

INFLUENCE OF YOGIC PRACTICES ON SELECTED PHYSICAL FITNESS COMPONENTS AMONG SCHOOL CHILDREN

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ABSTRACT

The purpose of the study was designed to examine the effect of yogic practices on balance and flexibility among school children. For the purpose of the study, thirty school children from the schools in and around Chidambaram were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent yogic practices for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely balance and flexibility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables namely balance and flexibility by using stork stand test and sit and reach test at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed that there was a significant difference between the adjusted post-test means of yogic practices group and control group on balance and flexibility.

KEY WORDS : YOGIC PRACTICES, BALANCE, FLEXIBILITY, SCHOOL CHILDREN

INTRODUCTION

The term Yoga carries several technical meanings. One of its principal meanings is 'Yukti'. Yukti means technique, trick or skill for achieving the goal indirectly when the goal cannot be achieved directly. Yoga as Yukti can also be termed as a junction in order to feel the divine within us. Yoga as Yukti involves many different processes which require proper training. So, the techniques or practices (i.e., yuktis) enjoined in yogic literature also go under the name of Yoga. Thus, we get such terms as Laulika Yoga, Neti Yoga, Dhyana Yoga, Samadhi Yoga etc., for the individual yoga practitioner. When various such techniques or practices are systematized and formulated they are known as schools of yoga like Bhakti Yoga, Jnana Yoga, Karma Yoga, Hatha Yoga, Laya Yoga, Raja Yoga etc., all these schools of Yoga are only Yoga in the sense of so many techniques, Yuktis or Yogic practices”.

METHODOLOGY

The purpose of the study was designed to examine the effect of yogic practices on balance and flexibility among school children. For the purpose of the study, thirty school children from the schools in and around Chidambaram were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent yogic practices for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely balance and flexibility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables namely balance and flexibility by using stork stand test and sit and reach test at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio

obtained by the analysis of covariance, which was considered as an appropriate.

ANALYSIS OF THE DATA

Balance

The analysis of covariance on balance of the pre and post test scores of yogic practices group and control group have been analyzed and presented in Table I.

TABLE I
ANALYSIS OF COVARIANCE OF THE DATA ON BALANCE OF PRE AND POST TESTS SCORES OF YOGIC PRACTICES AND CONTROL GROUPS

Test	Yogic practices group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	27.13	26.87	Between	0.533	1	0.533	0.20
S.D.	1.59	1.59	Within	75.467	28	2.695	
Post Test							
Mean	29.47	27.27	Between	36.300	1	36.300	13.99*
S.D.	1.45	1.65	Within	72.667	28	2.595	
Adjusted Post Test							
Mean	29.35	27.38	Between	29.057	1	29.057	41.15*
			Within	19.067	27	0.706	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 3.34 and 3.35 respectively).

The table I shows that the adjusted post-test means of yogic practices group and control group are 29.35 and 27.38 respectively. The obtained "F" ratio of 41.15 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on balance.

The results of the study indicated that there was a significant difference between the adjusted post-test means of yogic practices group and control group on balance.

Flexibility

The analysis of covariance on flexibility of the pre and post test scores of yogic practices group and control group have been analyzed and presented in Table II

TABLE II
ANALYSIS OF COVARIANCE OF THE DATA ON FLEXIBILITY OF PRE AND POST TESTS SCORES OF YOGIC PRACTICES AND CONTROL GROUPS

Test	Yogic practices group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	29.87	29.13	Between	4.033	1	4.033	1.11
S.D.	1.71	1.96	Within	101.467	28	3.624	
Post Test							
Mean	33.60	29.67	Between	116.033	1	116.033	43.36*
S.D.	1.40	1.74	Within	74.933	28	2.676	
Adjusted Post Test							
Mean	33.35	29.92	Between	85.141	1	85.141	81.54*
			Within	28.193	27	1.044	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 3.34 and 3.35 respectively).

The table II shows that the adjusted post-test means of yogic practices group and control group are 33.35 and 29.92 respectively. The obtained "F" ratio of 81.54 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on flexibility.

The results of the study indicated that there was a significant difference between the adjusted post-test means of yogic practices group and control group on flexibility.

CONCLUSIONS

1. There was a significant difference between yogic practices group and control group on balance and flexibility.
2. And also it was found that there was a significant improvement on selected criterion variables such as balance and flexibility due to yogic practices.

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