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Exploration study on effect of yogic exercises on physical and mental power of school children

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Abstract

The word "Yoga" originates from Sanskrit and means "to join, to unite". Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. In this way Yoga assists us in coping with everyday demands, problems and worries. Yoga helps to develop a greater understanding of our self, the purpose of life and our relationship to God. On the spiritual path, Yoga leads us to supreme knowledge and eternal bliss in the union of the individual Self with the universal Self. Yoga is that supreme, cosmic principle. It is the light of life, the universal creative consciousness that is always awake and never sleeps; that always was, always is, and always will be.

Methodology: The aim of the present study was to find out the "Effect of Yogic Exercises on Physical and Mental Power of School Children". To achieve this purpose 40 male in the age group ranging from 12 to 16 years studying in Modern School, Koradi Road, Nagpur, Maharashtra State were selected randomly as subjects. The yogic exercises were selected for 12 weeks of training for 40 subjects. Criterion variable power was selected measured by using Standing Broad Jump. It was used for pre -test and post -test.

Result: The result shows that the 12 weeks of Yogic exercises improve the physical and mental power performance of school children.

Conclusion: Yogic exercises training improve the physical and mental power performance of school children.

Keywords: Yogic exercises, Physical and Mental Power, Performance, Padmasana, Vajrasana, Tadasana and Power etc.

Introduction

"Yoga" the very word radiates peace and tranquility. This feeling probably stems from the etymology of the word. The word Yoga is derived from the Sanskrit word 'Yuj' which essentially means to join or unite. The union referred to is that of the individual self-uniting with Cosmic Consciousness or the Universal Spirit. Yoga is a means to achieving this goal. Born in India, almost 26,000 years ago, Yoga is believed to have evolved during the period of the 'Sat Yuga', also called the Golden age. This period became known as a time of everlasting peace and abundant blessings, filled with seekers of the Eternal Truth. That is why, probably, even today we associate yoga with sages and hermits. It was not until the discovery of the Indus- valley civilization, the largest civilization that knowledge about the origin of Yoga surfaced. Excavations give evidence of yoga's existence during this period; yogi -like figures engraved on soapstone seals have been unearthed. In fact, it was the Aryans, migrating from the north- west, who were instrumental in discovering yoga. The term yoga has been defined in various ways in the many different Indian philosophical and religious traditions.

According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as Mukti, nirvana, kaivalya or moksha. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health,

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happiness and harmony.

Yoga is a way of life. It is predominantly concerned with maintaining a state of equanimity at all costs. All yoga schools of thought emphasize the importance of the mind remaining calm, because as the saying goes, only when the water is still can you see through it. Yoga Darshan or Yoga Philosophy also happens to be a valid discipline of Indian metaphysics (Brahma Vidya). It is the result of human wisdom and insight on physiology, psychology, ethics and spirituality collected together and practiced over thousands of years for the well being of humanity.

The basic idea of yoga is to unite the atma or individual soul with the paramatma or the Universal Soul. According to Yoga philosophy, by cleansing one's mind and controlling one's thought processes one can return to that primeval state, when the individual self was nothing but a part of the Divine Self. This is the sense encapsulated in the term samadhi. The aim of the yogi is to be able to perceive the world in its true light and to accept that truth in its entirety. In Sanskrit, the term 'yoga' stands for 'union'. A yogi's ultimate aim is to be able to attain this 'union' with the Eternal Self with the help of certain mental and physical exercises. It is often said that Hiranyagarbha (The Cosmic Womb) Himself had originally advocated the traditional system of yoga, from which all other yoga schools have evolved. But for all extant knowledge of yoga and its practices, such as yogasanas and pranayama, the entire credit goes to Maharishi Patanjali.

Patanjali systematized the various yogic practices and traditions of his times by encapsulating them in the form of aphorisms in his Yoga Sutra. In this momentous work, he describes the aim of yoga as knowledge of the self and outlines the eight steps or methods of achieving it. These are: Yamas or eternal vows, • Niyamas or observances, • Yogasanas or yoga postures, • Pranayama or breath control exercises, • Pratyahara or withdrawal of the senses from distractions of the outside world, • Dharana or concentration on an object, place or subject, • Dhyana or the continuance of this concentration-meditation and" Samadhi or the ultimate stage of yoga meditation.

A Universal Practical Discipline

Yoga is a psychological, physiological and spiritual discipline that has been an integral part of our Indian culture for centuries. Yoga is a complete science of life that originated about thousands of years ago in India and still been practiced in India for centuries.

