



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

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### Abstract

*The purpose of the study was to find out the impact of yogic practices on selected physical variables among school boys. It was hypothesized that there would be significant differences on selected physical 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 speed and agility among school boys.*

**Keywords:** Yogic practices, Speed, Agility.

### INTRODUCTION

Maharishi Patanjali, the father of modern concept of yoga and a great physician himself, in the 300 BC defined yoga as the complete mastery of mind and emotions. Unlike so many other philosophies of the world, it is a scientific philosophy that is wholly practical. Yoga is an exact science which has its foundation on certain immutable laws of nature and establishes mind over body. Yoga postures are the physical positions that co-ordinate breath with movement and with holding the position to stretch and strengthen different parts of body. Yogic exercises are the ideal complement to other forms of physical exercises such as running, cycling, and swimming. Yogic postures systematically work on all the major muscle groups, including the back, neck and shoulders, deep abdominal, hip and even ankles, feet wrists and hands. By their very nature, yogic exercises affect all the muscles groups and organs as they simultaneously impart strength, increase flexibility and bring nourishment to internal organs. Although most poses are not aerobic in nature, they do in fact send oxygen to the cell by way of conscious deep breathing and sustained stretching and contraction of different muscle groups. The science of yoga works on physical, mental, emotional, psychic and spiritual aspects of a person. When imbalance is experienced at this level, the organs, muscles and nerves no longer functions in harmony, rather they at in opposition to each other. Therefore yoga aims at bringing the different bodily functions into perfect co-ordination so that they work for the good of the whole body. Yoga is one of India’s wonderful gifts to mankind. One of its valuable qualities is that it builds up a store of physical health through the practice of a system of exercises called asanas which

keep the body cleansed and fit. Yoga believes that exercise is essential for speedy removal of toxins and for keeping blood circulation and all internal processes functioning smoothly. Yoga is a science and it is based on observation and experiment. This method of observation and experiment is regarded in the west as a distinctly modern innovation, but as a matter fact it was adopted in India in very ancient time by the ‘ishis. Through the process of close observation and constant experiment they discovered the fine forces of nature, as also the laws that govern our physical, mental and spiritual being (Eugene, 1997).

### METHODOLOGY

The purpose of the study was to find out the impact of yogic practices on selected physical variables among school boys. It was hypothesized that there would be significant differences on selected physical 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	Speed	
2	Agility	

**RESULTS**

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

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

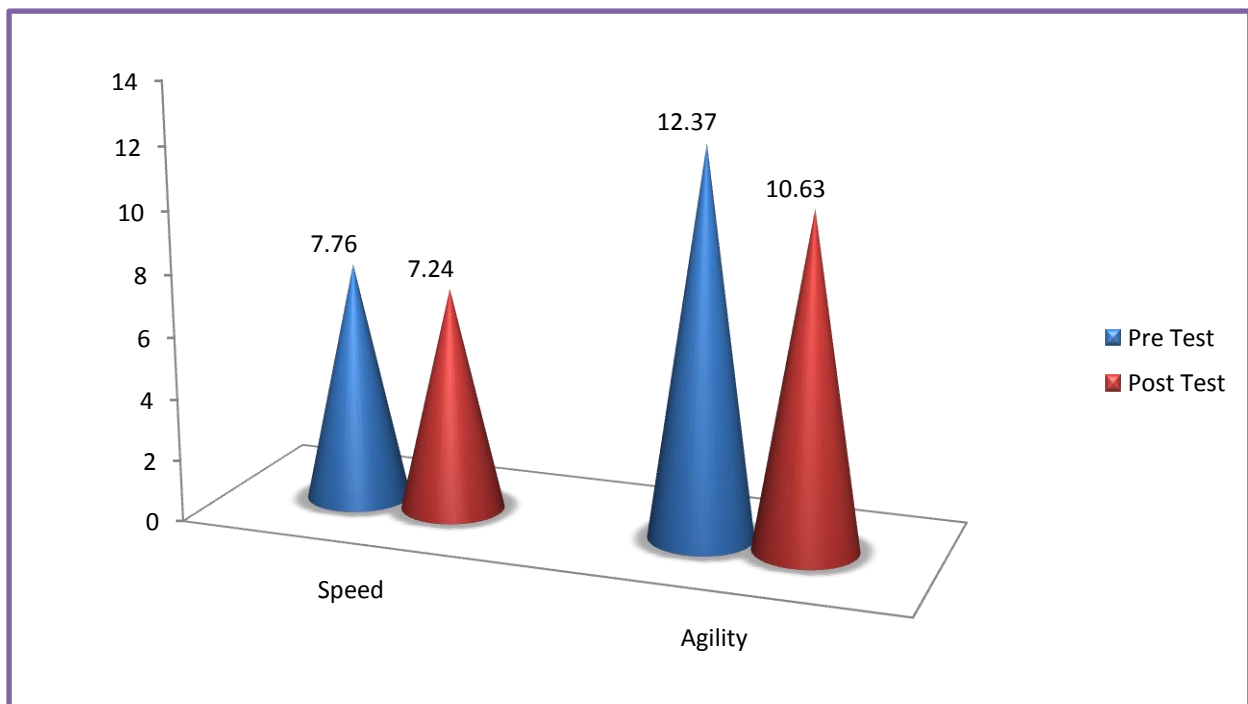
**TABLE –II  
SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF YOGIC PRACTICES GROUP (PTG)**

