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An impact of yogic practice on breathing holding time of college students of university of Delhi

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Abstract

The purpose of this research was to determine the Effect of Six Week Yogic Practice on breathing holding time among College Going female Students of University of Delhi. For the purpose of the study 30 female subjects were selected randomly from Shyama Prasad Mukherji College (University of Delhi), Punjabi Bagh, New Delhi. The duration of total practice was six weeks, 45 minutes a day in the morning. The pre data was collected from the selected subjects before giving yogic training and post data after the training. The data was collected by using Breath Holding Time was recorded to nearest second by using Stop Watch. The collected data was analysed by computing descriptive statistics followed by paired sample 't' test. Results showed that a there was a significant effect of Six weeks yoga training on Breathing Holding Time college going female students. The level of the significance was set at 0.05 level.

Keywords: yoga, breathing holding time

Introduction

The yogic exercises have become popular today throughout the world sporting environment. And in the curing of various disease. The roots of the world "Yoga" lies in the ancient Sanskrit term "Yuj" which means to join or unite. Patanjali, the author of the earliest known yoga treatise "Yoga Sutra", explains the ultimate goal of yoga is self-realization that is the joining or merging of the individual with the universal consciousness. Yoga is a means of balancing and harmonizing the body, mind and emotions. This is done through the practice of Asana, Pranayama, Mudra, Bandha, Shatkarma and meditation and must be achieved before union can take place with the higher reality. Patanjali describe this state as one where there is stillness of mind. Pranayama in an important part of yoga. In simple terms "Pranayama" may be called "The control of Breaths". Itsessence lies in the modification of our normal breathing, and the breathing pattern can be modified in there different ways. 1. By inhaling and exhaling rapidly, taking shallow breaths. 2. By inhaling and exhaling slowly, taking long or deeps breaths. 3. By holds the acts of breaths all together a benefit of yoga brings down stress and enhances powers of relaxation. Boosts physical Strength, stamina and flexibility bestows greater powers of concentration and self-control which Inculcates impulse control, helps in rehabilitation of old and new enhancing mental clarity boosts functioning of the immune system, enhance posture and muscle tone improves, blood circulation resulting healthy, glowing skin cleanses and improves overall organ functioning. Suryanamaskar is a series of twelve physical posture. It is one of the ancient way of exercise and more than that was the lifestyle of the ancient India. The term suryanamaskar is coined by two world surya and namaskar, meaning suryaissun and namaskar is the way of worshipping god". This sequence of movement and poses can be practiced on varying level of awareness, ranging from that of physical exercise in various style. To complete sadhana which incorporate asana, pranayama, mantra, and chakra meditation? A full round of suryanamaskara is considered to be two sets of the twelve poses with a change in the second set bymoving the opposite leg first through the series. Kapalbhati primarily affects abdominal muscles, lungs, stomach. Kidney etc. to function more efficiently. Yoga breathing exercise also known as pranayam are an important part of a developing yogapractice. Pranayama as one of the eight limbs of yoga. As defined by the yoga sutras of Patanjali. In addition to Deeping you practice learning ways to calm or invigorate the

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body through breathing will greatly benefit one and all. This unity or joining is described in spiritual terms as the union of the individual consciousness with the universal consciousness. On a more practical level, The application of yogic techniques is considered beneficial for health and cure of certain diseases for vital capacity management and for improving general efficiency of individual in different fields, Yoga is being utilized from the most fundamentally personal to the social and educational implication of the society as a whole

Objectives of the study

- To purpose of the study was to investigate effect of Yogic Practice on Breathing Holding Time of College going students of University of Delhi.

Methodology

Thirty Subject were randomly assigned to either control group (n=15) and experimental group (n=15), using simple random sampling technique from Shyama Prasad Mukherji College (University of Delhi), Punjabi Bagh, New Delhi. The age of the subjects was ranged between 16 to 19 years. The scholar selected breath holding time as the dependent variable. The pre test data were collected from the selected subjects before giving the training and post test data after the giving training. Paired Sample 't' test was employed to find the effect on the Breath Holding Time. The level of the significance was set at 0.05 level.

