Indian Streams Research Journal ISSN 2230-7850
Volume-3, Issue-6, July-2013

Effect of Selected Yogic Asanas on the Health Related Physical Fitness of College Boys

Vivek G. Awasare
Principal, Shri Nasikrao Tirpude Coolege of Physical Education, Sadar, Nagpur

Abstract: The present study was following aspects only 40 male were selected for the study. In this study only college boys has taken. Age of the college boys was varying between 18 to 25 years. The source of the data was college boys was Nagpur District. The 40 subject divided into two groups, twenty in 'A' group as experimental group and 20 in group 'B' as control group. The subject was selected by using simple random sampling.

Keyword:yogic asans, health related, physical fitness.

INTRODUCTION

The aim of all yoga practice is to achieve truth where the individual soul identifies itself with the supreme soul or God. The attitudes towards yoga and its acceptance has undergone a see change over the last twenty years. This is true not only of our country where yoga originated and thousand years ago, but also of far-flung countries all over the world.

Why has yoga crated such an awareness in the common person be he a business tycoon, professional, worker, housewife, students or child?

One emerges refreshed and rejuvenated after a yoga session yoga also helps in releasing tensions generated from repetitive mundane activities that make daily tasks unbearable. The suppleness and flexibility of the body can be regained and restored with regular practice of yoga.

Asanas or the physical postures are movements of the physical body which are relaxing and refreshing they give physical psychological and physiological benefit and bring body, mind and spirit into harmony and equilibrium thus helping both young and the old.

Asana means holding the body in a particular posture to bring stability to the body and poise to the mind the practice of Asana brings purity in tubular channels, firmness to the body and vitality to the body and the mind.

METHODOLOGY

The purpose of the present study would be to find out the effect of yogic Asanas on the Health related physical fitness of college boys. The present study was delimited to the following aspects only 40 male were selected for the study. In this study only college boys had taken- age of the college boys was varying between 18 to 25 years. The source of the data was college's boys of Nagpur district. Researcher divided 40 subjects into two groups i.e. 20 in group 'A' as experimental group and 20 in group 'B' as control group. The subject was selected by using simple random sampling.

Following variables were selected for the purpose of study-

A] Muscular strength- flexed arm hang
B] Muscular endurance- bent knee sit ups
C] Cardio-respiratory endurance- 600 yard run / walk
D] Obesity- Body mass index

Arranged the yogic Asanas programme on the morning only. This training programme was of 6 weeks only and 5 days in a week and on Saturday and Sunday total rest.

To determine the significant difference in the means of health related physical fitness variables of college boys between the two groups as well as between the pre-test and post test means of experimental and control group 't' test was employed. Find out the significance difference, level of significant was set at 0.05 level of confidence.

RESULTS AND DISCUSSION

The findings of each of the selected variables i.e. muscular strength, muscular endurance, cardio-respiratory endurance, flexibility and obesity are presented in table 1 to 5.

Table -1: Means, standard deviation and 't' ratio for the data on flexed arm hang between the means of pre and post test of experimental group.

Test	Mean	SD	Mean Difference	Standard Error	't' ratio
Pre-test	12.291	2.568	2.969	0.866	3.429*
Post-test	15.260	2.155			

*Significance at 0.05 level Tabulated to .05 (19)= 2.093

The above table-1 show that, flex arm hang mean difference between the pre-test and post-test of experiment group is significant because the calculated t-value of 3.429 is greater than the tabulated t-value of 2.093 at 0.05 level of confidence of 19 degree of freedom.

Figure -1: Graphical presentation of the mean difference for the data on flex arm hang between the means of pre and post tests of experimental group.

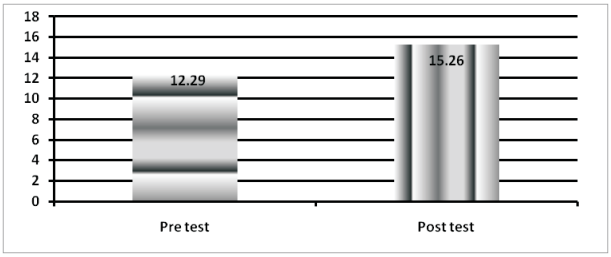


Table-2: 1minute bent knee sit-ups between the means of pre and post test of experimental group.

