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EFFECT OF YOGASANA PRACTICE ON PHYSICAL FITNESS VARIABLES OF COLLEGE OBESE STUDENTS

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Abstract:

The present study is an outcome of the effect of as an a practice on physical fitness variables among college obese students. As the study is intended to focus mainly on the impact of asana practice, twenty male obese students between the age group of seventeen to twenty five years, from Hanuman Vyayam Shala Krida Mandals Physical Education College Yavatmal were selected B.P.Ed students (men) subject for this study. The subjects were divided into two equal groups namely control group and experimental group. Based on the review of past studies and in consultation with the experts in the field of study it was decided to explore the improvement of physical fitness variables. The pre and post means of each group 't' test were used to find out significant difference between the control and the experimental groups. The study showed that there was a significant improvement in the yogasana practice in physical fitness variables such as Endurance, Explosive Power and Flexibility of college obese students.

Keywords: Yogasana practice, Physical Fitness, Endurance, Explosive Power & Flexibility.

Introduction:

A Regular Yoga practice is beneficially every state of life. Asanas and Pranayam a should be practice regularly for the proper fitness of body and mind. People having less flexibility in bodies can do Yoga exercise regularly and they can start with some basic Asanas. Yoga exercise helps in improving flexibility and stamina of runners. It helps in maintaining cardio vascular system is an exercise in moral and mental cultivation that generates good health contributes to longevity and the total intrinsic discipline culminates into positive and perennial happiness and peace. Yoga is useful for mental peace, precaution from disease, to control disease, spiritual development, overcome from mental tension, attaining different kinds of power, also use in naturopathy and mental treatment. Yoga the present inclinations are changing regularly. These are the reasons that the willingness of people is increasingly towards yoga. 'Asana' means staying or abiding. Asana is one way in which a person can experience the unity of body and mind. Asana is defined as that which is comfortable and easy, as well as firm. In the west, asana is commonly called "posture". Yogic posture (asana) is prescribed for the purpose of comfort and firmness during meditation and the practice of pranayama.

Purpose of the Study:

The purpose of present study was to find out the Effect of Yogasana Practice on Physical Fitness Variables of College Obese Students.

Hypothesis:

It was hypothesis was Yogasana Practices would be improved in physical Fitness variables of college obese students.

Methodology:

As the study was intended to focus mainly on the impact of asana practices, the college obese students between the age group of seventeen to twenty five years, they were studying in Hanuman Vyayam Shala Krida Mandals Physical Education College Yavatmal were selected B.P.Ed. students were selected as a subjects for this study. The subjects were divided into two groups namely control group and experimental group from the equal sample of twenty college obese students were selected, thus constituting a total sample size of forty subjects. The experimental group underwent the as a practices for six weeks, five days in a week from 6.00 am to 7.00 am. The control group did not undergo any training programme. Based on the review of past studies and in consultation with the experts in the field of study it was decided to explore the improvement in physical fitness variables in male students as subjects, by administering the yogasanas practices with pre and post evaluation.

Selection of Variables:

Endurance
Explosive power
Flexibility

Physical Fitness Components and Measuring Technique

1. Endurance - Cooper's Run / Walk test - Seconds
2.. Explosive Power - Standing Broad Jump - Centimeters
3. Flexibility - Sit and Reach Test – Centimeters

Yogasana Training Schedule:

Components	Name of the practices	Duration
Prayer	Om Chanting	Three min.
Preparatory practice	Suryanamaskar	7 minutes
Asanas	Tadasana, Padhasthana, Trikonasan, Vajrasana, Ustrasana, Uttanapatasana, Shalabasana, Halasana, Bhungasana, Sarvangasana, Matsyasana, Dhanurasana, Shashangasana, Vajrasana, Yogamudrasana, Pachimattanasana, Garudasana, Natrajasana, Shavasan	40 minutes
Relaxation	Yog Nidra	7 minutes
Closing prayer	Om Chanting	3 minutes
		60 minutes

