



INFLUENCE OF YOGIC PRACTICES ON SELECTED PHYSICAL VARIABLES AMONG SCHOOL STUDENTS

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Abstract

The purpose of the study was to find out the influence of yogic practices on selected physical variables among school students. For the present study the 30 male school students from Sir Syed Higher Secondary School, Karimbam, Thaliparamba, Kannur, Kerala 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. Flexibility was assessed by sit and reach test and cardio respiratory endurance was assessed by 1.5 mile run. The yogic practices had positive influence on flexibility and cardio respiratory endurance among school students.

Keywords: Yogic practices, Flexibility, Cardio respiratory endurance, School students.

INTRODUCTION

Yoga stances are the physical positions that arrange breath with development and with holding the position to extend and fortify distinctive parts of the body. Asana is the perfect supplement to different types of activity, particularly running, cycling and quality preparing, as the stances methodically work all the real muscle gatherings. By their exceptionally nature, asanas influence major and minor muscle gatherings and organs as they at the same time import quality, increment trunk flexibility and bring sustenance to inside organs, they do in reality send oxygen to the phones in the body by method for cognizant profound breathing and maintained extending and compression of various muscle gatherings (Chandrasekaran, 2003).

Yoga, an old India arrangement of theory found to assume a vital part in counteractive action upkeep and advancement of wellbeing sacred texts identified with Yoga uncovers that its training prompts inward assessment one's very own comprehension internal identity prompting all out change in singular awareness. Yoga has already become very popular amongst the peoples all ones the world. Yoga has prevalent amongst people. Some consider Yoga as a series of exercise for maintaining health, others considers it as some mysterious means of getting supernatural powers, whereas still others think it to be a means of getting a kick from sensory experience & entering into extra sensory perception (Eugene, 1997).

REVIEW OF RELATED LITERATURE

Chandrasekaran (2018) examined the effect of

yoga on selected psychological variables among physical education students. To achieve the purpose of the present study, thirty physical education students from Madurai Kamaraj University, Tamilnadu were selected as subjects at random and their ages ranged from 14 to 16 years. The subjects were divided into two equal groups of fifteen students each. 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 students each. The groups were assigned as yoga and control group in an equivalent manner. The group I underwent yoga and group II acted as a control group. The two experimental groups were participated the training for a period of twelve weeks to find out the outcome of the training packages and the control group did not participated in any training programme. The yoga group produced significant improvement in psychological variables. The 't' values of the selected variables have reached the significant level. Chandrakumar & Ramesh (2016) determined the best training packages among the yogic practices, aerobic exercise and interval training on selected health related physical fitness namely cardio respiratory endurance and flexibility among school boys. To achieve the purpose of the present study, sixty school boys from Dindigul district, Tamilnadu were selected as subjects at random and their ages ranged from 13 to 17 years. The subjects were divided into four equal groups of fifteen school boys each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=60) were randomly assigned to four equal groups of Analysis of covariance (ANCOVA)

was applied. The significant mean difference does not exist among the experimental groups in the pre test on cardio respiratory endurance and flexibility. In testing post test mean difference among the experimental groups statistically significant on variables of cardio respiratory endurance and flexibility. In testing the post adjusted mean among the experimental groups also predicts the above result. In comparing the effect the YPG showed better performance on flexibility. In comparing the effect the AEG and ITG produced similar effect on both the variables.

METHODOLOGY

The purpose of the study was to find out the influence of yogic practices on selected physical variables among school students. For the present study the 30 male school students from Sir Syed Higher Secondary School, Karimbam, Thaliparamba, Kannur, Kerala 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	Flexibility	Sit and Reach Test
2	Cardio respiratory endurance	1.5 Mile Run

RESULTS

The findings pertaining to analysis of dependent ‘t’ test between experimental group and control group on selected physical variables among school students 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 (YPG)**

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Flexibility	40.09	44.07	3.98	0.54	0.12	29.65*
2	Cardio respiratory endurance	12.27	11.80	0.47	1.03	0.23	2.56*

* Significant at 0.05 level

Table II shows the obtained ‘t’ ratios for pre and post test mean difference in the selected variable of flexibility (29.65) and cardio respiratory endurance (2.56). 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 physical variables namely flexibility (3.98, p<0.05) and cardio respiratory endurance (0.47, p<0.05).

