



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(2): 349-350

© 2018 Yoga

www.theyogicjournal.com

Received: 21-05-2018

Accepted: 22-06-2018

Dr. P Yoga

Assistant Professor, Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamil Nadu, India

James Rathinaraj S

PhD Research Scholar, Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamil Nadu, India

Yogic practices on heart rate

Dr. P Yoga and James Rathinaraj S

Abstract

The purpose of the present study was to investigate the effect of yogic practices on heart rate among cricket players. To achieve the purpose of the study thirty college men students were selected from colleges affiliated to Alagappa University, during the year 2018. The subject's age ranges from 18 to 25 years. The selected players were divided into two equal groups consists of 15 men students each namely experimental group and control group. The experimental group underwent a yogic practice programme for six weeks. The control group was not taking part in any training during the course of the study. Heart rate was taken as criterion variable in this study. The selected subjects were tested on Heart rate was measured through heart rate monitor. Pre-test was taken before the training period and post- test was measured immediately after the six week training period. Statistical technique 't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to yogic practice given to the experimental group on Heart rate when compared to control group.

Keywords: Yogic practice, heart rate and 't' ratio

Introduction

In today's society, with computers, televisions and cars, most people do not have sufficient physical exercise to maintain adequate health. In fact, many people have become so sedentary; that their life style has become a serious threat to their health and their lack of physical exercise has began to lead to an increased deterioration of the human health and often to a premature illness and death.

Yoga is universally benefiting all people of all ages. The study of Yoga is fascinating to those with a philosophical mind and is defined as the silencing of the mind's activities which lead to complete realization of the intrinsic nature of the Supreme Being. It is a practical holistic philosophy designed to bring about profound state as well is an integral subject, which takes into consideration man as a whole. The aim of Yoga is to devise ways and means of helping the better emotional and intellectual concentration. Yoga means the union or communication or unity with our inner being. 'Asana' means a state of being in which we can remain steady, calm, quiet and comfortable with our physical body and mind. Asanas are an integral part of yoga. Yoga uses the body to exercise and controls the mind so that at a later stage the body and the mind together may harmonize with the soul. The yogasanas affect and penetrate every single cell and tissues making them come to life.

Methodology

Selection of subjects

The purpose of the study was to find out the effect of yogic practice on heart rate among cricket players. To achieve this purpose of the study, thirty college men students were selected as subjects at random. The age of the subjects were ranged from 18 to 25 years.

Selection of variable

Independent variable

- Yogic practices

Independent variable

- Heart rate

Correspondence

Dr. P Yoga

Assistant Professor, Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamil Nadu, India

Experimental design

The selected subjects were divided into two equal groups of fifteen subjects each, such as a yogic practice group (Experimental Group) and control group. The experimental group underwent yogic practice for three days per week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following physiological variable, namely Heart rate was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable Heart rate was measured through heart rate monitor at prior to and immediately after the training programme.

Statistical technique

The ‘t’ test was used to analysis the significant differences, if any, difference between the groups respectively.

Level of significance

The 0.01 level of confidence was fixed to test the level of significance which was considered as an appropriate.

Analysis of the Data

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent ‘t’ test was used with 0.01 levels as confidence.

Table I: Analysis of t-ratio for the Pre and Post Tests of Experimental and Control Group on Heart rate (Scores counts in number)

Variables	Group	Mean		SD		Sd Error		df	‘t’ ratio
		Pre	Post	Pre	Post	Pre	Post		
Heart rate	Control	66.13	66.33	1.19	0.90	0.31	0.23	14	0.56
	Experimental	66.40	64.53	1.30	1.25	0.33	0.32		20.55*

*Significance at 0.01 level of confidence.

The Table-I shows that the mean values of pre-test and post-test of the control group on Heart rate were 66.13 and 66.33 respectively. The obtained ‘t’ ratio was 0.56, since the obtained ‘t’ ratio was less than the required table value of 2.14 for the significant at 0.01 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on Heart rate were 66.40 and 64.53 respectively. The obtained ‘t’ ratio was 20.55* since the obtained ‘t’ ratio was greater than the required table value of 2.14 for significance at 0.01 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in heart rate. It may be concluded from the result of the study that experimental group improved in heart rate due to six weeks of yogic practice.

Conclusion

On the basis of the results obtained the following conclusions are drawn,

1. There was a significant difference between experimental and control group on Heart rate after the training period.
2. There was a significant improvement in heart rate. However the improvement was in favor of experimental group due to six weeks of yogic practice.

References

1. Bijilani RL. Understanding medical physiology, A text book for medical students: 3rd edition. 1995, 882-895.
2. Gopal KS, Ananthan V, Balachander S, Nishith SD. The cardiorespiratory adjustments in pranayama with and without Bhandha in Vajrasana. Ind J med Sc. 1973; 27:686.
3. Iyengar BKS. Light on yoga, George Allen and Unwin ltd, London. 1968, 243-245.
4. Madanmohan, Mahadevan SK, Balakrishnan S, Gopalakrishnan M, Prakash ES. Effect of six weeks yoga training on weight loss following step test, respiratory, 2008.
5. Yogendra J. Beneficial effect of life style on severability of ischaemic heart disease: Caring heart project of international board of yoga. J Assoc Physicians India. 2011; 52:283-289.

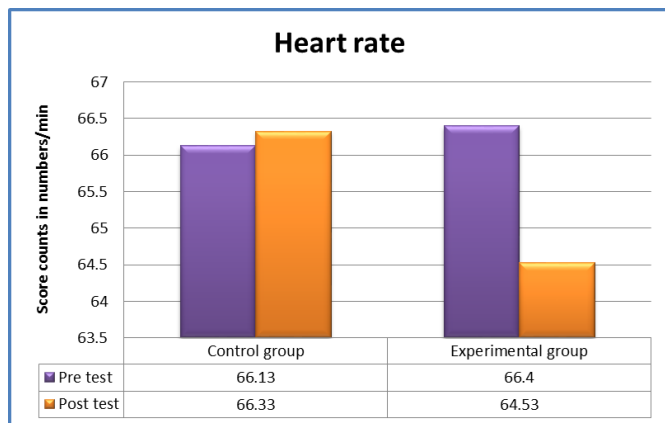


Fig 1: Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on heart rate

Discussions on Findings

The result of the study indicates that the experimental group, namely yogic practice group had significantly improved the selected dependent variable, namely heart rate, when compared to the control group. It is also found that the improvement caused by yogic practice when compared to the control group. The result of this study on Heart rate has in line with the study conducted by V P O. Shahpur, (2017).