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Effects of hatha yoga practice on selected health related aspects of physical fitness among middle age women

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Abstract

The purpose of the study is to determine the effects of hatha yoga practice on selected health related aspects of physical fitness among middle age women. To achieve the purpose of the study twenty women's were randomly selected as subject and their age ranged from 35 to 55 years. Further the selected subjects were divided in to two equal groups. Group I underwent for the hatha yoga practice in yoga asana and Pranayama practices and Group II acts as a control group that did not participate in any special training. The investigator selected muscular strength and flexibility was dependent variables and six weeks of hatha yoga were considered as independent variables for this study. An initial test was administered on the selected subjects forming a random group design. A experimental group consisting of ten subjects, was treated as hatha yoga group and other ten subjects act as a control group. Since initial scores and final scores after the experimental period were compared for the effect of hatha yoga experiments by statistical analysis of 't' test. In all cases 0.05 level was fixed. The results of the study showed that 6 weeks of hatha yoga practices improve muscular strength and flexibility among middle age women.

Keywords: hatha yoga, practice, physical fitness, middle age women

Introduction

Women from all walks of life, and from all parts of the world, are beginning to appreciate the benefits of yoga. In modern society, women's roles have expanded considerably. All women would like to be beautiful enough to admiring stares. Women generally tend to take greater interest in their health and beauty than men. But only a few women recognize that yoga is the perfect way to get healthy and beautiful, and is also the ideal way to lead a happy life. True beauty comes from inner health a strong heart, and inner organs that function well. This is only possible through the dedicated practice of yoga. A lean and well toned body makes a women look and feel more beautiful. Incorrect posture or slouching makes women look unnecessarily obese or awkward. Yoga has the capacity to help women feel happy and confident from the inside (Asana Andiappan 2004).

Methodology

To achieve the purpose of the study twenty women's were randomly selected as subject and their age ranged from 35 to 55 years. Further the selected subjects were divided in to two equal groups. Group I underwent for the hatha yoga practice in yoga asana and Pranayama practices and Group II acts as a control group, did not participate in any special training.

Training Schedule

- | | | |
|----------------------------|---|-------------------|
| 1. Total number of weeks | - | 6 weeks |
| 2. Number of days | - | 3 days in a week |
| 3. Number of sessions | - | 1 session per day |
| 4. Duration of the session | - | 60 minutes |

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Table I: Hatha yoga sadhana practices (Experimental Group – I) I To Iv Weeks

Sl. No	Yogic Practices	Total duration
1	Loosening Exercises	2 minutes
2	Suryanamaskar	10 minutes
3	Tadasana	2 minutes
4	Urdhva Hastasana	2 minutes
5	Utthanasana	2 minutes
6	Prasarita Padottanasana	2 minutes
7	Adhomukha Svanasana	2 minutes
8	Uthitha Trikonasana	2 minutes
9	Ustrasana	2 minutes
10	Virasana	10 minutes
11	Adhomukha Virasana	2 minutes
12	Janushirsasana	2 minutes
13	Paschimotasana	2 minutes
14	Upavistakonasana	2 minutes
15	Shalabasana	2 minutes
	Pranayama	
16	Ujjai	2 minutes
17	Viloma	2 minutes
18	Meditation	5 – 10 minutes
19	Relaxation	10 - 20 minutes

Statistical procedure

The pre-test and post-test scores were subjected to statistical analysis using dependent 't' test used, in all cases 0.05 level of significant will be fixed to test the hypothesis.

Results and Discussion

Significance of mean gains/losses between pre test and post test on strength and flexibility of the experimental group are presented in Table – I.

Table 2: Significance of mean gains/losses between pre-test and post test on strength and flexibility of the experimental group

S. No.	Variables	Pre Test	Post	Mean Diff	Std. Dev	Std. Er. Of mean	t- Ratio
1	Strength	2.90	8.50	5.60	1.64	0.52	10.75*
2	Flexibility	10.9	15.7	4.85	0.97	0.3	15.75*

Required table value at 0.05 level 2.04 * Significant at 0.05 level

An examination of table – I indicates that the obtained 't' ratio on strength and flexibility was 10.75 and 15.75. the obtained 't' ratio on the selected variables are found to be greater than the required table of 2.04 at 0.05 level of

significant. The results of this study are statistically significant and explained their effects positively for experimental group.

Table 3: Significance of mean gains/losses between pre test and post test on strength and flexibility of the control group

S. No.	Variables	Pre-Test	Post	Mean Diff	Std. Dev	Std. Er. Of mean	t- Ratio
1	Strength	3.40	3.70	.30	0.48	0.15	1.94
2	Flexibility	10.3	19.1	8.8	27.12	8.57	1.02

Required table value at 0.05 level 2.04* Significant at 0.05 level An examination of table – II indicates that the obtained 't' ratio on strength and flexibility was 1.94 and 1.02. The obtained 't' ratio on the selected variables are found to be lesser than the required table of 2.04 at 0.05 level of significant. The results of this study are statistically insignificant and explained their effects negatively for control group.

Conclusion

1. The experimental treatment of six weeks hatha yoga practices significantly improved strength among women's.
2. The experimental treatment of six weeks hatha yoga practices significantly improved flexibility among women's.

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