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## Effects of six weeks' yogic practices on physical variables of secondary school rural girls students

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### Abstract

The purpose of the study was to find out the effects of six weeks' yoga training on physical variables of government rural secondary school children, the variables are flexibility, balance and shoulder strength. The training protocol has followed for six weeks. Every day after the assembly conditioning exercise subjects practiced the selected Asanas. 30 subjects have taken for the study. The selected physical variables were assessed by using the standardized test manual. The collected data on the study indicate that there was significant difference on physical variables. It was found that the rural school children are better in balance and shoulder strength after six weeks of yogic practices.

**Keywords:** Yoga, pranayama, aged women, breath holding capacity, vital capacity

### Introduction

When you are fit, you look better, feel better and are likely to have more physical energy, when you feel for, the good things of life have more meaning. The sky is bluer, the music sweeter and the steak taster."

Physical fitness experts recommend a thirty-minute out of continues exercise. The exercise need not be difficult or strenuous. However, as a person's condition improves, he or she should increase the number of times each activity is performed.

Yoga, yogic practices and its contribution towards the wellbeing of an organism are known to the society from the time immemorial. The accelerated rate of discovering in our modern world and the fact that science and its implication around us have tremendous impact on the culture in which we live. Seeing the greater understanding between man and nature, modern science is constantly making new conclusions. one of the most notable of these concern is the integration of mind and matter.

The new discoveries are also one of the oldest of human history. At least in our country, ancient culture has a profound understanding of suitable interdependence of physical and the mental aspects through yoga.

Yoga is a spiritual mental and physical culture is considered as one of the rich heritage of our country. The type of yoga is Raja yoga, Karma Yoga, Bhakthi Yoga, Kriya Yoga, Jnanayoga, mantra yoga and Hata Yoga. Yoga is one which is concerned with physical and mental wellbeing.

### Statement of the problem

The purpose of the study was to investigate the effect of selected six weeks of yogic practices on physical variables of secondary school rural girl students.

### Hypothesis

1. It was hypothesized that would be a changes of yogic practices on flexibility of the secondary school rural girls.
2. It was hypothesized that there would a changes of Yogic Practice on balance of the secondary school rural girls.
3. It was hypothesized that there would a changes of yogic practices on shoulder strength of the secondary school rural girls.

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**Methodology**

The present study was conducted on total forty subjects, age ranged between 12-15 years secondary school rural girls of

government high school were selected as subjects. All the subjects were normal and healthy. The sample was considered as the true representative of population.

**Selection of variables**

**Table 1:** The following physical variables were selected.

SI No	Variables	Test	Criterion
<b>Physical Variables</b>			
1	Flexibility	Sit and reach test	It is designed as the functional capacity of the trunk joint to move through a fall range of motion measured centimetres.
2	Balance	Flamingo Balance test	The number of seconds the balance is hold after rising the heel.
3	Shoulder Strength	Shot put	The shoulder strength was measured by distance through in meter.

**Analysis and Interpretation of Data**

As for the study, on the analysis of different physical variables between pre and post-secondary school rural girls students. Thus the data was obtained from the pre and post-test of secondary school rural girl students to find out significance at 0.05 level of significance. The required table value was obtained from the table that is 2.704 was needed for significance at 0.05 level of confidence.

The collected data was used on analysis such as the mean, and 't' ratio of physical and physiological variables of pre and post of secondary rural girl students are given below.

**Physical variables**

**Table 2:** shows the mean value, standard deviation, 't' ratio and level of significance for flexibility among pre and post-secondary school Rural girl students.

Variable: Flexibility	Number	Mean	Standard Deviation	't' value	Significance
Pre-test	30	15.63333	2.147517	1.693	0.005
Post-test	30	16.93333	1.501254		

**Significant at 0.05 level.**

The above table reveals mean value of flexibility was 15.633 (pre-test) and 16.93(Post-test), with standard deviation were 2.147(Pre-test) and 1.501 (Post-test).

