

EFFECT OF YOGIC PRACTICES ON SELECTED PHYSICAL VARIABLES AMONG SCHOOL STUDENTS

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Abstract

The purpose of the study was to investigate the effect of yogic practices on selected physical variables among school students. For the present study the 30 school girls from Pondicherry state were selected at random and their age ranged from 15 to 17 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. Group ‘A’ underwent yogic practices only, group ‘B’ have not underwent any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA). The level of significance was set at 0.05. It was observed that the twelve weeks of yogic practices group have significantly improved the speed and flexibility of school students.

Keywords: Yogic Practices, Speed, Flexibility, School students.

INTRODUCTION

Yoga stances are the physical positions that co-ordinate breath with development and with holding the position to extend and fortify diverse parts of body. Yogic activities are the perfect supplement to different types of physical activities, for example, running, cycling, and swimming. Yogic stances deliberately chip away at all the significant muscle gatherings, including the back, neck and shoulders, profound stomach, hip and even lower legs, feet wrists and hands. By their extremely nature, yogic activities influence every one of the muscles gatherings and organs as they at the same time grant quality, increment adaptability and bring food to inside organs. Albeit most postures are not high-impact in nature, they do in reality send oxygen to the cell by method for cognizant profound breathing and managed extending and compression of various muscle gatherings. Yoga can help to check any imbalance in muscular development and will enable both mind and body to function more efficiently. Practising of yoga asanas strengthen the muscles, release physical tension and improve concentration and poise. Yoga makes limbs balanced strong and relaxed. The standing poses improve balance and muscle flexibility. Yogic practice can help players to relax and replenish their energy after strenuous games. It also promotes calm, clear thinking even in situations that call for fast reactions. Yoga stretches and strengthens all muscles of body and brings peace and calm to the mind and spirit (Bharathapriya & Gopinath, 2011).

METHODOLOGY

The purpose of the study was to investigate the effect of yogic practices on selected physical variables among school students. For the present study the 30 school girls from

Pondicherry state were selected at random and their age ranged from 15 to 17 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. Group ‘A’ underwent yogic practices only, group ‘B’ have not underwent any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA). The level of significance was set at 0.05.

RESULTS

TABLE – I
COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF
SPEED OF EXPERIMENTAL AND CONTROL GROUPS

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	6.19	6.08	BG	0.100	1	0.100	1.15
			WG	2.419	28	0.086	
Post Test Mean	5.41	6.19	BG	4.532	1	4.532	60.07*
			WG	2.112	28	0.075	
Adjusted Post Mean	5.41	6.19	BG	4.356	1	4.356	55.68*
			WG	2.112	27	0.078	

* Significant at 0.05 level, Table value for df 1 and 28 was 4.20, 1 and 27 was 4.21

The above table indicates the adjusted mean value of speed of experimental and control groups were 5.41 and 6.19 respectively. The obtained F-ratio of 55.68 for adjusted mean was greater than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on speed. The above table also indicates that both pre and post test means of experimental and control groups differ significantly. The pre, post and adjusted post mean values of speed of both experimental and control groups are graphically represented in the figure-I.

