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Effect of yogic exercise on physical fitness of school boys

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Abstract

The purpose of this study was to find out the effect of yogic exercise on physical fitness of School boys. A sample of 20 boy student's age group of 15-17 years were randomly selected and given the treatment of yogic exercise.

For assessing effect of yoga exercise on physical fitness of School going boys, asanas and pranayama training were given for three months. The data of pre test and post test were obtained through the AAHPERD Youth Fitness test battery, and statistically analysed. Significant difference was found in physical fitness components of school boys. It is concluded that there was significance improvement in the physical fitness of School boys.

Keywords: yoga, speed, strength, and endurance

Introduction

The concept of fitness has a long and wide history. According to Plato "sound mind in the sound body" proved that the fitness concept came from ancient time. Always the word fitness suggests the ability of an animal or a human to work and play with a maximum degree of physical efficiency and to be prepared to meet unforeseen danger or destruction.

It is therefore, the responsibility of each nation to promote physical fitness of everybody. It is a basic requirement of the task performs by an individual in daily life. Physical fitness is one component of total fitness of an individual. Total fitness is a result of the genetic make up and the interaction with the environment. The totally fit individual is psychological stable, mentally alert, emotionally balanced and socially adjustable to different circumstances prevailing in the society. However, a few researches have focused on the use of yoga as a means to improve physical fitness. Since yoga has become a mainstream format for group exercise classes in the fitness industry, it is crucial that research focus on the effectiveness of yoga in improving fitness levels in the general population. The ancient science of yoga which has been practiced and passed on in the East for thousands of years has in recent years been widely developed in the West as a fitness regime. The benefits of yoga, however, are not merely physical but also Yoga improves the quality of life on the emotional, mental and spiritual levels.

Those who practice the physical postures or asanas of yoga will observe in addition to an improvement in their physical well-being; feelings of stability, clarity and a greater capacity for concentration.

Methods and Procedure

In the present study a random sampling plan were used for the selection of sample. A total 20 boy students of age group of 15-17 years were selected and given the treatment of yogic exercise.

The selected sample went through training of yogic asana and pranayama for three months. The asanas consist of Dhanurasana, Bhujangasana, Chakrasana, paschimottanasana, Shalabhasana, purn masyandhana, sarvangasana and Pranayama consist of nadi shodhana, sithal, sitakari, Kapalbhati, Brahmari.

These exercises were performed for 40 minutes 5 days in a week at Shah Satnam Ji Schools of Sirsa. The data was collected through the AAHPERD Youth Fitness Test to find out the results. Data was tabulated and statistical analysed.

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After the statistical analysis, the results were presented in the table. The means difference were calculated to find out the significant difference of the pre- test and post- test of physical fitness components with the help of 't' test at .05 level of significance.

Table 1: Score of pre test and post test

Variable	Pre test	Post test	MD	SED	t-value
Pull Ups	3	5.7	2.7	.76	3.55
Sit ups	19.5	23.6	4.1	1.5	2.73
Shuttle Run	6.32	5.92	.4	.16	2.50
Standing Broad Jump	6.32	6.76	.44	.171	2.57
50 Yards Dash	6.98	6.68	.3	.111	2.70
1.5 mile Run/walk	6.43	6.07	.36	.11	3.27

*.05level of significance (2.093)

The analysis of data reveals for Physical fitness variables like Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, 50 Yards Dash and 1.5 mile run/walk were observed as significant difference in between pre and post test.

Conclusion

After obtaining the result of pre- test and post- test, it was found that the Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, 50 Yards Dash and 1.5 mile run/walk improved in a significant manner of treatment group. The mean differences of between pre test and post test have proved that Yogic life style is better than normal life style. Asana and Pranayam help in improving the physical components like strength endurance, speed, explosiveness and agility. Improve these variables shows that yogic life style can increase the efficiency of the students.

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