

## EFFECT OF THREE MONTHS YOGIC PRACTICES ON SELECTED PHYSICAL FITNESS PARAMETERS

<sup>1</sup>DR. L.N. JOSHI, <sup>2</sup>DR. NISHAN SINGH DEOL

<sup>1</sup>Head of the Department of Yogic Science, Sanskrit University, Haridwar, Uttarakhand, India

<sup>2</sup>Professor & head of the Department of Physical Education, Punjabi University, Patiala, India

### ABSTRACT

*The purpose of the study was to find out the effect of three months yogic practices on selected physical fitness parameters. The samples were selected from the yogic students of yoga course in Punjabi University, Patiala, Punjab. Total twenty (n=20) subjects were selected. Three months yogic practices were given to students. The study aimed at studying effect of pre and post training of yogic practices on students. T test was used to compare the data.*

**Key words:** Yoga, Physical fitness, Parameter, Flexibility, Reaction time

### INTRODUCTION:

The pattern of modern living present many problems of adjustment. The total number of mental disorders in the world can not be estimated due to lack of reliable statistics. Yoga is the experience of complete peace of mind of self knowledge. It trains the mind psychologically and increases the power of perception due to concentration. Yoga helps us perceive subtle realities of the life. Illuminating our existence of moral sense. It directs our evils of spiritual aspiration towards their self-expression. The word 'yoga' has a long history. It's an integral subjective science. It comes from 'yuga' root in Sanskrit. Literally means 'union' but a philosophy it means many things a way of physical exercise, hygienic of clinical transcendental experience, an attempt to unite the individual soul with the internal soul. In fact the word yoga is so elastic in nature that it can be interpreted in more than hundred ways. Yoga is the way to salvation. It's division into spiritual mental or physical cannot be separated from each other. Yoga is a spiritual technique a way, a path, a method that has something to offer to everyone, religious or the non religious, men and women irrespective of age, faith or crime factors find in yoga a way to

healthier, happier and harmonious life. The great epics, the Ramayana and the Mahabharata yoga has been relined thousands of time. It had become very popular during the epic age.

Throughout the history of mankind physical fitness has been considered an essential element of everyday life. The ancient people were mainly dependent upon their individual strength vigour and vitality for physical survival. This involved the mastery of some basic skills like strength, speed endurance and agility for balance, running, jumping, climbing and other skills employed in hunting for food, fighting animals and other groups of humans and to escape from constant threats to their lives. One of the most significant trends in everybody living over the past thirty years has been a growing interest in fitness, books on general fitness abound and most incorporate an analysis of the need for fitness. The effect of the fitness on the human body and the beneficial effect of the fitness on the human body and the beneficial effect when that body is fit. The doctor's declare that there is a close link between physical fitness and mental alertness of that a fit person taking regular exercise is better able to face of pace of ligours, emotional and physical stresses of day to day living.

S. Enathinathan (2007) The purpose of the study was to determine the effect of meditation on team building performance of hand ball players. The subjects of the study were 10 handball players with in the age group of 15-20 years from Pondicherry. Random group design was used 5 subjects were selected randomly into experimental group and 5 subjects to control group. The experimental group underwent meditation practice in the morning hours before the handball training for a period of 8 weeks. The control group were undergoing only handbook training during the course of the study. The yogic practice included meditation for a period of 20 minutes after the hand ball work out. The results of the study seem to permit the following conclusions. Practice of meditation improved the concentration of the handball players which in turn helped the team to perform well by having a better understanding between the teammates. Rose Mary Sebastain (2007) The purpose of the study was to determine the effect of selected yogic asanas on kinesthetic sense, balance ability and self esteem of older women. The subjects of the study were 20 women within the age group of 50-65 years. Random group design was used 20 subjects were selected randomly and divided into experimental and control group of 10 numbers each.

The experimental group underwent practice of selected yogic asanas for a period of 12 weeks. The control group did not participate of yoga can improve the physical, physiological and psychological variables of older women.

Manjunath (1999) in this study had found that fine motor coordination improved more for those who had volunteered for yoga training than for those who were recruited for the program. The motivation to learn yoga appeared to influence the magnitude of increase in skill more than other variables.

### **OBJECTIVE:**

The objective of the study is to find out the effect of three months yogic practices on selected physical fitness parameters.

### **HYPOTHESIS:**

There will be significant difference in pre and post test results on selected fitness parameters after three months yogic practice.

### **METHODOLOGY:**

The purpose of the present study to find out the effect of three months yogic practices on selected physical fitness parameters. The samples were selected from the yogic students of yoga course in Punjabi University, Patiala, Punjab. Total twenty (n=20) subjects were selected. Three months yogic practices were given to students. The study aimed at studying effect of pre and post training of yogic practices on students. T test was used to compare the data.

