



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(2): 475-476

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www.theyogicjournal.com

Received: 10-05-2018

Accepted: 12-06-2018

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Effect of selected yogic practices on physiological and psychological variables among college men students

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Abstract

The purpose of the study was to find out the effect of selected yogic practices on selected physiological and psychological variables among physical education students. Twenty students were selected from Kumaraguru Institute of agriculture, Erode considered as experimental group. Data were collected from each subject before and after the six weeks of yogic practices. The collected data were statistically analyzed by dependent 't' test. It was found that there was a significant improvement on selected physiological and psychological variables due to the effect of yoga.

Keywords: Resting heart rate, respiratory rate, vital capacity, stress, visual perception, self esteem

Introduction

The word Yoga is derived from the Sanskrit root Yuj. Yoga means to "Yoke", to "Bind", to "Link" to "connect" or to "Merge". Yoga joins body and mind together. According to the great sage Patanjali, "The withdrawal of sense organs from their worldly objects and control is yoga." "Yoga is a system of integrate education of the body, the mind and the inner sprit. It is a way to attain salvation and to get oneself freed from the cycle of birth and death. Its main purpose is the elimination of the forces harmful to the soul. The English meditation is derived from the Latin *meditation*, from a verb *meditari*, meaning "to think, contemplate, devise, ponder, meditate". Yoga is a science that has been practiced for thousands of years. It is consists of Ancient Theories, observations and principles about the mind and body connection which is now being proven by modern medicine. Substantial research has been conducted to look at the Health Benefits of Yoga - from the Yoga Postures (Asanas), Yoga Breathing (Pranayama), and Meditation.

Statement of the problem

The study under investigation was intended to find out the effect of selected yogic practices on physiological and psychological variables among the college men students.

Hypothesis

It was hypothesized that there might be significant improvement on the selected physiological and psychological variables due to the effect of selected yogic practices.

Methodology

To achieve the purpose of this study twenty students were selected from Kumaraguru institute of agriculture, Coimbatore were randomly selected as subjects. The selected subjects were undergone six weeks of selected yogic practices (Meditation, Pranayama, kriyas and selected Asanas) The following physiological variables such as resting pulse rate, Vital capacity, breath holding time and psychological variables such as stress, visual perception and self-esteem were selected. The selected physiological and psychological variables were tested with standardized tests. The pretest data were collected before the training programme and the post-test data were collected after the training programme. In both the cases the data were collected in a single day at the same.

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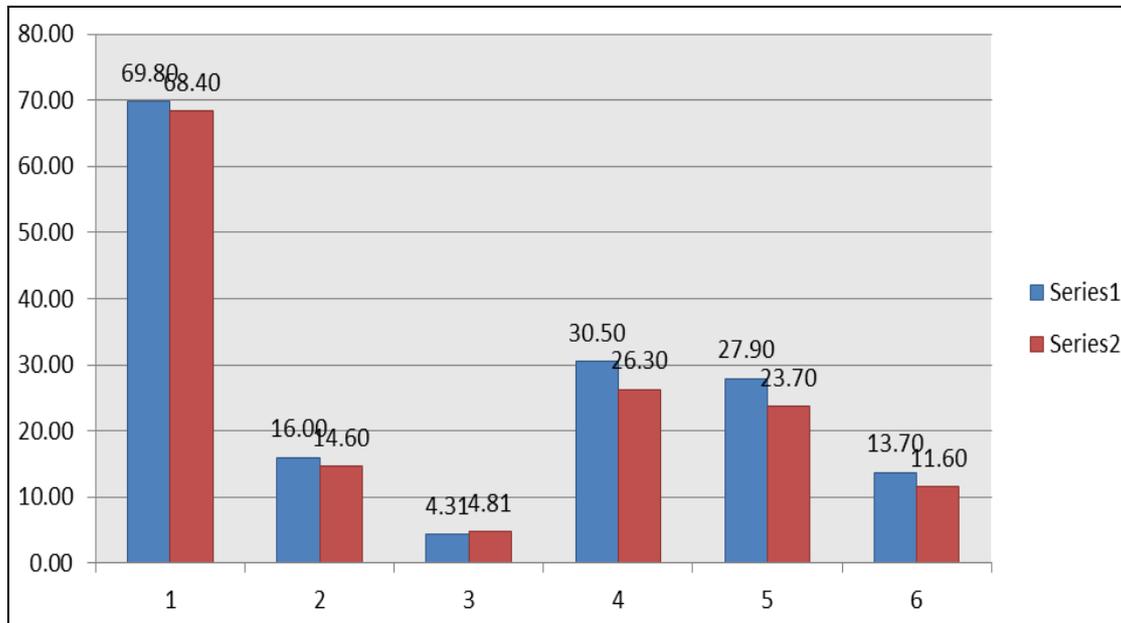
Statistical analysis

The collected data were statistically analyzed with

dependent 't' test to find out the significant difference between the pre and posttest.

Table 1: Table shows that the computation of 't' test between pre and post test means of the following variables.

S. No	Variables	Pre test		Post test		't'	Table value
		Mean	SD	Mean	SD		
1	Resting heart rate	69.80	1.58	68.40	1.23	5.09	2.09
2	Respiratory rate	16.00	1.21	14.60	0.68	6.66	2.09
3	Vital capacity	4.31	0.19	4.81	0.07	14.07	2.09
4	Stress	30.50	3.76	26.30	4.47	5.13	2.09
5	Visual perception	27.90	5.74	23.70	4.99	5.43	2.09
6	Self esteem	13.70	1.45	11.60	1.85	4.90	2.09



Graphical representation shows that the mean value of pre and post test on resting heart rate, respiratory rate, vital capacity, stress, visual perception and self esteem

Discussion on findings

Results of the study shows that the physiological variables such as resting pulse rate, Vital capacity, breath holding time and psychological variables such as stress, visual perception and self-esteem were improved due to the effect of the selected yogic practices.

Conclusion

Through this study we find out that the selected yogic practices improve the physiological variables such as resting pulse rate in 2.02%, Vital capacity in 4.59%, breath holding time in 5.6% and psychological variables such as stress in 12%, visual perception 17.72% and self-esteem in 18%. So we can suggest the yogic practices to all the physical education students for improving the selected physiological and psychological variables among them.

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