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Effects of six weeks yogic practices on physiological 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 physiological variables of government rural secondary school children, the variables are pulse rate and blood pressure. 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 physiological variables were assessed by using the standardized test manual. The collected data on the study indicate that there was significant difference on physiological variables. It was found that the rural school children are better in pulse rate after six weeks of yogic practices.

Keywords: Physiological variables, yoga training, six weeks

Introduction

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 physiological 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 and physiological developments.

Statement of the problem

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

Hypothesis

1. It was hypothesized that there would be significant effect of yogic practices on heartbeat of the secondary school rural girl.
2. It was hypothesized that there would not be any significant changes on Yogic practices on blood pressure of the secondary school rural girls.

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.

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Selection of variables

The following physiological variables were selected.

S. No.	Variables	Test	Criterion
Physiological Variable			
1	Blood pressure	Spygmomano & stethoscope	The blood pressure was measured and recorded in numerical number (mm Hg.)
2	Pulse rate	Pulse Rate (Per minute)	The pulse rate was measured and recorded in number per minute.

Analysis and interpretation of data

As for the study, on the analysis of different physiological 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, standard deviation and 't' ratio of physiological variables of pre and post of secondary rural girl students are given below.

Physiological Variables

Table 1: shows the mean value, standard deviation, 't' ratio for pulse rate among pre and post of secondary school Rural girl students

Variable: Pulse Rate	Number	Mean	Standard Deviation	't' value	Significance
Pre-test	30	21.182	6.078	2.981	000*
Post-test	30	20.650	5.381		

*Significant at 0.05 level

The above table reveals mean value of pulse rate was 21.182 times per minute (pre-test) and 20.650 times per minutes (Post-test), with standard deviation were 6.078 (Pre-test) and 5.381 (Post-test).

Table also shows the obtained 't' values of pre to post-test mean differences on shoulder strength were: 2.981 (pulse rate) 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 pulse rate, as the study the above remark can be given at 95% confidence.

Table 2: shows the mean value, standard deviation, 't' ratio for systolic blood pressure among pre and post of secondary school Rural girl students

Variable: Systolic B.P	Number	Mean	Standard Deviation	't' value	Significance
Pre-test	30	104.200	8.176	1.324	NS
Post-test	30	106.866	7.403		

NS= Not significant

The above table reveals mean value of Systolic blood pressure was 104.200mmhg (pre-test) and 106.866mmhg (Post-test), with standard deviation were 8.176 (Pre-test) and 7.403 (Post-test).

Table also shows the obtained 't' values of pre to post-test mean differences on systolic blood pressure were: 1.324, Since the calculated 't' values were lesser 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 no significant improvement in systolic blood pressure, as the study the above remark can be given at 95% confidence.

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

Variable: Systolic B.P	Number	Mean	Standard Deviation	't' value	Significance
Pre-test	30	65.000	8.200	1.544	NS
Post-test	30	68.000	6.787		

NS= Not significant

The above table reveals mean value of diastolic blood pressure was 65.00 (pre-test) and 68.000 (Post-test), with standard deviation were 8.200 (Pre-test) and 6.787 (Post-test). Table also shows the obtained 't' values of pre to post-test mean differences on diastolic blood pressure were: 1.544, 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 no significant improvement in case of diastolic blood pressure, as the study the above remark can be given at 95% confidence.

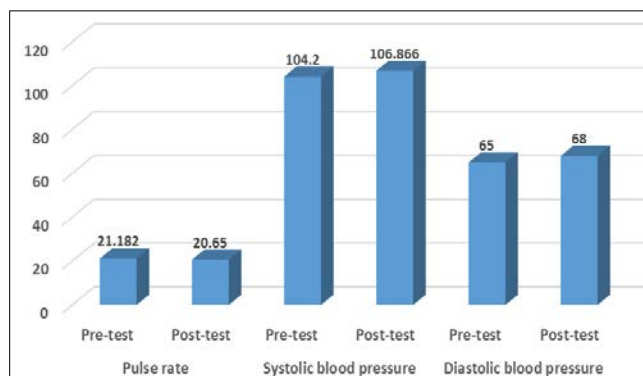


Fig 1: Bar graph showing mean value of physiological variables of pre and post-test secondary school rural girls

Summary

The purpose of the study was to investigate "The effects of 6 weeks of yogic practices on physiological 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 different occurred in one physiological variable and no significant difference was occurred in one physiological variable (Blood pressure) 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 pulse rate of secondary school rural girl students.
2. Pre and post-test did not show any changes in blood pressure of secondary school rural girl students.

Recommendation

Since the Asana are simple and economical in time consumption, it can be practiced even by the ordinary people

to maintain good health.

1. Yogic practices can be made available to all the students to enhance their physiological variables, which ultimately help the students to achieve in academically.
2. The similar study may conduct on large group of both sex of school level and college level.

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