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Dr. J Samuel Jesudoss

Asst. Prof., Y.M.C.A College of
Physical Education, Chennai.
Tamil Nadu, India

Influence of yogic training on selected health related physical fitness of college men students

Dr. J Samuel Jesudoss

Abstract

The purpose of the study was investigating the influence of Yogic Training on selected health related physical fitness of College men students. For the purpose of this study, thirty subjects were randomly selected from the Ramco Institute of Technology, Rajapalayam. Hostel students were selected as subjects for the study and divided into two equal groups. Group – I (n=15) acted as control group and Group – II (n=15) acted as Experimental group. Control group maintained their daily routine activities and no special training was given to them. Experimental group underwent Yogic Training for 6 weeks under the supervision of investigator. The age of the subjects ranged from 18-20 years. Health related Physical Fitness variables such as Cardio Respiratory Endurance and Flexibility after the training period (6 weeks). Analysis of covariance [ANCOVA] was used to find out the significant difference if any, between control and experimental groups on selected Health related fitness Physical fitness variables of College men students. The level of confidence was fixed at 0.05 levels to test the significance. From the results of the study it was concluded that there was a significant difference in Cardio Respiratory Endurance, whereas there was no significant difference in Flexibility, between Control and Experimental groups of College Men Students.

Keywords: Cardio respiratory endurance, flexibility

Introduction

In the present world given a great importance and prominence to sports and games. People all over the world are of the idea that the development of a country is significantly notable and related to the development of sports and games in the country ^[1]. The mechanics of yogic exercise require that oxygen be brought in by the lungs and transferred to the blood vessels. Oxygen rich blood is then pumped by the heart to the muscles. The muscles utilize oxygen for muscle contraction ^[2]. Through routine yogic activity, the body becomes more efficient at processing oxygen. Examples of yogic activity include running, jogging, biking, rowing and walking. In fact any exercise that incorporates large muscle groups raises the heart rate, breathing rate and body temperature is yogic in nature ^[3]. Physical fitness is highly influenced by human health. A nation's true wealth lies not in its lands and waters, not in its forests and mines, not in its flocks and herds, not in its rupees but in its healthy and happy men, women and children ^[4].

Yogic exercise and fitness can be contrasted with anyogic exercise, of which strength training short-distance running are the most salient examples ^[5]. The two types of exercise differ by the duration and intensity of muscular contractions involved, as well as by how energy is generated within the muscle.

In most conditions, yogic exercise occurs simultaneously with anyogic exercises because the less efficient anyogic metabolism must supplement the yogic system due to energy demands that exceed the yogic system's capacity ^[6]. What is generally called yogic exercise might be better termed "solely yogic", because it is designed to be low- intensity enough not to generate lactate via pyruvate fermentation, so that all carbohydrate is yogically turned into energy ^[7].

Correspondence

Dr. J Samuel Jesudoss

Asst. Prof., Y.M.C.A College of
Physical Education, Chennai.
Tamil Nadu, India

Table 1: Criterion Variable

S. No	Criterion Variable	Test Items
1.	Cardio Respiratory Endurance	Cooper's 12 Mins Run / Walk Test
2.	Flexibility	Sit and Reach Test

Results

The descriptive analysis of data collected cardio respiratory endurance and physiological variables after six weeks of yogic training is presented in table -2

Table 2: Analysis of Covariance for the Adjusted Post Test Means Value of Experimental and Control Groups on Selected Dependent Variables

Variables	Experimental Group	Control Group	SOV	SS	df	MS	F-ratio
Cardio Respiratory Endurance	2618.66	2487.33	Between	171153.3	1	171153.3	31.46*
			Within	146890.3	27	5440.38	
Flexibility	18.33	12.79	Between	227.72	1	227.72	421.70*
			Within	14.58	27	0.54	

*significant at 0.05 level of confidence.

The findings of the study shows that significant difference existing between on Cardio Respiratory Endurance, Flexibility, Yogic Training and control groups on Cardio Respiratory Endurance, Flexibility, since the obtained 'F' ratio of 31.46, 421.70, 203.44 and 51.72 respectively were greater than the required table value of 4.21 for significance at 0.05 level of confidence for df of 1 and 27. Hence it is concluded that six weeks of yogic training can produce significant changes on cardio respiratory endurance, flexibility of college men students.

Discussion

Studies have shown that there was significant improvement on cardio respiratory endurance, flexibility due to the effect of yogic training.

Conclusions

The result of this study demonstrated that, yogic training has significant impact on cardio respiratory endurance, flexibility. Hence it is suggested that the adaptation changes of yogic training are very dynamic and variable to each individual. For long lasting change, there needs to be a systematic administration of sufficient stimulus, followed by an adaptation of the individual and then the introduction of a new progressively greater stimulus.

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