



Effect of Selected Yogic Practices on Physical Variables among College Women Students

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Abstract

The aim of the study was to determine the effect of selected yogic practices on the development of speed, explosive strength and explosive power. The criterion measures were 50 yards dash, Sargent jump test, and standing broad jump test. To accomplish the purpose, 90 college women students of government first grade college, K.R. Pet, were chosen as subjects at random and their age group was between 18 - 22 years. Two groups were formed one experimental and one control group of 30 subjects each. The experimental groups participated in yogic practice training for 12 week and the control group performed the routine work. The data was collected in the beginning and at the end. The training schedule was prepared systematically and carefully. The significance was tested at 0.05 level.

Keywords: Physical exercise, yogic practice, speed, explosive strength, explosive power.

Introduction

Fitness is the key to good health, fitness or the key to enjoy life. Fitness is important in many aspect of life. It consists of physical, mental, emotional, spiritual and social factors of life. Fitness can be maintained through the participation in physical exercises and yogic exercises.

Physical education and sports are essentials elements of educational process to promote health, physical fitness and quality of life, besides producing topnotch athletes and sportsmen. Exercises are very helpful to maintain the sound body. The purpose of exercise is to enhancing the functions of the body systems.

In ancient period the concept of yoga was the union of divine soul and the ordinary self. But today, this concept of yoga itself has taken a lot of changes. Today we know it simply as the co-ordination between our body and our mind.

In recent days, most of the people around the world are practicing yoga regularly to get and stay fit and healthy. In modern age, life is becoming very complex that seen and unseen hazards to health and have proliferated to an alarming many ailments like asthma, ulcer, migraine, heart attack, back pain, blood pressure, diabetes etc. Due to the pollution also the health status is disturbed.

Speed is a major requirement in many sports activities, in sports like sprinting, hockey, football, cricket etc. Speed is a complex ability that is necessary to perform fast motor actions in the shortest possible time. It depends on central nervous motor

programmes, which are activated by intense will power. Speed is an important factor in almost all court and field games.

Hypotheses: There would be significant difference in the selected physical variables due to yogic practice among college women students.

Review of Related Literature: Kuppaswamy Selvan (1996) Conducted a study on the "Influence of physical exercise and yogic practices on health related physical fitness of school children in Tamil Nadu" on one hundred and twenty students on six variables of health related physical fitness and found that physical exercise training has improved flexibility, abdominal muscular strength, agility, body fat percentage and shoulder strength. Cardiovascular endurance was improved due to yogic practices and in general the physical exercise and yogic practices have improved in the health related physical fitness variables.

Uma Datta (1993) found out that regular practice of yogic exercise (Asanas) and gymnastics contribute the development of physical fitness by bring about a significant improvement in the motor fitness components namely strength, speed, endurance, agility, flexibility and balance.

Methodology

To accomplish the purpose of the study, ninety college women students from Government First Grade College, K.R. Pete, were chosen as subjects at random and their age group was between 18 - 22 years. The subjects were divided into two group namely yogic practice group and control group. Each group consisted of 30 subjects. The duration of the training was 12 weeks. The

subjects of the control group were restricted from any training programmes except in their routine activities.

The table 1 shows that the pre test mean values of control groups, physical exercise group and yogic practice groups are 8.85 and 8.68 respectively, and the post test means are 8.89 and 8.54 respectively. The obtained dependent 't' ratio values between the pre and post test means of control group and yogic

practice group are 1.418 and 7.439 respectively. The table value required for significant difference with 29 at 0.05 level is 1.699. Since, the obtained 't' ratio value of experimental group is greater than the table value. It is understood that yogic practice group significantly improved the performance of speed. However, the control group has not improved significantly as the obtained 't' value is less than the table value, because they were not subjected to any specific training.

Table-1
Table showing the Mean and its Dependent t-Test for the Pre and Post Tests on Speed of Control Group, Physical and Yogic Practice Group (Scores in Seconds)

	Pre Test Mean	Post Test Mean	't' Test
Control Group	8.85	8.89	1.418
Yogic Practice Group	8.68	8.54	7.439*