Test	Mean	SD	Mena Difference	Standard Error	't' ratio
Pre-test	12.400	3.136	4.250	1.021	4.161*
Post-test	16.650	2.412			

*Significance at 0.05 level Tabulated to .05 (19)= 2.093

The above table-2 show that 1 minute bent knee sit-ups mean difference between the pre-test and post-test of experimental group is significant, because the calculated t-value of 4.161 is greater than the tabulated t-value of 2.093 at 0.05 level of confidence of 19 degree of freedom.

Table-3: 600 yard run/walk test between the means of pre and post test of experimental group.

Test	Mean	SD	MD	Standard Error	't' ratio
Pre-test	3.380	0.291	0.395	0.123	3.223*
Post-test	2.985	0.375			

*Significance at 0.05 level Tabulated to .05 (19)= 2.093

The above table-3 shows that, 600 yard run/walk test mean difference between the pre test and post test of experimental group is significant because the calculated t-value of 3.223 is greater than the tabulated t-value of 2.093 at 0.05 level of confidence of 19 degree of freedom.

Table-4: sit and reach test between the means of pre and post test of experimental group.

Test	Mean	SD	MD	Standard Error	't' ratio
Pre-test	9.175	3.044	2.685	1.238	2.168*
Post-test	11.860	3.706			

*Significance at 0.05 level Tabulated to .05 (19)= 2.093

The above table-4 show that sit and reach test mean difference between the pre test and post test of experimental group is significant because the calculated t-value of 2.168 is greater than the tabulated t-value of 2.093 at 0.05 level of confidence of 19 degree of freedom.

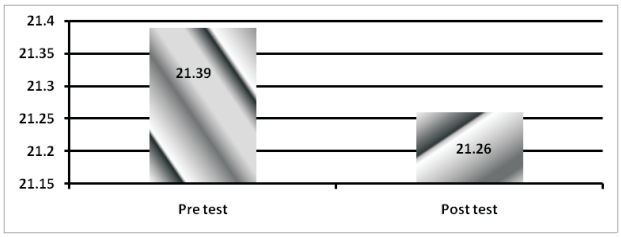
Table -5: Body mass index between the means of pre and post tests of experimental group.

Test	Mean	SD	MD	Standard Error	't' ratio
Pre-test	21.391	1.166	0.124	0.402	0.308*
Post-test	21.267	1.032			

*Significance at 0.05 level Tabulated to .05 (19)= 2.093

The above table-5 show that body mass index mean difference between the pre and post test of experimental group is not significant because the calculated t-value of 0.308 is less than the tabulated t-value of 2.093 at 0.05 level of confidence of 19 degree of freedom.

Figure -2: Showing mean difference for the data on body mass index between the means of pre and post test of experimental group.



CONCLUSION

In the conclusion the effect of yogic Asana on health related physical fitness of college boys are:

Significant difference observed in pre test and post test of control group in health related physical fitness variables.

Significant difference observed in pre test and post test of experimental group in health related physical fitness variables except body mass index.

Significant difference observed in post test and control and experimental group in health related physical fitness variables except body mass index.

REFERENCE

i.Bhalla Dorri: Inner truth to good helath and weight loss, Kolkata, p.5, 1980

ii.Gaurav Vishaw: Effects of Hatha yoga training on the health related physical fitness, Internaltion journal of sports sciences and engineering vol. 05, no. 03, pp 169-173, 2011.

iii.Dasgupta S.N.: Yoga philosophy is related to other system of the Indain though, New Delhi, Narendra prakash, Jain, p.3, 1930

iv.Gharote M.L.: Effect of yogic training on physical fitness , yoga mimansa, 15:4:31-35.

v.Singh Ajmer: Essential of physical education, New Delhi, Kalyani publisher, p. 515, 2006.