPERIMENTAL GROUP IN RELATION TO PHYSIOLOGICAL VARIABLES**



**TABLE – III**  
**SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF CONTROL GROUP (CG)**

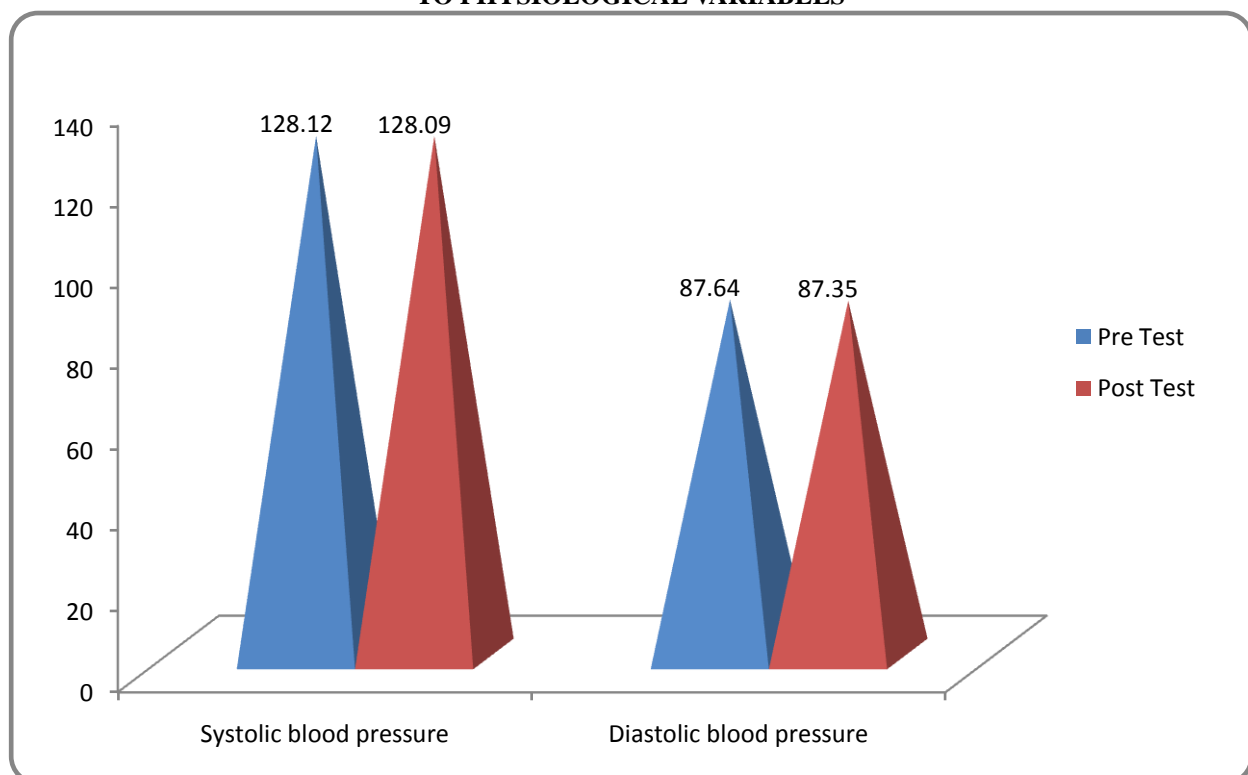
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev ( $\pm$ )	$\sigma$ DM	't' Ratio
1	Systolic blood pressure	128.12	128.09	0.03	1.55	0.40	0.33
2	Diastolic blood pressure	87.64	87.35	0.29	1.75	0.45	1.46

\* Significant at 0.05 level

Table III shows the obtained 't' ratios for pre and post test mean difference in the selected variable of systolic blood pressure (0.33) and diastolic blood pressure (1.46). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically significant at 0.05 level of

confidence. It was observed that the mean gain and losses made from pre to post test were not significantly improved in physiological variables systolic blood pressure (0.78  $p > 0.05$ ) and diastolic blood pressure (0.22  $p > 0.05$ ).

**FIGURE II**  
**COMPARISONS OF PRE – TEST MEANS AND POST – TEST MEANS FOR CONTROL GROUP IN RELATION TO PHYSIOLOGICAL VARIABLES**



### DISCUSSIONS ON FINDINGS

In case of physiological variables i.e. systolic blood pressure and diastolic blood pressure power the results between pre and post test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular yogic practices which may also bring sudden spurt in physiological variables in school boys. The findings of the present study have strongly indicates that yogic practices of six weeks have significant effect on selected physiological variables i.e., systolic blood pressure and

diastolic blood pressure of school boys. Hence the hypothesis earlier set that yogic practices programme would have been significant effect on selected physiological variables in light of the same the hypothesis was accepted.

### CONCLUSIONS

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The yogic practices had positive impact on systolic blood pressure and diastolic blood pressure among school boys.
2. The experimental group showed better improvement on systolic blood pressure and diastolic blood pressure among school boys than the control group.

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