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## Effect of yoga exercises on the physical fitness of school boys

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### Abstract

A yogic exercise helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move. To achieve the purpose of the study 40 school student were selected as subject from higher school. Their age ranged between 14 –16 years. Students were given the treatment of selected yogic asana for six weeks and the youth physical fitness test is farmed to find out the physical fitness. Result shows that the six weeks of yoga exercises improved the physical fitness significantly.

**Keywords:** Yogic exercises, physical fitness

### Introduction

All forms of exercise are important for the body. The right amount of it keeps us in shape, improves longevity, and certainly keeps me sane if nobody else. In today's fast paced age, people look up to yoga as a perfect exercise for a healthy body and stress-free life. There is good reason for yoga to have many adherents. It offers not only the much-sought way, but also a philosophy of unrivalled profundity. Yoga practice is unthinkable, and would also be ineffectual, without in the ideas on which it is based. It works the physical and the spiritual into one another in an extraordinarily complete way (Jung, 1978). Regular practice of yogasanas will definitely increase your capacity to move beyond the missionary position. In general, many yoga asanas will improve your strengthen the muscles, prostate tone, hip mobility, lower-back stiffness, bladder control and the ability to delay ejaculation. The present randomized controlled trial assessed the effects of yoga exercise on physical fitness of school children.

### Materials & Method

**Subject:** 40 school going boys were selected randomly for Shikhar Vidyalay, Ratanpar, Surendarnagar as the subjects for this study with an age range between the 14-16 years.

**Administration of Tests:** The youth physical fitness test designed to measure the overall fitness of youth ages 14-17 were conducted on the school student. The pre training performance of school students were recorded. After the six weeks training of asana, again the youth fitness test was administered to find out the improvement in the Physical fitness of the selected students. Test administration In order to assess the Physical fitness of the subjects the youth physical fitness tests were administered are given below. Curl-ups (one minute), shuttle run (4x30 feet), endurance run or walk (½ Mile), pull-ups and sit and reach. The yoga training consists of six weeks were administered are given below.

**Exercise Amount:** 60 minutes (10 min. warn-up, 40 min. exercises and 10 min. recovery)

**Exercise Intensity:** progressive intensity (50-75 %)

**Exercise Duration:** 6 weeks (5-days per week)

**Asana Position:** Standing, Sitting, prone and supine.

**Statistical Procedure:** Descriptive statistics and 'Paired T test' test were used to compute pre test and post test data. The significant level was set at 0.05 level of confidence.

### Correspondence

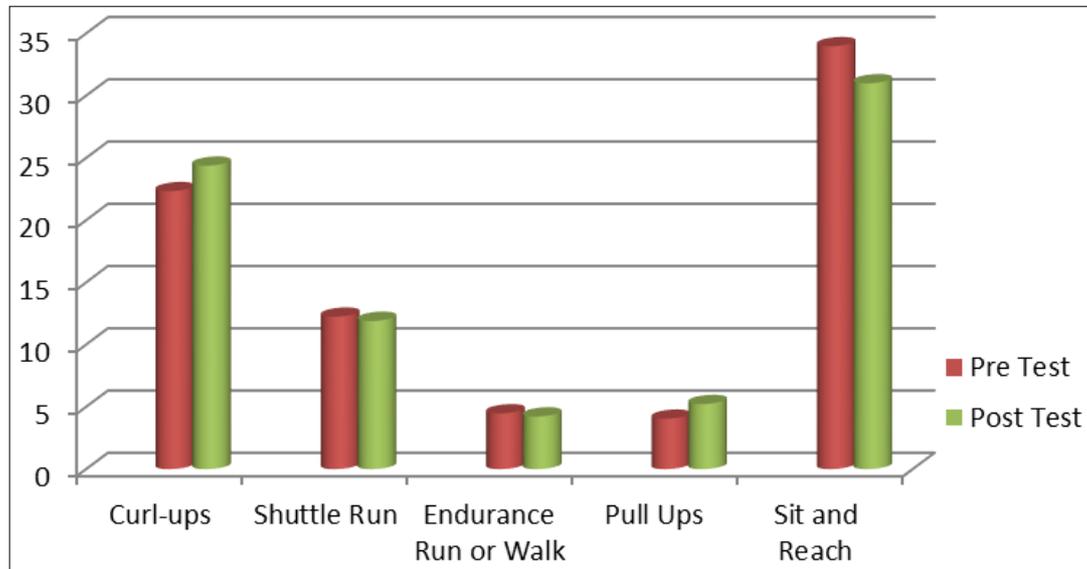
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## Results and Discussion

**Table 1:** Pre and Post-training performance of subjects

Test		Curl-ups (#)	Shuttle Run (Second)	Endurance Run or Walk (½ Mile)	Pull Ups (#)	Sit and Reach (Centimetres)
Pre Test	M	22.33	12.25	4.48	4.05	33.98
	SD	7.01	1.16	0.65	1.74	2.73
Post Test	M	24.38	11.91	4.23	5.23	31.00
	SD	6.88	1.03	0.64	1.62	2.63
T Value		8.74	4.21	7.59	11.01	3.41
Sig. (2-tailed)		0.00	0.00	0.00	0.00	0.00



**Fig 1:** Show the pre test and post test

Table 1 and graph shows the mean scores of pre and post test performance in the youth physical fitness test. It clearly shows the significance difference in the performance of the students. It means that the yogic exercises are responsible for improvement in the Physical fitness.

### Conclusions

The significant effect of yogic exercises on the physical fitness of the selected subjects. The yogic exercise improved strength, muscle tone; Enhanced coordination, flexibility and posture are responsible for the improvement of Physical fitness.

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