Statistical Technique:

To find out the significance between the pre and post test means of control and experimental groups the't' test was applied for evaluation of the college obese students of physical fitness variables

Results:

Comparison of physical variables in pre and post training periods and the effect of asana practice of college obese students The Calculation of mean, standard deviation, standard error of mean, mean difference, and't' value of physical fitness variables between the pre and post periods of the experimental and the control groups of college obese students were furnished in table no-I

Table No-I
Computation of 'T' Ratio between the Pre and Post Tests on Physical Fitness Variables of Experimental and Control Groups of College Obese Students

Variable	Group	Test	Mean	SD	DM	MD	't' ratio
Endurance	Exp. Group	Pre-test	2545.00	233.33	2.17	2.00	.43*
		Post-test	2617.50	246.16	5.04		
	Control Group	Pre-test	2537.50	300.38	7.16	7.50	.27
		Post-test	2520.00	288.09	4.42		
Explosive Power	Exp. Group	Pre-test	2.00	0.26	.05	.24	.42*
		Post-test	2.24	0.25	.05		
	Control Group	Pre-test	1.94	0.32	.07	.01	.19
		Post-test	1.93	0.33	.07		
Flexibility	Exp. Group	Pre-test	7.90	0.89	.20	.61	2.88*
		Post-test	8.51	0.91	.20		
	Control Group	Pre-test	7.81	0.91	.20	.00	.09
		Post-test	7.81	0.88	.19		

*Significance at 0.05 levels

The table no-I show that the obtained mean and standard deviation values in physical fitness variables of endurance, explosive power and flexibility of pre test and post test scores of experimental groups were 2545.00 + 233.33 & 2617.50 + 246.16, 2.00 + 0.26& 2.24 + 0.25 and 7.90 + 0.89 & 8.51 + 0.91 respectively, the standard error of mean difference is 52.17, 0.05 and 0.20 and mean difference is 72.00, 0.24 and 0.61 the obtained't' ratio is 2.43, 6.42 and 12.88. The required table value is 2.09 at 0.05 level of confidence for the degree of freedom 1 and 19. The obtained't' ratio was 2.43, 6.42 and 12.88 is higher than the table value. It is found to be significant in physical fitness variables of endurance, explosive power and flexibility. The obtained mean and standard deviation values in physical fitness variables of endurance, explosive power and flexibility of pre test and post test scores of control group were 2537.50 + 300.38 & 2520.00 + 288.09, 1.94 + 0.32 & 1.93 + 0.33 and 7.81 +0.91 and 7.81 + 0.88 respectively, the standard error of mean difference is 64.42, 0.07 and 0.19 and mean difference is 17.50, 0.01 and 0.00 the obtained't' ratio is 1.27, 0.19 and 0.09. The required table value is 2.09 at 0.05 level of confidence for

the degree of freedom 1 and 19. The obtained't' ratio was 1.27, 0.19 and 0.09 is lesser than the table value. It is found to be insignificant in physical fitness variables of endurance, explosive power and flexibility. It is inferred from the results of the study that the yogasana practice brought significant improvement in physical fitness variables of college obese students among the experimental group as compared to the control group.

Discussion and Findings:

The results of the study indicate that the yogasana practice brought significant improvement in all the physical fitness components of the endurance, explosive power and flexibility. The experimental group was compared to the control group of the college obese students.

Discussion of the Hypotheses:

Findings of the study showed that there was a significant improvement in the yogasana practice in physical fitness components such as Endurance, Explosive power and Flexibility of the college obese students. Hence, the hypothesis was rejected.

Conclusion:

The preponderance of the research evidence shows that the yogasana practices on selected physical variables. In the light to the limitations and experimental conditions of this study, the following conclusions were drawn from the results presented in the previous chapter. The experimental group had significant improvement on selected Physical variables such as endurance, explosive power and flexibility in experimental group, as a result of six weeks of Yogasana practices.

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