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Effect of yogic training on physical and mental health of under graduate student

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Abstract

The main objective of this study was to assess the comparative effect of yogic training on physical-mental health of under graduate student. The exercises to keep healthy every time, Yoga is a bridge between body and brain. The brain function is main of whole the body. Yoga is a union of mind, body and soul, together with super spiritual soul.

Yoga concerns itself with the evolution and refinement of consciousness and not of the physical body alone. To this end all Yogic process aims to control the 'Panic Energy' and thought it influencing and steadying the mind and then achieving the state of Super consciousness.

The subjects of this study were assigned on the basis of simple random sampling into treatment groups i.e. Experimental and Control group containing thirty subjects each. Physical and Mental Health was measured by self-made questionnaire. The statements of the questionnaire was finalized by the help of guidance by experts and also by conducting a pilot study, made necessary corrections and then the questionnaire was finalized, consisted of 20 statements for Physical health and 42 statements for Mental health. The questionnaires reliability was found for Physical Health Test was 0.86 and for Mental Health Test was 0.82. There physiological measurements were taken by measuring their B.M.I., Blood Pressure, and Pulse rate. Pulse rate was measured by Harvard step test. The six week training programmed was conducted. Some selected yogic exercises were given to the experimental group and on the other hand control group performs their daily routine regular yogic exercises.

The 'mean' and 't-test' were used for statistical treatment of the data. The results of this study, on the basis of statistical analysis, some significant results were drawn that the experimental groups have more efficient and better physical and mental health than control group. Further the study reveals that yoga has all the essentials to improve physical and mental health.

Keywords: comparative effect, Effect of yogic, body and brain

Introduction

The word yoga has its roots in the Sanskrit language and means to merge, join or unite. Yoga is a form of exercises based on the belief that the body and breath are intimately connected with mind by controlling the breath and holding the body in steady poses asana. Yoga creates harmony yoga is a means all balancing and harmonizing the body, mind and emotion and it's a tool that allows us to withdraws form the chaos of the world and find a quiet space within. To achieve this yoga uses movement, breath, posture, relaxation and mediation in order to establish a healthy, vibrant and balanced approach to living.

Yoga means of integration physical, mental, intellectual and spiritual aspects of human personality as also the integration or adjustment of an individual with his environment or the society. It means union of mind, body, soul with spiritual soul.

Yoga is one of the original concepts which today's would be labeled as holistic. That means the body is related to the brain, in turn this links with the mind, which is a part of consciousness.

Objective of the study

The main objective of this study was to find out the effect to yoga training programmed on physical and mental health of under graduate student.

Methods

Sixty under graduate student from Amravati city were randomly selected for experimentation. Necessary instructions were given to the subject. The pretest performance of all the subjects,

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divided into two groups (Experimental and Control group). The subjects were taught yogaasan for first week. Then they

practical selected yogic exercises thrice week. Then they practiced the same under direct supervision.

Table 1: Experimental group perform selected yogic exercises thrice a week on alternate days as per time schedule given below.

S.no.	Name of yogic exercises	1 st week	2 nd and 3 rd week	4 th and 5 th week	6 th week
1	Suryanmaskar (12 count)	5mint x2	5mint x3	5mint x4	5mint x4
2	Swastikasan	15 ^{''} second	30 ^{''} second	45 ^{''} second	1mint
3	Virasan	15 ^{''} second	30 ^{''} second	45 ^{''} second	1mint
4	Padmasan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
5	Pachhimotanasan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
6	Naukasan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
7	Aradh shalbhsan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
8	Sarvagasan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
9	Bhujangasan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
10	Vrikashasan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
11	Trikonasan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
12	Tadasan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
13	Matsyasan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
14	Vakrasan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
15	Pranayam	5 ^{''} mint x2	5 ^{''} mint x3	5 ^{''} mint x3	5 ^{''} mint x3
16	Tratak	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2
17	Shavasan	15 ^{''} sec x2	30 ^{''} sec x2	45 ^{''} sec x2	1 ^{''} mint x2

Analysis of Data

In both groups, the parameter named above were measure at the beginning and again at the end of the two month study period. The data was analyzed using paired ‘t-test’ to

compared the pre and post training values of the both groups. The level of significance was set at 0.05 levels.

Results and Discussion

Table 2: Effect of Yoga training on (Physical Health) of Experimental and Control Group.