* Significant

The table value required for 0.05 level of significance with df 29 is 1.699

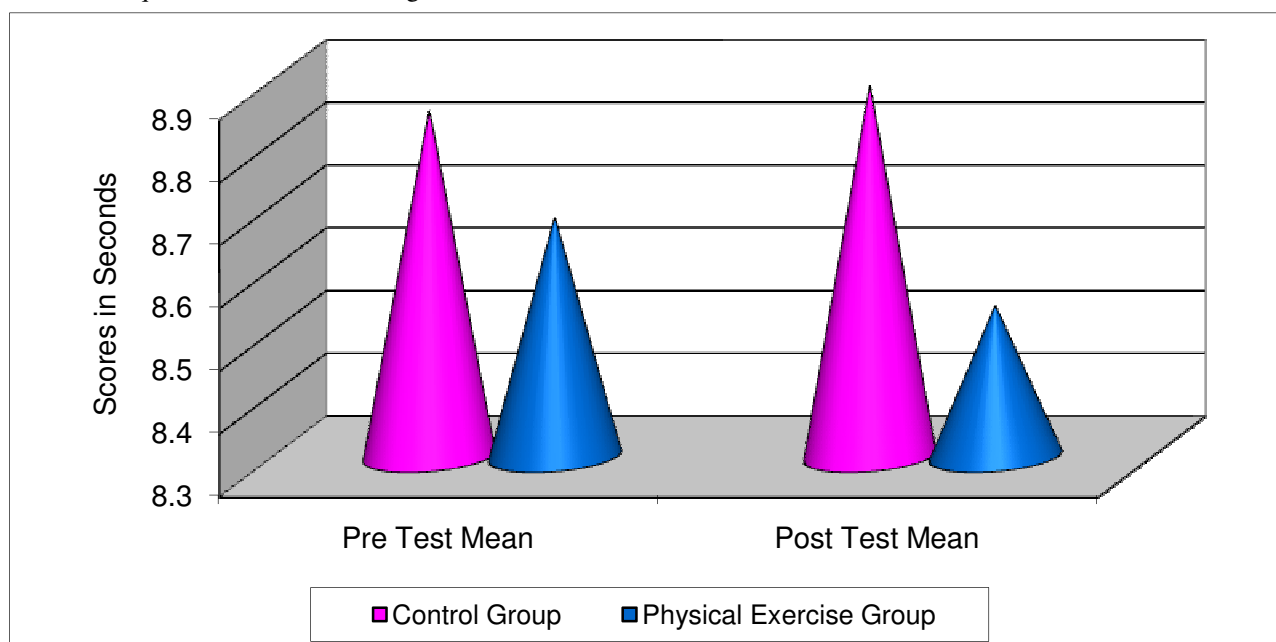


Table-2
Table showing the Mean and its Dependent t-Test for the Pre and Post Tests on Explosive Strength of Control Group and Yogic Practice Group (Scores in Centimeter)

	Pre Test Mean	Post Test Mean	't' Test
Control Group	34.24	34.16	0.231
Yogic Practice Group	32.68	37.13	13.465*

