

CHANGES DUE TO YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG OBESE SCHOOL BOYS

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ABSTRACT

The purpose of the study was to find out the changes due to yogic practices on selected physiological variables among obese school boys. To achieve the purpose of the present study, thirty obese school boys from Madurai, Tamilnadu were selected as subjects and their age ranged from 14 to 17 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 obese boys each. The groups were assigned as yoga therapy group (YTG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. ANCOVA was used. It was observed that the six weeks of yogic practices have significantly improved the selected physiological variables of obese school boys.

KEYWORDS: Blood Pressure, Obese Boys.

INTRODUCTION

The aim of yoga is to attain perfection of the intellect, both of the head and the heart, so that, the artist becomes devoted, true and pure. This demands an almost total relinquishment of interest in other activities of life except the chosen path. The mind is fluid and runs after sensual pleasures. Art demands total undivided focal attention. Hence Patanjali explains that the mind must be controlled and then submitted to serve the artistic nature of yoga to its highest potency. Yoga or any art requires acute sharpness of intellect and alert organs of perception. In yoga there is no competition but it requires freedom to think and reconstruct with a desire to perform better. Then it brings to the yogi the most exalted enlightenment. From now on, wherever the yogi is and whatever he does, his thoughts are rooted in spiritual communion, which takes him to the Zenith of spiritual life. The Indian classical thought holds salvation as the ultimate objective of human endeavor. This ideal of achieving salvation (moksha) can be attained by the four different ways viz. Karma yoga, Bhakti yoga, Raja yoga and Gyana yoga etc. We shall in the time allotted briefly consider 'Raja yoga' or 'Astanga yoga' as propounded by Maharishi Patanjali and Swami Vivekananda (Mohan, 2002).

METHODOLOGY

The purpose of the study was to find out the changes due of yogic practices on selected physiological variables among obese school boys. To achieve the purpose of the present study, thirty obese school boys from Madurai, Tamilnadu were selected as subjects and their age ranged from 14 to 17 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 obese boys each. The groups were assigned as yoga therapy group (YTG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. ANCOVA was used.

RESULTS

TABLE-I
COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF YOGIC AND CONTROL GROUPS ON SYSTOLIC BLOOD PRESSURE

	Yogic Practices	Control Group	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	138.26	136.73	BG	17.63	1	17.63	0.80
			WG	611.86	28	21.85	
Post-Test Means	124.53	138.20	BG	1400.83	1	1400.83	93.80*
			WG	418.13	28	14.93	
Adjusted Post-Test Means	124.42	138.30	BG	1403.69	1	1403.69	93.19*
			WG	406.69	27	15.06	

An examination of table - I indicated that the pretest means of yogic practices and control groups were 138.26 and 136.73 respectively. The obtained F-ratio for the pre-test was 0.80 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 28. The post-test means of the yogic practices and control groups were 124.53 and 138.20 respectively. The obtained F-ratio for the post-test was 93.80 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 28. The adjusted post-test means of the yogic practices and control groups were 124.42 and 138.30 respectively. The obtained F-ratio for the adjusted post-test means was 93.19 and the table F-ratio was 4.21. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 27. The pre, post and adjusted post test mean values of yogic practices and control groups, on systolic blood pressure are graphically represented in the figure -I.