Tool used

Breath Holding Time was recorded to nearest second by using Stop Watch was administered for the collection of data.

Training protocol

The training programme was executed only for treatment group for six weeks, Monday to Friday onwards for 45 minutes in the morning and control group did not receive any training programme but continued with their daily schedule. The subjects practiced Padmasana, Pascimottanasana, Danurasana, Ardha -matsendrasana, Kapalbhathi, Anuloma Viloma, Bhastrika, Ujjai, Shavasana, and Om recitation.

Results and discussion

To assess an impact of asana and pranayama on breath holding capacity, the mean, and standard deviation and 't' ratio was computed by using SPSS-16 version and result pertaining to this has been presented in below tables

Table 1: Descriptive Statistics of Breath Holding Capacity (BHT) of Experimental Group)

Variable	Subject	N	Mean	SD	't'	Sig. (two-Tailed)
Experimental Group	Pre Test	15	36		9.39	8.563
	Post Test	15	42.13		10.31	

Table-1 indicates that mean, standard deviation of pre-test of Breaths Holding time, of Experiment group, which were found to be 36 and 9.39 and Post-test value were found to be 42.13 and 10.31. The value of paired sample of 't' ratio of breath holding, which were shows that there was highly significant difference with pre-test and post-test value of BHT. The calculated value of 't' was found to be 8.563 at 0.05 level of significance which was higher than the tabulated value of 't' at 0.05 level of significant.

Table 2: Descriptive statistics of Breath holding capacity (BHT) of Controlled Group)

Variable	Subject	N	Mean	SD	't'	Sig. (two- Tailed)
Control Group	Pre Test	15	42.06	15.41	.94	.363
	Post Test	15	41.6	14.77		

Significant at 0.05 levels

Table-2 reveals that there is no significant difference found between calculated and tabulated value is at 't' ratio at 0.05 levels of significance in control group. It was also found that the 't' value of experimental group are more than 't' value of control group in Post-test was highly significant differences between experimental group and control groups. It is also depicted in graph-1 drawn below

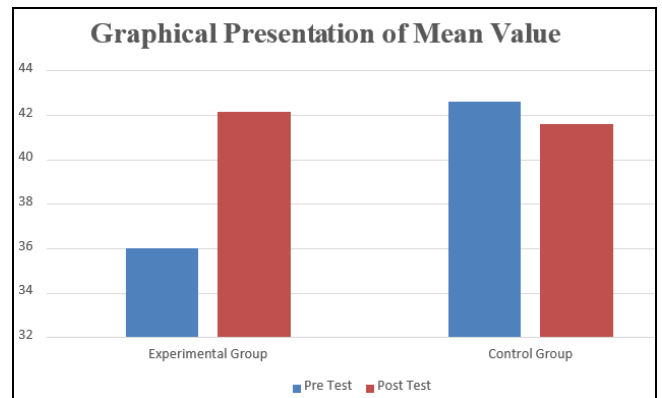


Fig 1: Displays the mean values of all the selected variables for the study

Discussion of findings

This study has been conducted with the purpose to find the effect of Six week yogic practice on Breathing Holding Time on college going students. From the study we have found that there was a significant effect on Breathing Holding capacity. In order to improve breath holding capacity in students both asanas, pranayama & Om recitation can be applied. Madan Mohan *et al.* 1992 conducted a study on effect of yoga training on Breath Holding time after inspiration and after expiration in 27 student volunteers. They were given yoga training for 12 weeks. Results showed that yoga practice for 12 weeks resulted in significant increase in breath holding time.

Conclusion

The result of the showed that significantly increase in breath holding time after regular practice of asana and pranayama. The significance is more in breath holding time after normal inspiration. It also showed increase in capacities related to breath holding time like O2 consumption, tolerance capacity. Subjectively the participant gained much enjoyment and relaxation from the yoga classes urther the research study strongly recommended for long period of yogic training.

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