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

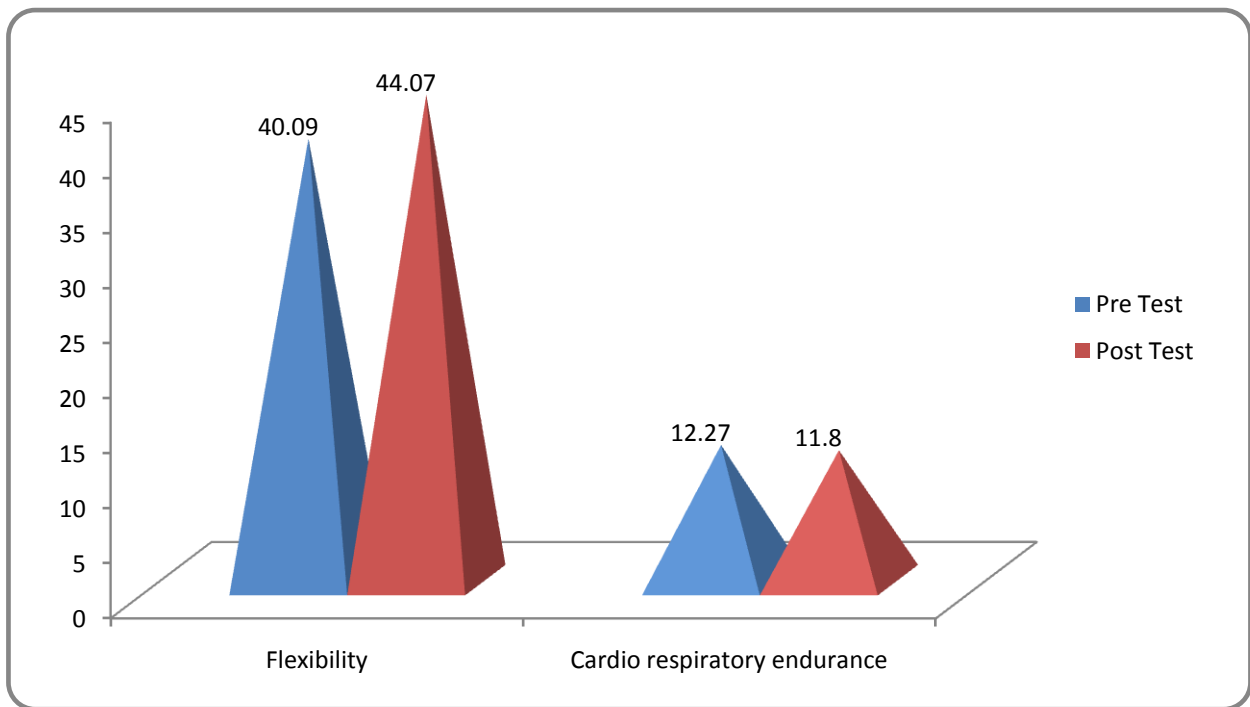


TABLE – III
SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED
VARIABLES OF CONTROL GROUP (CG)

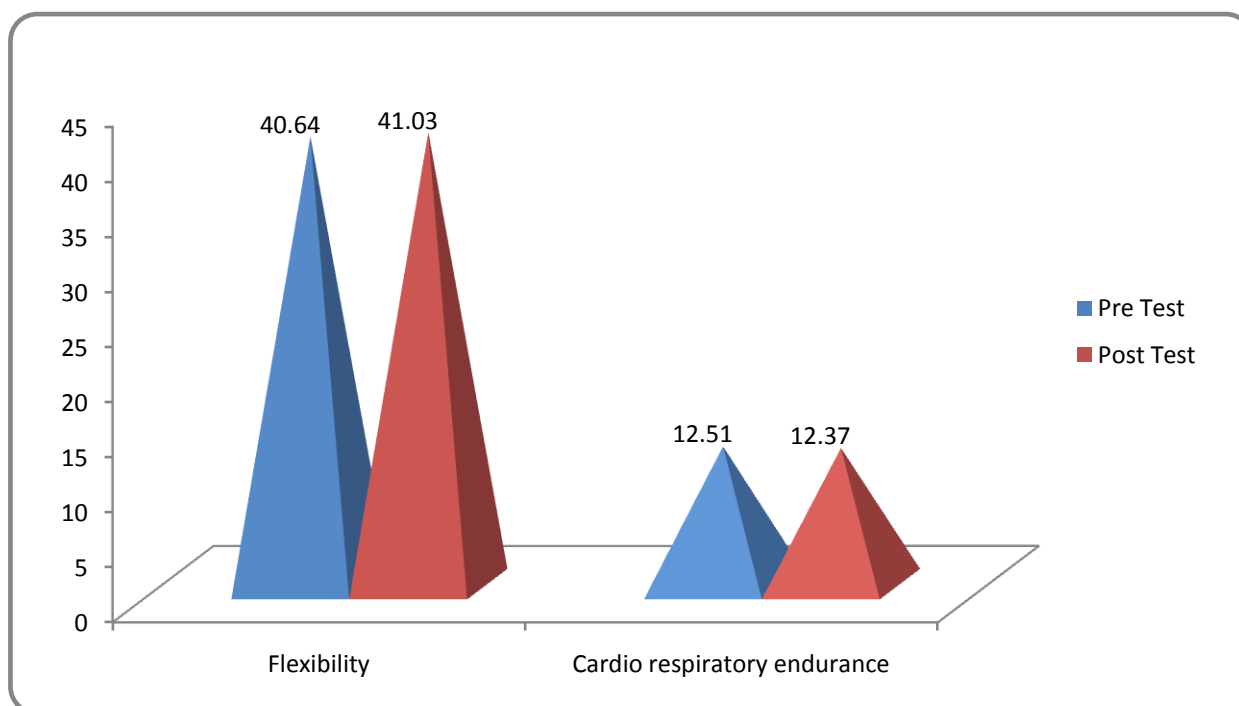
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Flexibility	40.64	41.03	0.39	0.86	0.16	0.72
2	Cardio respiratory endurance	12.51	12.37	0.14	0.92	0.20	0.10

* Significant at 0.05 level

Table III shows the obtained 't' ratios for pre and post test mean difference in the selected variable of flexibility (0.72) and cardio respiratory endurance (0.10). 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.

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



CONCLUSION

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

1. The yogic practices had positive influence on flexibility and cardio respiratory endurance among school students.
2. The experimental group showed better improvement on flexibility and cardio respiratory endurance among school students than the control group.

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