

EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG MIDDLE AGED MEN

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ABSTRACT

The purpose of the study was to find out the impact of yogic practices on selected physiological variables among middle aged men. It was hypothesized that there would be significant differences on selected physiological variables due to the effect of yogic practices among middle aged men. For the present study the 30 middle aged men from Chennai district, Tamilnadu were selected at random and their age ranged from 35 to 50 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent yogic practices and Group 'B' has not undergone any training. The data was collected before and after six weeks of training. The data was analyzed by applying dependent 't' test. The level of significance was set at 0.05. The experimental group showed better improvement on systolic blood pressure and diastolic blood pressure among middle aged men than the control group.

KEYWORDS: Yogic practices, Systolic blood pressure, Diastolic blood pressure, Middle aged men.

INTRODUCTION

Yoga is a science of right living, and when it is incorporated into our daily lives, it is effective. It affects a person's physical, mental, emotional, psychic, and spiritual well-being. The Sanskrit word "yuj," which means "to join," is the root of the word yoga, which has the meanings "unity" or "oneness." The science of yoga is tainted by far too many myths. People believe it to be some sort of physical or mental debauchery, black or white magic, sorcery, or other supernatural practice that enables the performance of wonders. Some believe it to be a very dangerous practice that should only be practiced by those who have given up on the world. (Shenbagavalli & Rajkumar, 2007).

It is important to remember that all yogic practices are psychological and physiological in nature. Some exercises that place a strong emphasis on directly controlling mental processes are more psychological, while others are more physical or physiological. The later stage of yogic practices is the one that has gained in popularity and is most frequently used to develop and promote health and fitness. Yogic exercises are intended to increase blood flow to all of the vital organs, which will enhance their functionality (Dutta, 1988). It has only been a month but I feel the benefits of practicing yoga regularly, both during the yoga sessions as well as in my daily life. Yoga has been especially helpful in addressing the assorted physical and mental ailments that come with middle age.

METHODOLOGY

The purpose of the study was to find out the impact of yogic practices on selected physiological variables among middle aged men. It was hypothesized that there would be significant differences on selected physiological variables due to the effect of yogic practices

among middle aged men. For the present study the thirty middle aged men from Chennai district, Tamilnadu were selected at random and their age ranged from 35 to 50 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent yogic practices and Group ‘B’ has not undergone any training. The data was collected before and after six weeks of training. The data was analyzed by applying dependent ‘t test. The level of significance was set at 0.05.

**TABLE –I
VARIABLES AND TEST**

S.No	Variables	Tests
1	Systolic blood pressure	Bio-Monitor
2	Diastolic blood pressure	

RESULTS

**TABLE –II
SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST
SCORES ON SELECTED VARIABLES OF YOGIC PRACTICES GROUP**

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Systolic blood pressure	126.33	123.55	2.78	1.34	0.66	17.88*
2	Diastolic blood pressure	84.87	82.80	2.07	1.07	0.52	6.17*

* Significant at 0.05 level

Table II shows the obtained ‘t’ ratios for pre and post test mean difference in the selected variable of systolic blood pressure (17.88) and diastolic blood pressure (6.17). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically significant at 0.05 level of confidence thus the formulated hypothesis is accepted.