* Significant at .05 level

The table value required for 0.05 level of significance with df 29 is 1.699

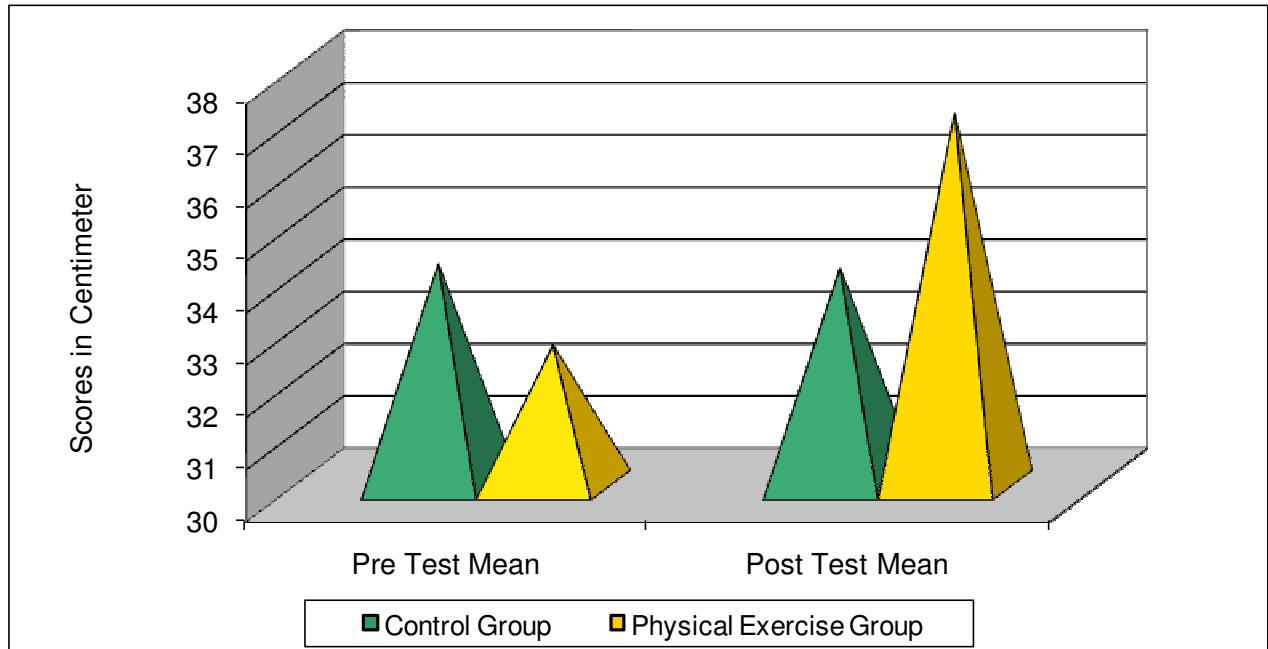


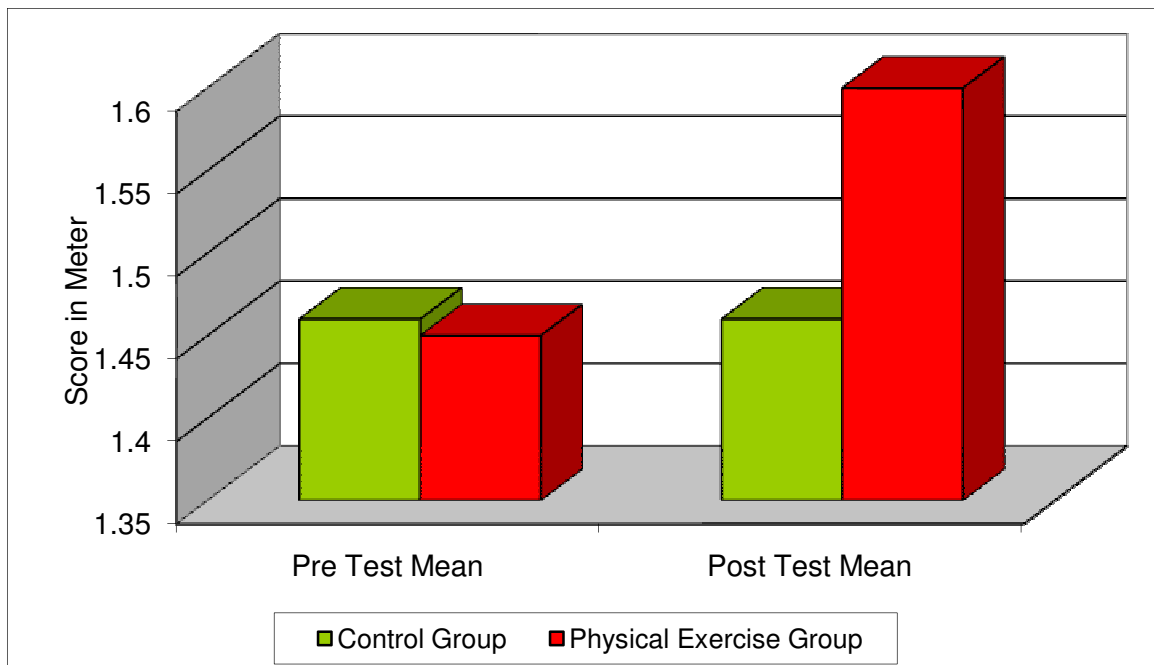
Table-3

Table showing the Mean and its Dependent t-Test for the Pre and Post Tests on Explosive Power of Control Group, Physical Exercise Group and Yogic Practice Group (Scores in meters)

	Pre Test Mean	Post Test Mean	't' Test
Control Group	1.46	1.46	0.947
Yogic Practice Group	1.45	1.60	7.125*

* Significant

The table value required for 0.05 level of significance with df 29 is 1.699



The table 2 shows the pre test mean values of control group and yogic practice group are 34.24 and 32.68 respectively, and the post test means are 34.16 and 37.13 respectively. The obtained dependent 't' ratio values between the pre and post test means of control group and yogic practice group are 0.231 and 13.465 respectively. The table value required for significant difference with 29 at 0.05 level is 1.699. Since, the obtained 't' ratio value of experimental groups are greater than the table value. It is understood that yogic practice group significantly improved the performance of explosive strength. However, the control group has not improved significantly as the obtained 't' value is less than the table value, because they were not subjected to any specific training.

The table 3 shows that the pre test mean values of control group and yogic practice group are 1.46 and 1.46 respectively, and the post test means are 1.45 and 1.60 respectively. The obtained dependent t- ratio values between pre and post test means of control group, and yogic practice groups are 0.947 and 7.125 respectively. The table value required for significant difference with 29 at 0.05 level is 1.699. Since, the obtained 't'-ratio value of experiment groups are greater than the table value. It is understood that yogic practice group significantly improved the performance of explosive power. However, the control group has not improved significantly as the obtained 't' value is less than the table value, because they were not subjected to any specific training.

Discussion on Findings of Hypothesis: It was hypothesized that there would be significant difference in the selected physical variables due to yogic exercise among college women students.

The findings of the study showed that there was significant difference in selected physical variables such as speed, vertical explosive strength and leg explosive power due to yogic practice

among college women students. Hence the hypothesis was accepted.

Conclusions

Based on the above findings, the following conclusions were made: i. The speed had increased significantly for yogic practice group when compared along with the control group. ii. The vertical explosive strength had increased significantly for yogic practice group when compared along with the control group. iii. The leg explosive power had increased significantly for yogic practice group when compared along with the control group.

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