Group	Test	Mean	Sd	Se	Mean Difference	Calculate ‘t’ value
Experimental Group	Pre	61.47	10.73	4.37	322	13.45
	Post	67.4				
Control Group	Pre	40.1	4.87	5.37	146	4.97
	Post	43.2				

*(significance at 0.05 level)

The above table indicates (Physical Health) that the means of experimental and control group were 67.4 and 43.2 respectively. The obtain ‘t’ was 13.45 which was found to be

significant at 0.05 level of confidence. This also indicates that the experimental group has higher means than the controlled group. (Graphically represents in fig .No.1)

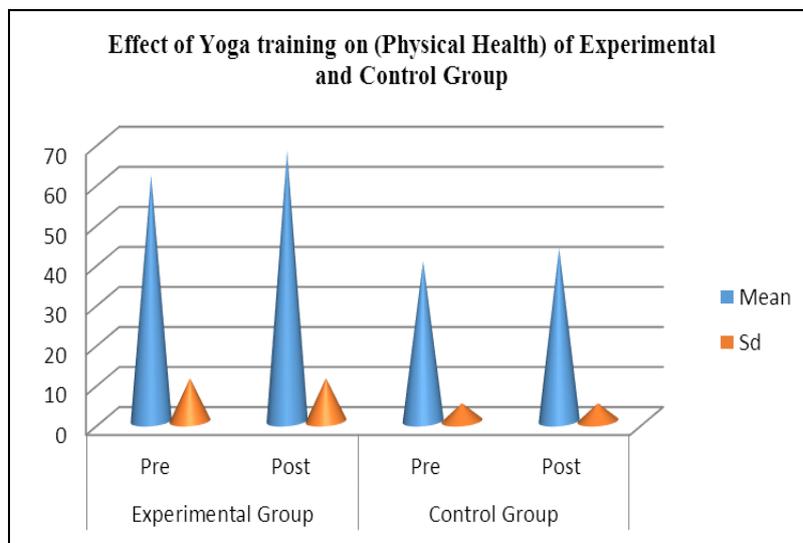


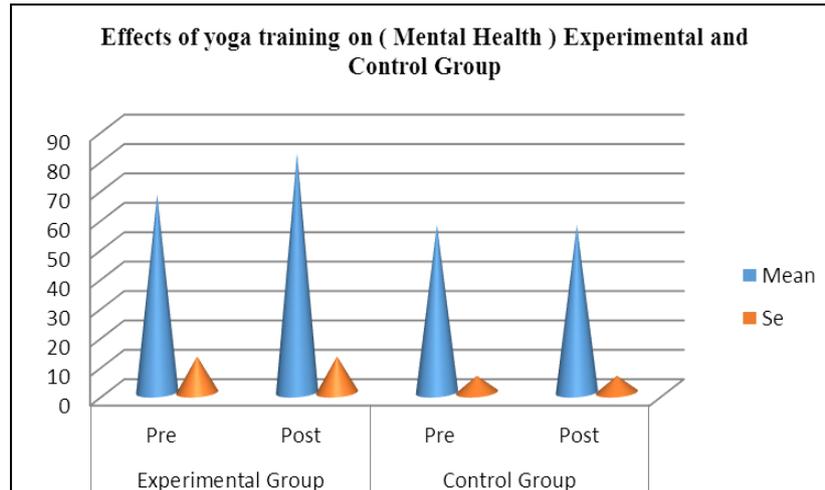
Table 3: Effects of yoga training on (Mental Health) Experimental and Control Group.

Group	Test	Mean	Sd	Se	Mean difference	Calculate ‘t’ value
Experimental Group	Pre	67.4	14.7	12.26	441	8.57
	Post	81.53				
Control Group	Pre	57.1	6.97	5.66	209	6.57
	Post	57.03				

*(significance level at 0.05)

The above table indicates (Mental Health) that the means of Experimental and Control group were 81.53 and 57.03 respectively. The obtain 't' was 8.57 which was found to be

significant at 0.05 level of confidence this also indicates that the experimental has higher mean than the control group.



The mean of B.M.I. experimental and control groups were 36.18 and 40.79 respectively. The obtain 't' was found 15.14 which was found to be significant at 0.05 level of confidence this also indicate that the experimental group has higher means than the control group.

The mean of Health Problem experimental and control group were 0.66 and 0.8 respectively. The obtain 't' was 4.77 which was found to be significant at 0.05 level of confidence. This also indicates that the experimental group has higher means than the controlled group.

The mean of systolic blood pressure Experimental and Control Group were 105.5 and 111.33 respectively. The obtain 't' was 6.77 which was found to be significant at 0.05 level of confidence .this also indicates that the experimental group has lower mean than the control group. Diastolic blood pressure the mean of Experimental and Control group 75.67 and respectively found same. The obtain 't' was found 9.33 which was found to be significant at 0.05 level of confidence this also indicates that the experimental group and control group similar means were found.

Conclusion

On the basis of the above finding and discussions the following conclusion were drawn.

1. Experimental group were significantly positive correlated with the B.M.I. but negatively with Control group.
2. Experimental group were significantly positive correlated with the Blood Pressure but not more than changes with Control group.
3. Experimental group were significantly positive correlated with the Health Problem but negatively with Control group.
4. Experimental group were significantly positive correlated with the Physical Health but negatively with Control group.
5. Experimental group were significantly positive correlated with the Mental Health but negatively with.

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