FIGURE - I
PRE AND POST TEST DIFFERENCES OF THE YOGIC PRACTICES AND CONTROL GROUPS ON SYSTOLIC BLOOD PRESSURE

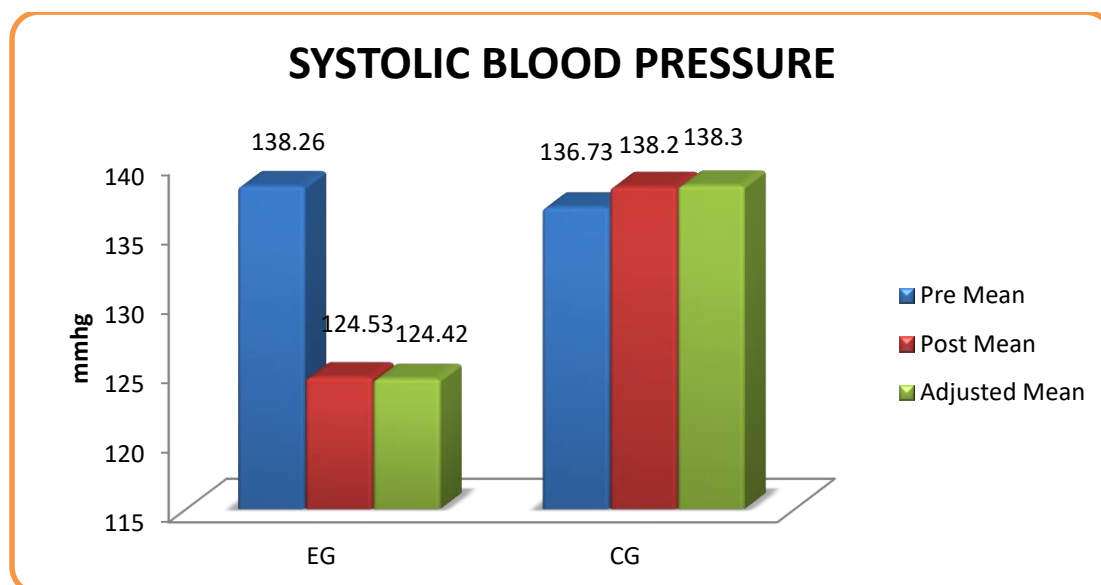


TABLE-II
COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF YOGIC PRACTICES AND CONTROL GROUPS ON DIASTOLIC BLOOD PRESSURE

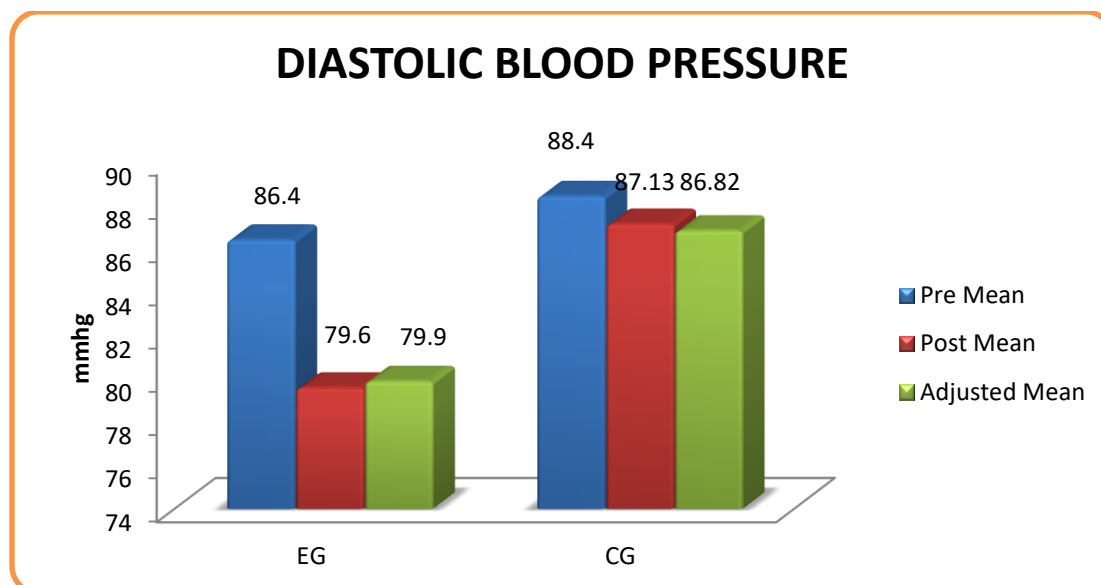
	Yogic Practices	Control Group	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	86.40	88.40	BG	30.00	1	30.00	1.10
			WG	761.20	28	27.18	
Post-Test Means	79.60	87.13	BG	425.63	1	425.63	32.98*
			WG	361.33	28	12.90	
Adjusted Post-Test Means	79.90	86.82	BG	345.48	1	345.48	32.20*
			WG	289.64	27	10.72	

An examination of table – II indicated that the pretest means of yogic practices and control groups were 86.40 and 88.40 respectively. The obtained F-ratio for the pre-test was 1.10 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 28. The post-test means of the yogic practices and control groups were 79.60 and 87.13 respectively. The obtained F-ratio for the post-test was 32.98 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 28. The adjusted post-test means of the yogic practices and control groups were 79.90 and 86.82 respectively. The

obtained F-ratio for the adjusted post-test means was 32.20 and the table F-ratio was 4.21. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 27. The pre, post and adjusted post test mean values of yogic practices and control groups, on diastolic blood pressure are graphically represented in the figure -II.

FIGURE - II

PRE AND POST TEST DIFFERENCES OF THE YOGIC PRACTICES AND CONTROL GROUPS ON DIASTOLIC BLOOD PRESSURE



CONCLUSION

1. It was observed that the six weeks of yogic practices have significantly improved the selected physiological variables of obese school boys.

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