FIGURE – I
SHOWS THE MEAN VALUES ON SPEED OF EXPERIMENTAL GROUP AND CONTROL GROUPS

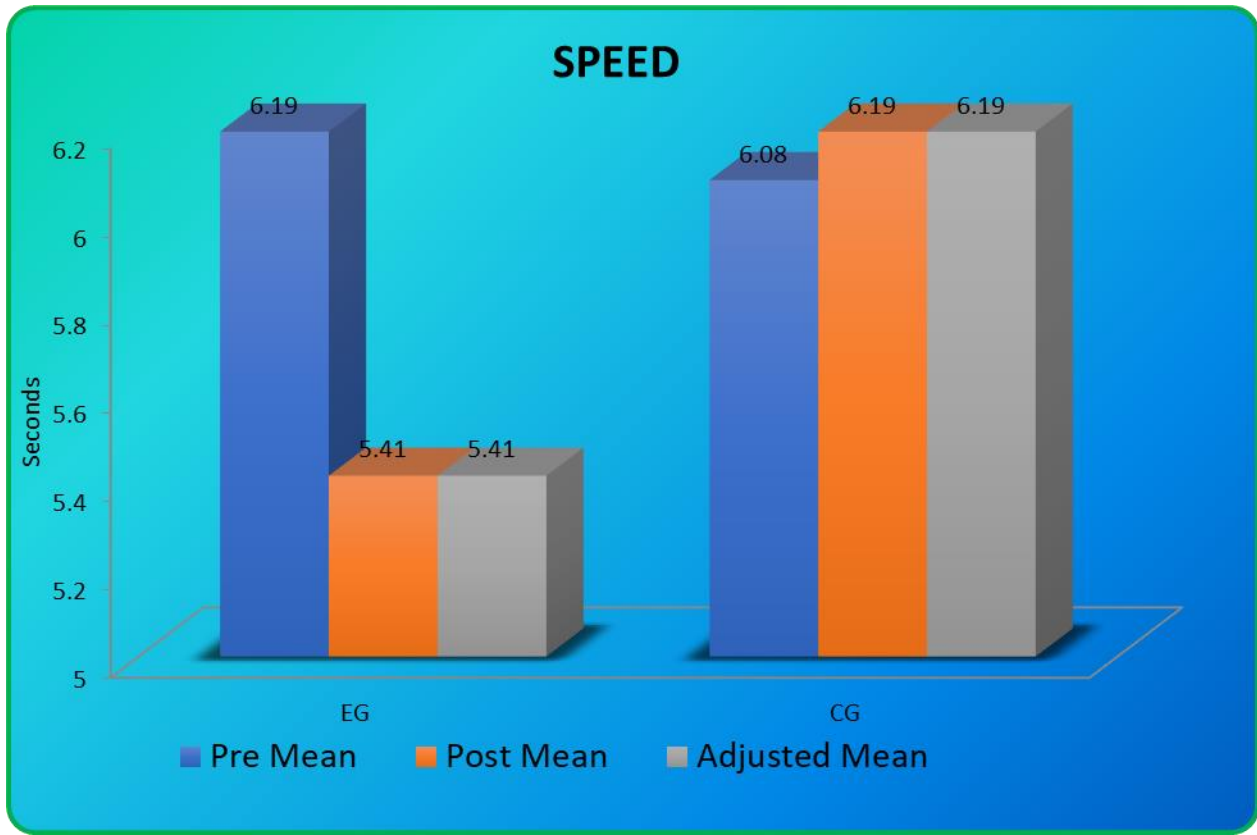


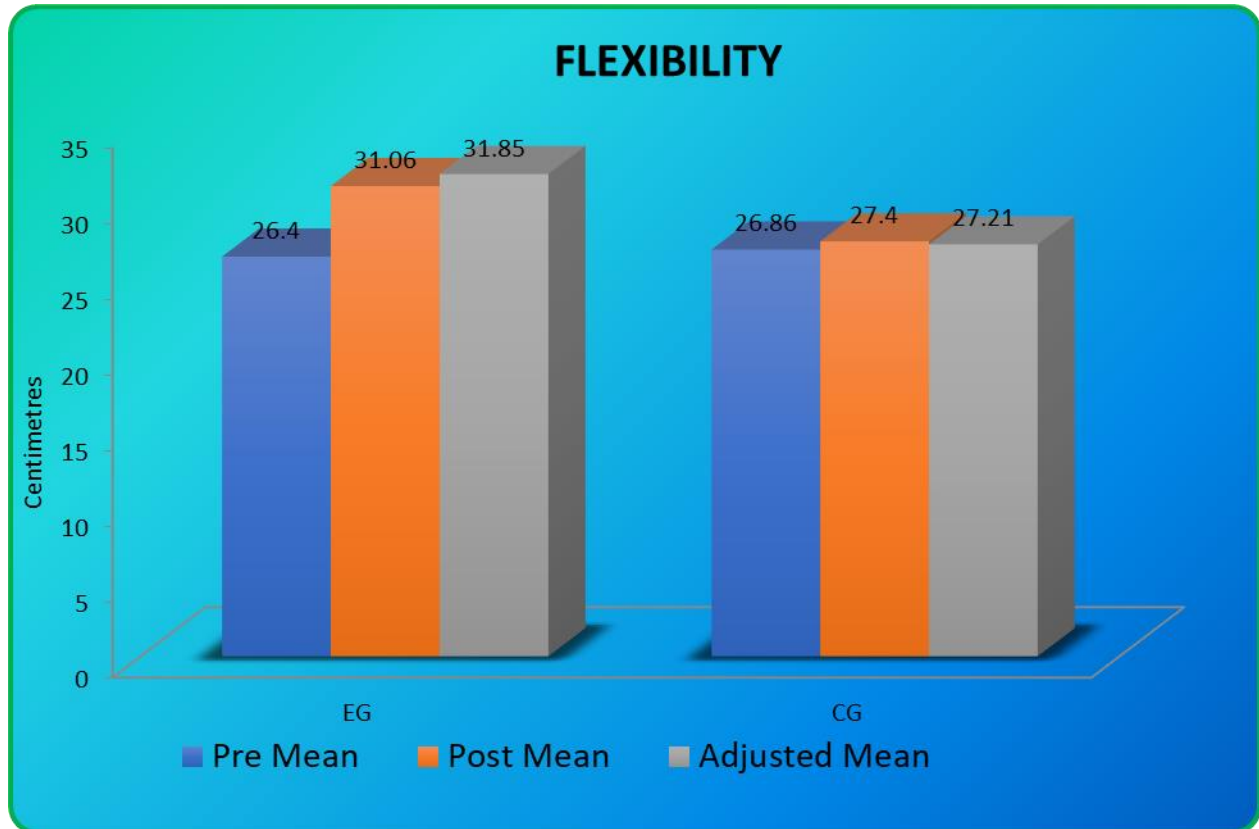
TABLE – I
COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF
FLEXIBILITY OF EXPERIMENTAL
AND CONTROL GROUPS

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	26.40	26.86	BG	1.633	1	1.633	1.29
			WG	35.333	28	1.262	
Post Test Mean	31.66	27.40	BG	136.533	1	136.533	53.89*
			WG	70.933	28	2.533	
Adjusted Post Mean	31.85	27.21	BG	154.806	1	154.806	88.07*
			WG	47.459	27	1.758	

* Significant at 0.05 level, Table value for df 1 and 28 was 4.20, 1 and 27 was 4.21

The above table indicates the adjusted mean value of flexibility of experimental and control groups were 31.85 and 27.21 respectively. The obtained F-ratio of 88.07 for adjusted mean was greater than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on flexibility. The above table also indicates that both pre and post test means of experimental and control groups differ significantly. The pre, post and adjusted post mean values of flexibility of both experimental and control groups are graphically represented in the figure-I.

FIGURE – I
SHOWS THE MEAN VALUES ON FLEXIBILITY OF EXPERIMENTAL GROUP AND CONTROL GROUPS



CONCLUSIONS

1. It was observed that the twelve weeks of yogic practices group have significantly improved the speed and flexibility of school students.

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