



EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG COLLEGE WOMEN STUDENTS

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ABSTRACT

The purpose of the study was to determine the effect of yogic practices on selected physiological variables among college women students. In order to achieve the purpose of this study the researcher has selected 30 college women students from Sri Sarada College of Physical Education for Women, Salem, Tamilnadu India at random and their age ranged from 18 to 25 years. The subjects were divided into two equal groups. 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 experimental group and control group in an equivalent manner. Experimental group participated the yogic practices for a period of twelve weeks and the post-tests were conducted. Resting heart rate was assessed by bio-monitor and breath holding time was assessed by manual method. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by Analysis of co-variance. The level of significance was fixed at 0.05 level of confidence. The results of the study showed that the experimental group that practiced yoga exercises reduced resting pulse rate and increased breath holding time.

KEYWORDS: Yogic Practices, Physiological Variables, Women.

INTRODUCTION

Yoga is an art and takes into purview the mind, the body and the soul of the man in its aim of reaching Divinity. The body must be purified and strengthened through various practices. The mind must be cleansed of all gross and the soul should turn inwards if a man should become a yogic adept. Study purifies the mind and surrender takes the soul towards God. The human mind is subject to certain weaknesses which are universal. Avidya-wrong notions of the external world, asmita-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. Constant meditation and introspection eradicate these mental flaws. The human body is a vehicle for journeying this life. It must be kept in proper form if the mind should function well. For this, there are practices too, but Patanjali does not elucidate on them (Andre, 1987).

METHODOLOGY

The purpose of the study was to determine the effect of yogic practices on selected physiological variables among college women students. In order to achieve the purpose of this study the researcher has selected 30 college women students from Sri Sarada College of Physical Education for Women, Salem, Tamilnadu India at random and their age ranged from 18 to 25 years. The subjects were divided into two equal groups. 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 experimental group and control group in an equivalent manner. Experimental group participated the yogic practices for a period of twelve weeks and the post-tests were conducted. Resting heart rate was assessed by bio-monitor and breath holding time was assessed by manual method. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by Analysis of co-variance. The level of significance was fixed at 0.05 level of confidence.

RESULTS

TABLE I
ANALYSIS OF CO-VARIANCE FOR THE PRE, POST AND ADJUSTED POST TEST MEAN VALUES FOR
YOGIC PRACTICES GROUP AND CONTROL GROUPS ON RESTING HEART RATE

Test	Experimental Group	Control Group	Source of Variance	Sum of square	df	Mean Square	'F' ratio	Table Value
Pre Test Mean	73.93	72.66	Between	12.033	1	12.033	0.802	4.20
			With in	420.267	28	15.010		
Post Test Mean	71.13	74.66	Between	70.533	1	70.533	4.37*	4.20
			With in	452.133	28	16.148		
Adjusted Post Test Mean	70.59	74.75	Between	126.431	1	126.431	24.98*	4.21
			With in	136.636	27	5.061		

*Significant at 0.05 level of confidence.

The table I showed that the pre-test mean values on resting heart rate of yogic practices group and control group are 73.93 and 72.66 respectively. The obtained 'F' ratio 0.802 for pre-test mean was less than the table value 4.20 for df 1 and 28 required for significance at 0.05 level of confidence on resting heart rate. The post-test mean values on resting heart rate of yogic practices group and control group are 71.13 and 74.66 respectively. The obtained 'F' ratio 4.37 for post-test mean was greater than the table value 4.20 for df 1 and

28 required for significance at 0.05 level of confidence on resting heart rate. The adjusted post-test means of yogic practices group and control group are 70.59 and 74.75 respectively. The obtained 'F' ratio 24.98 for adjusted post-test mean was greater than the table value 4.21 for df 1 and 27 required for significance at 0.05 level of confidence on resting heart rate. The adjusted post mean values of yogic practices group and control group on resting heart rate are graphically represented in the Figure I.

FIGURE I
BAR DIAGRAM SHOWING THE PRE, POST AND ADJUSTED POST MEAN
VALUES OF YOGIC PRACTICES GROUP AND CONTROL GROUP
ON RESTING HEART RATE