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Speed	7.76	7.24	0.52	0.15	0.03	14.27*
2	Agility	12.37	10.63	1.74	0.40	0.09	18.39*

\* Significant at 0.05 level

Table II shows the obtained 't' ratios for pre and post test mean difference in the selected variable of speed (14.27) and agility (18.39). 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 physicals namely speed (0.52,  $p < 0.05$ ) and agility (1.74,  $p < 0.05$ ) thus the formulated hypothesis is accepted.

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

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

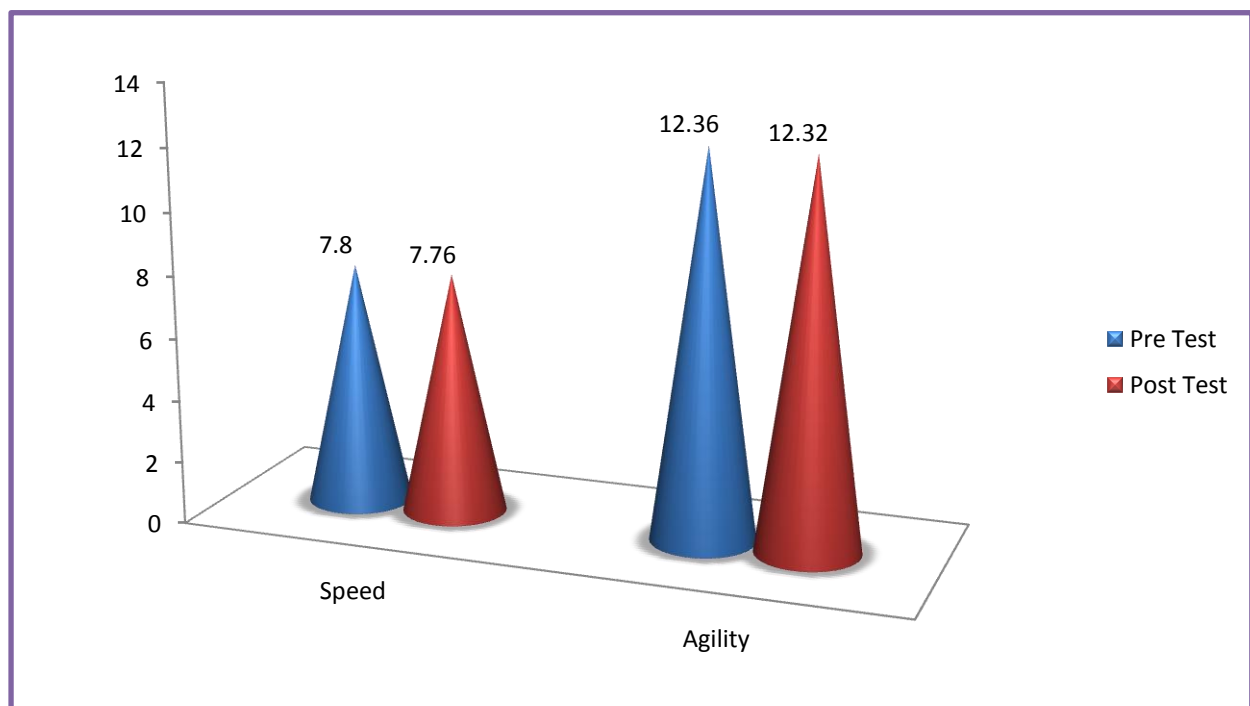
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev ( $\pm$ )	$\sigma$ DM	't' Ratio
1	Speed	7.80	7.76	0.03	0.18	0.04	0.62
2	Agility	12.36	12.32	0.03	0.20	0.04	0.84

\* Significant at 0.05 level

Table III shows the obtained 't' ratios for pre and post test mean difference in the selected variable of speed (0.62) and agility (0.84). 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 physical variables speed (0.03,  $p > 0.05$ ) and agility (0.03,  $p > 0.05$ ).

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



### 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 speed and agility among school boys.
2. The experimental group showed better improvement on speed and agility among school boys than the control group.

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