EFFECT OF YOGIC PRACTICES ON SELECTED PHYSICAL FITNESS VARIABLES OF SCHOOL STUDENTS

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Abstract
The purpose of the study was to find out the effect of yogic practices on selected physical fitness variables of school students. It was hypothesized that there would be significant differences on selected physical fitness variables due to the effect of yogic practices among school players. For the present study the 40 school students from Alagappa Matric Higher Secondary School, Karaikudi, Tamilnadu were selected at random and their age ranged from 13 to 15 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 twenty 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 yogic practices had positive impact on flexibility and muscular endurance among school student’s.

Key words: Yogic practices, Flexibility, Muscular endurance, School Students.

INTRODUCTION
Yoga is a physical, mental, and spiritual discipline, originating in ancient India. The word “Yoga” came from the Sanskrit word “yuj” which means “to unite or integrate. Hence means ‘union’ between the mind, body and spirit. As the name suggests, the ultimate aim of practicing Yoga is to create a balance between the body and the mind and to attain self-enlightenment. Thereby creating a union between a person’s own consciousness and the universal consciousness. Yoga may mean: Union; combination; sublimation; merging; attainment of the eternal bliss become oneness. Yoga enhances the intelligence, empowers the mind and makes the
Yoga is a part of Indian Culture and Religion. Yoga is essentially an art of understanding all about the soul and to realize the self. The inherent aim of human birth is to understand fully the self, the nature, the almighty and its order of function. Once the realization is achieved one should live respecting the order of function in peace and content. Yoga helps a man to reach this stage. As we care for our physique we also should care for the soul by giving it its due in safety cleanliness and rest. Yoga takes care of the soul. Yoga relieves one from selfishness, arrogance, lust for power and self. When man realizes the greatness of the ‘self’ he reaches the highest peak of the humanity. Yoga will bring out the sacred inner self and such attainment alone will secure peace in and around him. Yoga narrows down the distance between intelligence and emotion. The understanding of self in absolute space will enable him to understand the secret of the ‘Pancha Boothas’ (five elements) in the Universe (Swami Devaprasad, 1998).

METHODOLOGY

The purpose of the study was to find out the effect of yogic practices on selected physical fitness variables of school students. It was hypothesized that there would be significant differences on selected physical fitness variables due to the effect of yogic practices among school players. For the present study the 40 school students from Alagappa Matric Higher Secondary School, Karaikudi, Tamilnadu were selected at random and their age ranged from 13 to 15 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 twenty 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>
<thead>
<tr>
<th>S.No</th>
<th>Variables</th>
<th>Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Flexibility</td>
<td>Sit and Reach Test</td>
</tr>
<tr>
<td>2</td>
<td>Muscular endurance</td>
<td>Bent Knee Sit ups</td>
</tr>
</tbody>
</table>
RESULTS

The findings pertaining to analysis of dependent ‘t’ test between experimental group and control group on selected physical fitness variables of school students for pre-post test respectively have been presented in table II to III.

Table –II

Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Yogic practices Group (YPG)

<table>
<thead>
<tr>
<th>S.No</th>
<th>Variables</th>
<th>Pre-Test Mean</th>
<th>Post-Test Mean</th>
<th>Mean difference</th>
<th>Std. Dev (±)</th>
<th>σ DM</th>
<th>‘t’ Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Flexibility</td>
<td>26.40</td>
<td>31.75</td>
<td>5.35</td>
<td>1.22</td>
<td>0.27</td>
<td>19.51*</td>
</tr>
<tr>
<td>2</td>
<td>Muscular endurance</td>
<td>35.25</td>
<td>41.30</td>
<td>6.05</td>
<td>2.81</td>
<td>0.63</td>
<td>9.59*</td>
</tr>
</tbody>
</table>

* Significant at 0.05 level

Figure- I

Comparisons of Pre – Test Means and Post – Test Means for Experimental Group in Relation to Physical fitness Variables
Table II shows the obtained ‘t’ ratios for pre and post test mean difference in the selected variable of flexibility (19.51) and muscular endurance (9.59). The obtained ratios when compared with the table value of 2.09 of the degrees of freedom (1, 19) it was found to be statistically significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were significantly improved in physical fitness variables namely flexibility (5.35, p<0.05) and muscular endurance (6.05, p<0.05) thus the formulated hypothesis is accepted.

Table – III

Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Control Group (CG)

<table>
<thead>
<tr>
<th>S.No</th>
<th>Variables</th>
<th>Pre-Test Mean</th>
<th>Post-Test Mean</th>
<th>Mean difference</th>
<th>Std. Dev (±)</th>
<th>σ DM</th>
<th>‘t’ Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Flexibility</td>
<td>26.50</td>
<td>26.90</td>
<td>0.40</td>
<td>1.31</td>
<td>0.29</td>
<td>1.36</td>
</tr>
<tr>
<td>2</td>
<td>Muscular endurance</td>
<td>35.00</td>
<td>34.75</td>
<td>0.25</td>
<td>1.55</td>
<td>0.34</td>
<td>0.72</td>
</tr>
</tbody>
</table>

* Significant at 0.05 level

Figure II

Comparisons of Pre – Test Means and Post – Test Means for Control Group in Relation to Physical fitness Variables
Table III shows the obtained ‘t’ ratios for pre and post test mean difference in the selected variable of flexibility (1.36) and muscular endurance (0.72). The obtained ratios when compared with the table value of 2.09 of the degrees of freedom (1, 19) it was found to be statistically insignificant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were not significantly improved in physical fitness variables flexibility (0.40, p>0.05) and muscular endurance (0.25, p>0.05).

DISCUSSIONS ON FINDINGS
In case of physical fitness variables i.e. flexibility and muscular endurance the results between pre and post test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular yogic practices which may also bring sudden spurt in physical fitness variables in school students. The findings of the present study have strongly indicates that yogic practices have significant effect on selected physical fitness variables i.e., flexibility and muscular endurance of school students. Hence the hypothesis earlier set that yogic practices programme would have been significant effect on selected physical fitness variables in light of the same the hypothesis was accepted.

CONCLUSIONS
On the basis of findings and within the limitations of the study the following conclusions were drawn:

1) The yogic practices had positive impact on flexibility and muscular endurance among school student’s.

2) The experimental group showed better improvement on flexibility and muscular endurance of school students than the control group.

REFERENCES