### **Selection of subjects**

Selection of subjects was done from the yogic students of yoga course in Punjabi University, Patiala. Prior to testing them on different tests a meeting of all subjects was called. At this meeting the purpose of the study, requirement of testing procedures was discussed to make them understand about what they are actually required to do to fulfill the basic requirements of this study.

### **Selection of variables**

For the purpose of this study the following variables were selected to find out the efforts of three months training:-

- Flexibility
- Cardiovascular endurance
- Reaction time

### Administration of the tests

#### Flexibility

**Test-** Sit and reach test

**Purpose-** To measure flexibility of legs

**Procedure-** The subject was asked to sit on the floor with his hip; back and head against a wall, legs fully extended and the bottom of his feet against the acuflex. Subject was asked to place his hands one on top of the other and reach forward as far as possible, without lifting the hips, back or head and hold the final position for at least two seconds. Final numbers of inches reached to the nearest was recorded.

#### Cardiovascular endurance

**Test-** Harvard step test

**Purpose-** To measure cardiovascular endurance

**Procedure-** The tester gives a demonstration of the stepping up style to be followed by the subjects during the test. The metronome is set to a speed of 120 beats per minute. Depending upon the availability of 20 inch high bench area and pulse count testers, a group of 1 to 4 subjects may exercise in consonance with the sounds of metronomic and by starting the stop watch at the signal 'Go'. The subject is instructed to repeat the stepping up and down exercise for five minutes at the pace of 30 steps per minutes. The subject is also asked to take off & step down with the same foot each time. The tester starts the stop watch simultaneously with the first take old by the subject and stops the watch after exactly five minutes by giving the 'stop' signal to the subjects who immediately sit down on the bench. Exactly one minute after the exercise, the tester starts counting the pulse rate and records the same for the duration 1 to 1.5, 2 to 2.5 and 3 to 3.5 minutes.

#### Reaction time-

**Test-** Electronic visual hand reaction time test

**Purpose-** To measure visual reaction time

**Procedure-** The subject is asked to stand being the starting line with the feet parallel to each other. He instructed to jump as farthest as possible by bending knees and swinging arms to take off for the broad jump in the forward direction, the subject is given three trials.

**Table:-1**

**Tests and equipments used for physical fitness measurements:**

Component	Test executed	Equipment used	Unit of Measurement
Flexibility	Sit and reach test	Acuflex Floor surface	Centimeter
Cardiovascular endurance	Harvard step test	Stop watch, 20 inch high bench metronome	Minutes
Reaction time	Electronic visual hand reaction time test	Electronic reaction timer	Minutes

**RESULTS:-** Means and standard deviations were found out for all the components of physical fitness. T test was used to compare the data.

**Table:-2**

**Means SDs & SEM of Pre and Post Flexibility**

Subject	Mean	SD	SEM	T-ratio
Pre	1.9698	0.056	0.126	2.689*
Post	2.463	0.255	0.057	

**Table:-3****Means SDs & SEM of Pre and Post Cardiovascular endurance**

Subject	Mean	SD	SEM	T-ratio
Pre	51.50	9.375	2.096	2.285*
Post	60.60	8.431	1.885	

**Table:-4****Means SDs & SEM of Pre and Post Reaction time**

Subject	Mean	SD	SEM	T-ratio
Pre	0.9222	0.2508	0.056	1.4866
Post	0.8970	0.1322	0.000	

Tabulated 't' = 2.10

**DISCUSSION AND FINDINGS:**

The present study was designed to find out the effect of three months yogic practices on selected physical fitness parameters. The result of the study revealed that there is a significance difference of flexibility and cardiovascular endurance of pre and post test after training of three months of yogic practices. Reaction time had no significant difference of pre and post test after yoga training. So there is observed significant difference of two selected physical parameters of pre and post test of yoga students. On the basis of the results of the study, the hypothesis that there will be significance difference of pre and post tests of physical parameters of yoga students is accepted but rejected for the reaction time. These findings are in agreement with the findings of Ganguly & Garrote (1989) and Anderson (1994).

**CONCLUSION:**

The present investigation has been conducted on 20 students to find out the effect of three months yogic practice on physical fitness parameters. It was observed from the study that yogic practice have significant effect on flexibility and cardiovascular endurance with the help of yogic

practice elastic component of muscles can be stretched and consequently develop tension due to its elastic resistance to that stretch. But there was found insignificant difference of reaction time.

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