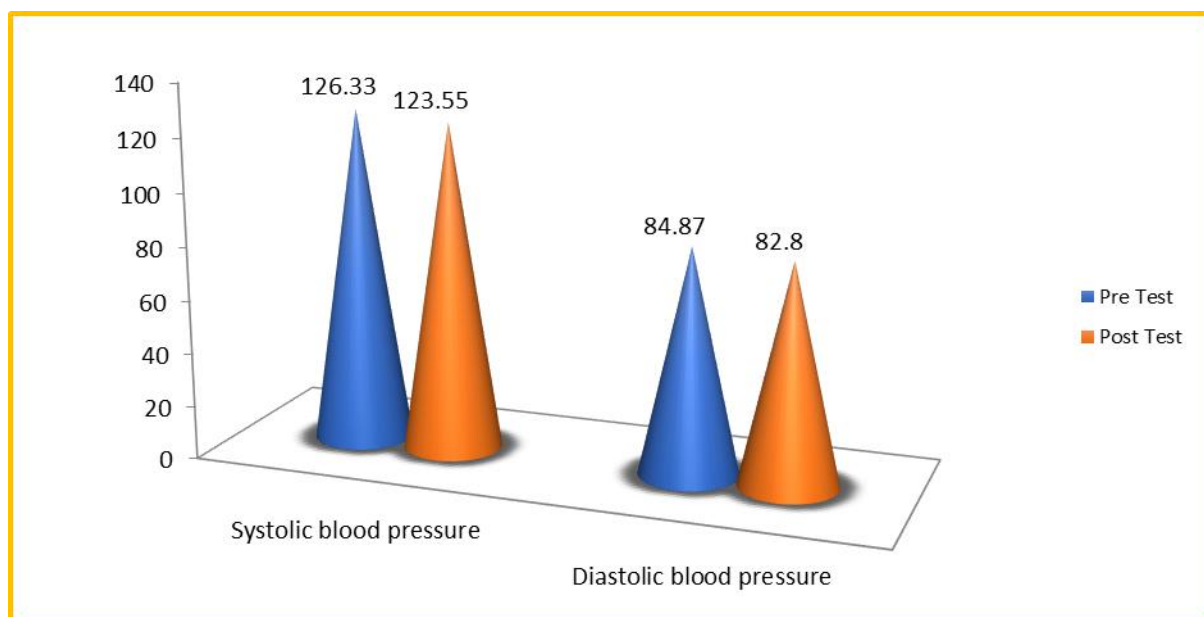


FIGURE- I
COMPARISONS OF PRE – TEST MEANS AND POST – TEST MEANS FOR
EXPERIMENTAL GROUP IN RELATION TO PHYSIOLOGICAL VARIABLES

TABLE – III
SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST
SCORES ON SELECTED VARIABLES OF CONTROL GROUP

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Systolic blood pressure	126.11	126.02	0.09	1.28	0.74	1.68
2	Diastolic blood pressure	84.66	84.58	0.08	1.35	0.59	1.12

* Significant at 0.05 level

Table III shows the obtained 't' ratios for pre and post test mean difference in the selected variable of systolic blood pressure (1.68) and diastolic blood pressure (1.12). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically insignificant at 0.05 level of confidence.

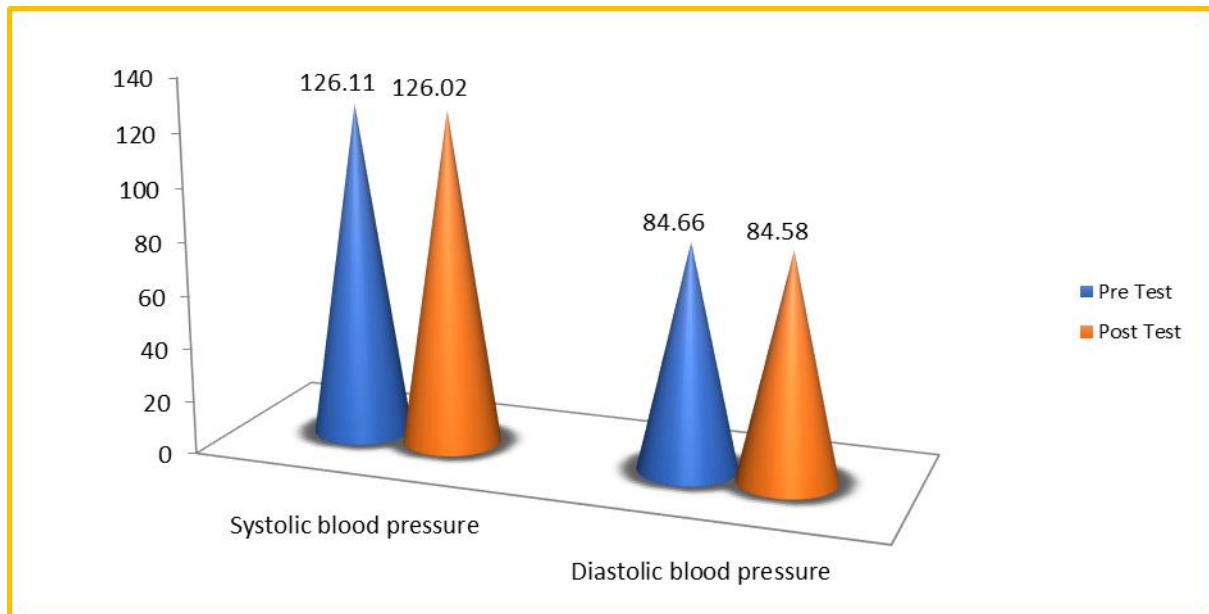


FIGURE II
COMPARISONS OF PRE – TEST MEANS AND POST – TEST MEANS FOR CONTROL GROUP IN RELATION TO PHYSIOLOGICAL VARIABLES

CONCLUSION

1. The experimental group showed better improvement on systolic blood pressure and diastolic blood pressure among middle aged men than the control group.

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