Process

Yoga is a process or system that maintains not only the health but also generates a sense of happiness and fulfillment. It also encourages personal growth and development. Yoga brings the mind and body into a mutual state of well being, balance, ease and vibrant alertness.

Positive Approach to Health

The health of the human being is influenced by various factors. Yoga is one of the systems that include all these factors. These factors are regular exercise in the form of physical postures, proper breathing, sufficient rest and relaxation, meditation, positive thinking and balanced diet. Thus Yoga is an important, natural, preventive measure to ensure good health.

Self Therapy

Yoga is a self therapy. It is a self therapy in the sense that one

can perform this discipline on his own. Yoga involves different breathing techniques and postures which are known as Asanas or postures. Postures, Proper Breathing, Relaxation and meditation are an important part of Yoga.

Yoga Philosophy

The Patanjali Yoga philosophy, which is one of the six systems constituting Vedic philosophy, is also known as Ashtanga Yoga (the yoga of eight parts or limbs) and is closely related to Sankhya and Vedantic philosophy. Ashtanga Yoga is the practical manifestation of both these philosophies. This practical system attempts to understand the nature of the elusive element we know as 'mind'its different states of being, impediments to growth, afflictions and the methods of harnessing it for the achievement of absolute self realization. While Sankhya philosophy assigns three functions to the mental body-mind (mana), intelligence (buddhi) and false knowledge (mithya jnana)-Vedanta adds a fourth element to this-chitta or conditioned consciousness. But ancient yoga teachers collapse the category of the mental body with the mind and assigns intelligence and false ego as aspects of that mind with the chitta denoting the various states of the mana or mind. Yoga likens mana and chitta with a lake, which is essentially calm and peaceful but whose basic tranquility is obscured by various insubstantial surface waves. According to the philosophy, there are only two ways of disturbing this serenity and engendering patterns of thought-through sense perceptions (pramana) and when our memory (smriti) gets triggered off. All other sources of mental activity lead to false knowledge. To quote the most venerable among yoga teachers, Sage Patanjali, who said in his Yoga Sutra: ".when the persons possessing a body mistake by their erring intellect, this very body for the soul (atman), this kind of bondage is wrought by ignorance (avidya); its annihilation is emancipation (moksha)." The central doctrine of Yoga philosophy is that nothing exists beyond the mind and its consciousness, which is the only ultimate reality. The objective of this philosophy is to uproot misconceptions about the existence of external 'realities' from the minds of men. It believes that it is possible to reach this stage of self realization through regular practice of certain yogic meditative processes that bring a complete withdrawal or detachment from all false sources of knowledge and inculcates an inner sense of balanced calm and tranquility.

Methodology

The procedure adopted in the present research work is related to the selection of subjects, selection of variable, Selection of tests and Statistical techniques.

Selection of Subjects

The purpose of the study was to find out the "Effect of Yogic Exercises on Physical and Mental Power of School Children" To achieve this purpose 40 male in the age group ranging from 12 to 16 years studying in Modern School, Koradi Road, Nagpur, Maharashtra State were selected randomly as subjects were divided into two equal groups of forty each known as Experimental group and Control group.

Selection of Variables

The investigator reviewed through the available relevant related literature and discussed with the experts in the field and also discussed with the research guide before selection of variables for the present research work. The researcher used the availability of technique based on the data researcher done

the analysis regarding feasibility; Reliability and the outcome of the results were taken care before finalizing the variables. The variables selected for the present research work Power performance.

| Independent Variables | Dependent Variables |
|-----------------------|------------------------|
| Yogic Exercises | Motor Fitness Variable |
| Padmasana | Power |

- Vajrasana
- Paschimottanasana
- Tadasana
- Trikonasana
- Garudasana
- Shavasana
- Halasana
- Makarasana
- Bhujangasana

Selection of Tests

The test items were selected for this study after thorough review of literature as well as consultation with experts, Physical Education Professionals, and also Research supervisor. The selection tests and the criterion variable are presented in the following Table 1.

