



ISSN: 2456-0057  
IJPNPE 2019; 4(1): 1675-1676  
© 2019 IJPNPE  
www.journalofsports.com  
Received: 12-11-2018  
Accepted: 14-12-2018

**S Palpandi**  
Guest Lecture, Department of  
Physical Education, Tamil Nadu  
Physical Education and Sports  
University, Chennai,  
Tamil Nadu, India

## Effect of yogic practices on physiological and psychological variables on pre adolescence school boys

**S Palpandi**

### 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 anxiety

### 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.

**Corresponding Author:**  
**S Palpandi**  
Guest Lecture, Department of  
Physical Education, Tamil Nadu  
Physical Education and Sports  
University, Chennai,  
Tamil Nadu, India

**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 and anxiety 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			
Experimental Group	Pre test	67.00	2.29	2.00	0.58	3.44*
	post test	65.00	1.19			
Control Group	Pre test	65.00	2.18	0.53	0.69	0.76
	post test	65.53	1.68			

An examination of table –1 indicates that the experimental group mean value of pretest and posttest was (65.99, 64.01) and (65.00, 65.00). The obtained ‘T’ ratio were 5.15 and 3.44 for Respiratory rate and Anxiety of experimental group. The obtained ‘t’ ratio on Respiratory rate and Anxiety 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 and Anxiety. Hence Also table – 1 indicates that the control groups mean value of pretest and posttest was (63.84 63.89) and (65.00, 65.53). The obtained ‘T’ ratio were 0.15. For Respiratory rate and Anxiety of control group. The obtained ‘T’ ratio on Respiratory rate and Anxiety 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 and Anxiety of experimental group and control group were shown graphically in figure –1 and figure – 2

**Results and Discussion**

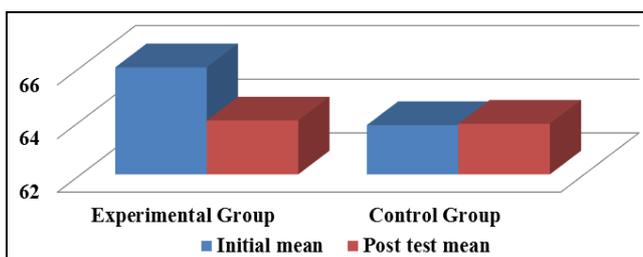
The experimental groups showed significant improvement on pre to post test on Respiratory rate and Anxiety then control group.

**Conclusion**

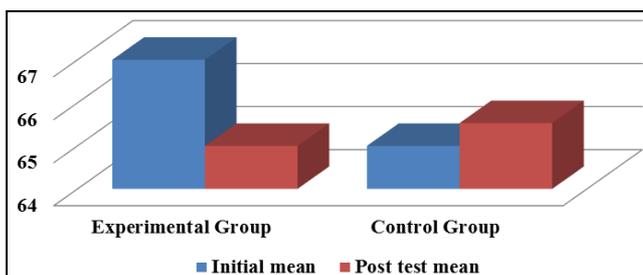
I was conducted that there was a significant improvement on the selected Physiology and psychological variable.

**References**

1. Ahilan R, Nathan Senthil. Effect of Asana and Pranayama on physiological variables. Internet. J Phy. Edu. 2012; 5(1):24-26.
2. Charles worth EA, Williams BJ, Baer PE. “Yogic exercise at. The worksite for hypertension: Compliance, cost-benefit, health care and hyper tension related variables” Psychosomatic Medicine.1984; 46(5):387-97.
3. Gabrielle “Yogic exercise for People with Diabetes” Diabetes Health Programme management, 2005.
4. Heather Soo Sarah Lam “Yogic exercise training in diabetes mellitus” Faculty of Psychology, University of Bergen Journal, 2010.



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



**Fig 2:** The mean scores on anxiety of experimental group and control group