Table also shows the obtained 't' values of pre to post-test mean differences on flexibility were: 3.023Centimetres(flexibility) Since the calculated 't' values were lesser than the table 't' value at 0.05 level for degrees of freedom 28. Null hypothesis was accepted at 0.05 levels of significance and formulated research hypothesis was rejected. Thus it was concluded that six weeks of Yogic training program showed not significant improvement in flexibility, as the study the above remark can be given at 95% confidence.

**Table 3:** shows the mean value, standard deviation, 't' ratio for balance among pre and post of secondary school Rural girl students.

Variable: Balance	Number	Mean	Standard Deviation	't' value	Significance
Pre-test	30	15.768	4.813	3.090	000*
Post-test	30	18.433	4.468		

Significant at 0.05 level.

The above table reveals mean value of balance was 15.768 seconds (pre-test) and 18.433 seconds (Post-test), with standard deviation were 4.813(Pre-test) and 4.468 (Post-test). Table also shows the obtained 't' values of pre to post-test mean differences on balance were: 3.090 second(balance) Since the calculated 't' values were greater than the table 't' value at 0.05 level for degrees of freedom 28. Null hypothesis

was rejected at 0.05 levels of significance and formulated research hypothesis was accepted. Thus it was concluded that six weeks of Yogic training program showed significant improvement in balance, as the study the above remark can be given at 95% confidence.

**Table 4:** Shows the mean value, standard deviation, 't' ratio for shoulder strength among pre and post of secondary school Rural girl students.

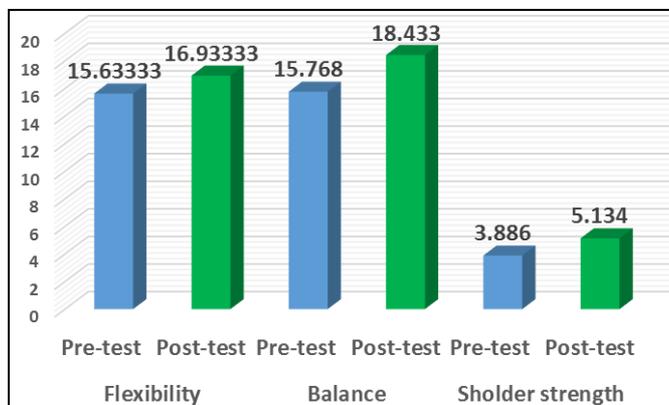
Variable: Shoulder strength	Number	Mean	Standard Deviation	't' value	Significance
Pre-test	30	3.886mtr	0.511	2.953	000*
Post-test	30	5.1437 mtr	0.524		

Significant at 0.05 level.

The above table reveals mean value of shoulder strength was 3.886 mtr (pre-test) and 5.1437 mtr (Post-test), with standard deviation were 0.511(Pre-test) and 0.524 (Post-test).

Table also shows the obtained 't' values of pre to post-test mean differences on shoulder strength were: 2.953 mtr(shoulder strength) Since the calculated 't' values were greater than the table 't' value at 0.05 level for degrees of freedom 28. Null hypothesis was rejected at 0.05 levels of significance and formulated research hypothesis was accepted. Thus it was concluded that six weeks of Yogic training program showed significant improvement in shoulder strength, as the study the above remark can be given at 95% confidence.

The mean scores of pre and post test of secondary school rural girls students of flexibility, balance and shoulder strength were graphically presented in figure-1.



**Fig 1:** Bar graph showing mean value of flexibility, balance and sholder strength of pre and post test secondary school rural girls.

**Summary**

The purpose of the study was to investigate "The effects of 6 weeks of yogic practices on physical variables of secondary

school rural girl students". The 30 subjects were selected from government rural secondary school girl students. The yoga training package were prepared for six weeks and given regular practices to the subject for a period of 1 hour.

As per the requirement of the study it was found that there was significant difference was occurred in two physical variables (balance and shoulder strength) and in almost all the test conducted these norms found be a slight improvement in the variables selected when the scores were compared to the pre-test.

### **Conclusion**

1. Pre and post-test did showed changes in balance and shoulder strength of secondary school rural girl students.
2. Pre and post-test did not showed any changes in flexibility of secondary school rural girl students.
3. Based on the results it was concluded that rural girl's usually very hard working and they have better balance and shoulder strength which was lacking was the flexibility.

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