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Effect of yogic practices on physiological variables on pre adolescence school boys

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Abstract

The purpose of the study was to find out the Effect of Yogic Practices on Physiological Variables on Pre Adolescence School Boys. To achieve the purpose of the present study, thirty subjects were selected randomly from Vivekanandha school, Periyayakkampalaim, Coimbatore, and their age ranged from 13 to 16 years. The subjects were divided into equally two groups. Each group consists of fifteen subjects. The present study is an experimental one and to test the effect of varied forms of intervening strategies, the care was taken in distributing the samples to experimental group. For this, the selected samples (N= 30) were divided into two equal groups. Experimental Group I named as (yogic practices) and Group II acted as control group. They are doing the regular yoga practice the experimental group were given specific training for 5 days a week for six weeks in total. After completion of six weeks of training post – test was conducted on selected variables and the score were records in their respective units as post – test score. The pre and post test scores were analyzed with analysis of Co – variance. In all the cases.0.5 level of significance was fixed. The results of the study showed that there was a significant difference found among the experimental groups.

Keywords: Respiratory rate and vital capacity

Introduction

Yoga is one of the India's wonderful gifts to mankind. Yoga is believed to be one of the most vital and important part of the Indian culture. Even before 2000 years ago our forefathers developed it to bind the body, mind and spirit, as a harmonious whole. Nowadays, the whole world is looking towards yoga for answers to various problems of human beings. Yoga means the experience of oneness or unity with the inner being. It is not a religion but a good method by which one can obtains control over one's latent power attain complete self- realization it is a re- education of one's mental processes, along with the physical. In the age of modern science and information technology, and changing world scenario with global warming with its attendant factors, our lifestyle becomes complicated and it becomes difficult to lead a normal and natural life.

Methodology

The purpose of the study was to find out the Effect of Yogic Practices on Physiological Variables on Pre Adolescence School Boys. To achieve the purpose of the present study, thirty subjects were selected randomly from Vivekanandha School, Periyayakkampalaim, Coimbatore, and their age ranged from 13 to 16 years. The subjects were divided into equally two groups. Each group consists of fifteen subjects. The present study is an experimental one and to test the effect of varied forms of intervening strategies, the care was taken in distributing the samples to experimental group. For this, the selected samples (N= 30) were divided into two equal groups. Experimental Group I named as (yogic practices) and Group II acted as control group. They are doing the regular yoga practice the experimental group were given specific training for 5 days a week for six weeks in total. Among the Respiratory rate and Vital capacity were assessed by standardized tests. Effect of Yogic Practices on Physiological Variables on Pre Adolescence School Boys.

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Level of significance

The probability level below which, we reject the hypothesis, is termed as the level of significance. The t-ratio obtained by paired sample test needed 2.14 for significance at 0.05 levels.

Computation of ‘T’ ratio

The primary objective of the paired ‘t’ ratio is describing the differences between the pre-test and post-test of school level boys s belong to specific yogic training package.

Table 1: Computation of ‘T’ ratio between the pretest and posttest means on respiratory rate of experimental group and control group

Group		Mean	SD	DM	αDM	‘t’
Experimental Group	Pre test	65.99	1.08	1.03	0.02	5.15*
	post test	64.01	1.63			
Control Group	Pre test	63.84	1.11	0.07	0.45	0.15
	post test	63.89	1.67			

An examination of table – 1 indicates that the experimental group mean value of pretest and posttest was 65.99 and 64.01. The obtained ‘T’ ratio were 5.15 for Respiratory rate of experimental group. The obtained ‘t’ ratio on Respiratory rate was found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The results of this study showed that 6 weeks of yogic practice produced a significant reduced in Respiratory rate. Hence Also table – 1 indicates that the control groups mean value of pretest and posttest was 63.84 and 63.89. The obtained ‘T’ ratio were 0.15. For Respiratory rate of control group. The obtained ‘T’ ratio on Respiratory rate was found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be insignificant. The mean scores on Respiratory rate of experimental group and control group were shown graphically in figure – 1

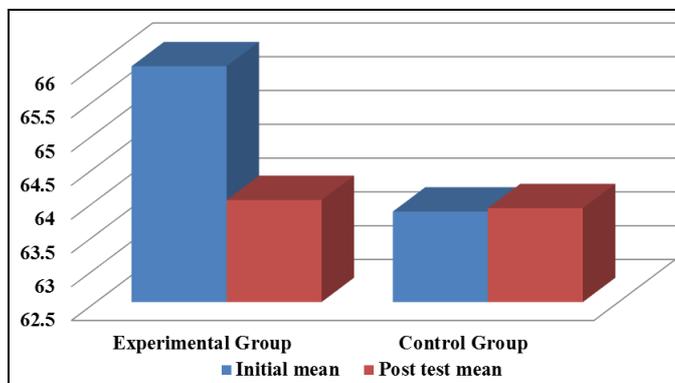


Fig 1: the mean scores on respiratory rate of experimental group and control group

Table 2: Computation of ‘T’ ratio between the pretest and posttest means on vital capacity of experimental group and control group

Group		Mean	SD	DM	αDM	‘t’
Experimental Group	Pre test	1200	350.5	30.65	0.02	10.2*
	post test	1513	381.4			
Control Group	Pre test	1205	166.7	12.5	0.45	1.68
	post test	1184	163.3			

*Significant at 0.05 level of confidence

An examination of table – 2 indicates that the experimental group mean value of pretest and posttest was 1200 and 1513 The obtained ‘t’ ratio were 10.2 for Vital capacity of experimental group. The obtained ‘t’ ratio on Vital capacity

was found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The results of this study showed that 6 weeks of yogic practice produced a significant improvement in respiratory rate. Also table – 2 indicates that the control groups mean value of pretest and posttest was 1205 and 1184. The obtained ‘T’ ratio were 1.68. For Vital capacity of control group. The obtained’ ratio on Vital capacity was found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be insignificant. The mean scores on Vital capacity of experimental group and control group were shown graphically in figure –2.

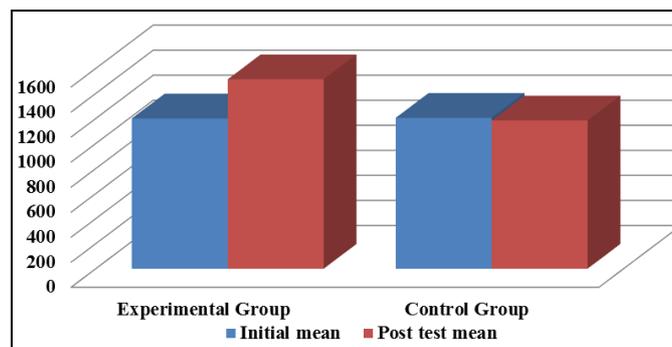


Fig 2: The mean scores on vital capacity of experimental group and control group

Results and Discussion

The experimental groups showed significant improvement on pre to post test on Vital capacity and Respiratory rate then control group.

Conclusion

It way concluded that impact of yogic practices significant reduced on pre adolescence school Boys.

It way concluded that impact of yogic practices of physiological variable Vital capacity improvement on pre adolescence school Boys.

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