



EFFECT OF SELECTED ASANAS ON PERCENTAGE OF HEMOGLOBIN AMONG DEAF AND DUMB SCHOOL STUDENTS

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Abstract

The purpose of the study was to find out the effect of selected asanas on percentage of hemoglobin among deaf and dumb school students. For this study, twenty four deaf and dumb students from C.S.I. High School for the deaf and dumb, Sivakasi and their age ranged from 12 to 15 years were selected randomly as subjects. The selected subjects were divided into two groups namely Group I for Experimental group underwent selected asana practice and Group II acted as a control group. The data were collected from each subject before and after the training period and statistically analyzed with dependent 't' test and analysis of covariance (ANCOVA). It was found that there was a significant improvement in the percentage of hemoglobin due to the eight-week selected asana practice.

Keywords: Asana, Deaf and Dumb, School Students.

INTRODUCTION

*"Yoga has complete message for humanity
Yoga has a message for the human body".*

- Swami Kavalayananda

The body is the temple of Soul and to reach a harmony of the mind, body and spirit, the body must be physically fit. The human body is built for physical activity and movement. Throughout the ages, man has had to be physically active in order to procure his daily food to succeed in the battle for survival. Every individual physical activity is essential for harmonious physical and mental development.

METHODOLOGY

Research methodology involves the systematic procedure by which researcher starts from the initial identification of the problem to its final conclusions. The role of the methodology is to carry on the research work in a scientific and valid manner. The investigator will be select twenty four deaf and dumb Students C.S.I.High School for the deaf Sivakasi as subject at random. As per school records by age is 12 to 15 years old. The students divided into two groups, each group consist of 12 students. The students were selected in randomly. Group I will undergo selected asana practice and group II acted as a control group who will not participate in any experimental training during the training period other than their daily routine.

SELECTION OF VARIABLES

- Hemoglobin - Shali's Method

SELECTION OF ASANAS FOR PRACTICE

Standing Asanas

- Tadasana
- Vrukshanasana

Sitting Asanas

- Padmasana
- Matsyasana
- Vajrasana
- Supta Vajrasana
- Shashankasana
- Paschirmottanasana

Inversion Asanas

- Sirshasana

Prone Position Asanas

- Salabhasana
- Dhanurasana
- Bhujangasana

Supine Position Asanas

- Sarvangasana
- Halasana
- Chakrasana
- Sharasana

RESULTS AND DISCUSSION

The data collections from the asana group and control group prior and after the experimentation on selected criterion variables and statistically examined by using dependent 't' test and Analysis of co-variance (ANCOVA) was used to determine the differences. In all the cases to test the significance, 0.05 level of confidence was used.

TABLE I
SUMMARY OF MEANS AND DEPENDENT 't' TEST FOR THE PRE AND POST TEST ON
CRITERION VARIABLE OF ASANA PRACTICE GROUP
AND CONTROL GROUP

Criterion Variable	Mean and 't' test	Yoga Group	Control Group
Hemoglobin	Pre test	7.7 +/- 1.3342	9.1667+/-1.2950
	Post test	9.7917+/-1.8730	9.1833+/-1.4788
	't' test	2.733*	.883

• Significant at 0.05 level of confidence (Table value required for significant at .05 level for 't' test with df 22 is 2.07)

From the table I the dependent 't' test values of hemoglobin of Yoga practice group was greater than the table value 2.07 with df 22 at .05 level of confidence. It is conclude that asana

practice group had significant improvement in the criterion variable of hemoglobin when compared with control group.

TABLE II
ANALYSIS OF COVARIANCE ON CRITERION VARIABLE OF
ASANA PRACTICE GROUP AND CONTROL GROUP

Criterion Variable	Adjusted Post test means		Source of Variance	Source of Squares	df	Mean of Squares	'F' - Ratio
	Asana Group	Control Group					
Hemoglobin	7.614	8.940	B W	4.916 .608	1 21	4.916 .296	16.586*

*Significant at 0.05 level of confidence

(The table value required for significance at 0.05 level with df 1 and 21 is 3.47)

From the table II the 'F' ratio of hemoglobin for adjusted post test mean was more than the table value of 3.47 for df 1 and 21 required for significance at 0.05 level of confidence. The result of the study indicate that there was a significant difference among adjusted post test means of asana practice group on the percentage of hemoglobin due to the influence of selected asana practice.

CONCLUSION

Based on the result obtained by statistical analyses of the data the following conclusion was drawn.

There was a significant difference found in percentage of hemoglobin variable between asana practice group and control group.

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