Table 1:

| Sl. No. | Test | Tool | Criterion Measurement |
|---------|-------|---------------------|---|
| 1. | Power | Standing Broad jump | The assistant uses the longest recorded distance to assess the subject leg Power. |

Table 2: Results of Mean, SD and t-Test Between Pre-Test and Post-Test of Experimental and Control Group of School Children with respect to Motor Fitness Variable Power

| Group | Test | Mean | SD | T- Value | Df | P-Value | Signifi- cant |
|-------------------|-----------|---------|---------|----------|----|---------|---------------|
| Experimental Test | Pre-test | 26.5895 | 2.77017 | 5.932 | 29 | .000 | S |
| | Post-test | 44.6755 | 3.17584 | | | | |
| Control Group | Pre-test | 27.3235 | 2.19655 | 1.432 | 29 | .163 | NS |
| | Post-test | 26.7607 | 2.94323 | | | | |

* Significant at 0.05 level Confidence.

Table 2 shows that the means scores of experimental group of Power of pre test and post test of school children. It is observed that mean scores of power variable of experimental group of pre test and post test of school children are 26.5895 and 44.6755 and their standard deviation are 2.77017 and 3.17584 respectively. The obtained ‘t Ratio value is 5.932 at 5% level of significance with 29 degree of freedom which is more than the table value (t=1.96), hence the null hypothesis is rejected and alternative hypothesis is accepted. It indicates that the power mean score of pre test and post test of the experimental group is different, which is less in case of pre test group and more in case of post test. It can be concluded that power is increases significantly after giving the yoga training to the subjects.

Shows that the means scores of Control Group of power of pre test and post test of school children. It is observed that mean scores of power variable of Control group of pre test and post test of school children are 27.3235 and 26.7607 and their standard deviation are 2.19655 and 2.94323 respectively. The obtained ‘t Ratio value is .1432 at 5% level of significance with 29 degree of freedom which is less than the table value (t=1.96), hence the null hypothesis is accepted. It

Statistical Techniques

The collected data thought and valid and reliable, would not give us useful meaning in terms of what we need. The data has to be processed with the help of statics, analyzed scientifically, interpreted and concluded intelligently. In this study the data have been collected on variables of power. The collected data were analyzed with application of ‘t’ test to find out the individual effect from base line to post test, Further Mean, SD and t-test between Pre- test and Post-test of Experimental and Control group was used to determine the significant difference between the treatment means. And it was considered sufficient for the present study.

Analysis of Interpretation of Data

The aim of the research work was find out the “Effect of Yogic Exercises on Physical and Mental Power of School Children”. For the purpose of the research study 40 school girls in the age group of 12 to 16 years belonging to the student of Modern School, Koradi Road, Nagpur, Maharashtra State were selected as subjects for the present study. The subjects were divided into two groups. Group I treated as Yogic Exercises Group, Group II treated as Control Group. Yogic Exercises Group underwent Yogic Training for 12 weeks. The duration of the training session allowed to the experimental groups 12 weeks. The Control group did not participate in the training programme other than their routine work.

Pre and post test data were gathered on power and the same as described in the following Table 2.

indicates that the power mean score of pre test and post test of the control group is found similar The power Performance has been displayed in Figure 1.

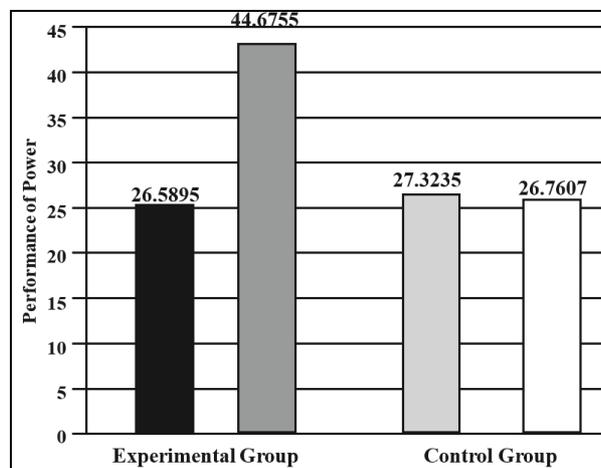


Fig 1: Results of Mean, SD and t-test between Pre- test and Post-test of Experimental and Control Group of School Children with respect to Power

The above Figure 1 indicates that the post test values of Experimental Group significantly improved the performance of power and also the post test values of power were higher than the pre test values due to 16 weeks of Yogic Exercises training. The Control Group pre-test and post-test performance of power shows no improvement.

Summary

The purpose of the present study was to investigate “Effect of Yogic Exercises on Physical and Mental Power of School Children”. The 12 weeks of Yogic Exercises Training the researcher conducted pretest performance on power. Soon after the completion of 12 weeks Yogic Exercises Training Post Test Power were measured. The results of post test performance, significant improve power of subjects.

Conclusion

Yogic Exercises Training has shown improve physical and mental power of the subjects.

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