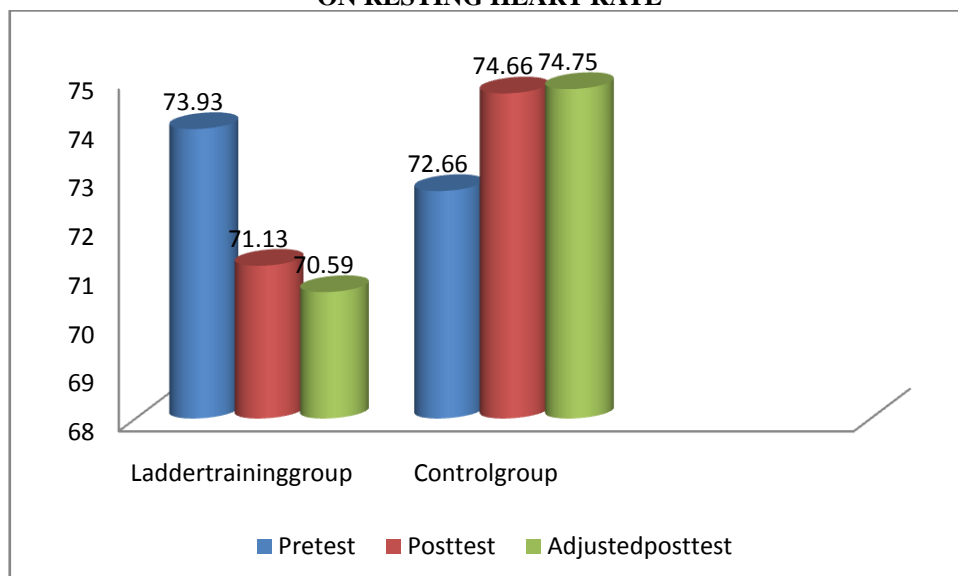


TABLE II
ANALYSIS OF CO-VARIANCE FOR THE PRE, POST AND ADJUSTED POST TEST MEAN VALUES FOR
YOGIC PRACTICES GROUP AND CONTROL GROUPS ON BREATH HOLDING TIME

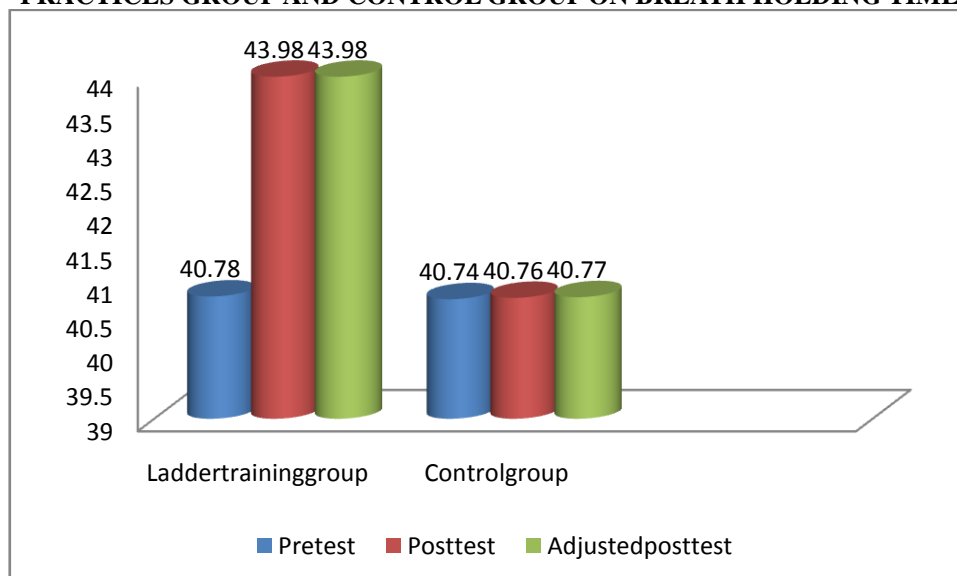
Test	Experimental Group	Control Group	Source of Variance	Sum of square	df	Mean Square	'F' ratio	Table Value
Pre Test Mean	40.78	40.74	Between	0.012	1	0.012	0.001	4.20
			With in	747.262	28	26.688		
Post Test Mean	43.98	40.76	Between	78.053	1	78.053	4.76*	4.20
			With in	459.035	28	16.394		
Adjusted Post Test Mean	43.98	40.77	Between	77.206	1	77.206	6.60*	4.21
			With in	315.678	27	11.692		

*Significant at 0.05 level of confidence.

The table II showed that the pre-test mean values on breath holding time of yogic practices group and control group are 40.78 and 40.74 respectively. The obtained 'F' ratio 0.001 for pre-test mean was less than the table value 4.20 for df 1 and 28 required for significance at 0.05 level of confidence on breath holding time. The post-test mean values on breath holding time of yogic practices group and control group are 43.98 and 40.76 respectively. The obtained 'F' ratio 4.76 for post-test mean was greater than the table value 4.20 for df 1 and 28 required for

significance at 0.05 level of confidence on breath holding time. The adjusted post-test means of yogic practices group and control group are 43.98 and 40.77 respectively. The obtained 'F' ratio 6.60 for adjusted post-test mean was greater than the table value 4.21 for df 1 and 27 required for significance at 0.05 level of confidence on breath holding time. The adjusted post mean values of yogic practices group and control group on breath holding time are graphically represented in the Figure II.

FIGURE II
BAR DIAGRAM SHOWING THE PRE, POST AND ADJUSTED POST MEAN VALUES OF YOGIC
PRACTICES GROUP AND CONTROL GROUP ON BREATH HOLDING TIME



CONCLUSION

1. The results of the study showed that the experimental group that practiced yoga exercises reduced resting pulse rate and increased breath holding time. This may be due to the nature of the yogic exercises programme that was advocated in the training schedule.

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