



ISSN: 2456-0057

IJPNPE 2019; 4(1): 1832-1834

© 2019 IJPNPE

www.journalofsports.com

Received: 06-11-2018

Accepted: 10-12-2018

Dr. S Saraboji

Principal, Aditya College of
Physical Education,
Surampalem East, Gothaveri,
Andhra Pradesh, India

Dr. S Ramesh Kumar

Director of Physical Education,
Sri Ramakrishna Mission
Vidyalaya, College of Arts and
Science, Coimbatore, Tamil
Nadu, India

K Mohan Kumar

Research Scholar, Department of
Physical Education, Periyar
University, Salem, Tamil Nadu,
India

Effect of specific yogic training and physical exercise on selected physical fitness variables of body composition on obese persons

Dr. S Saraboji, Dr. S Ramesh Kumar and K Mohan Kumar

Abstract

Yoga is an ancient discipline. The word yoga is derived from the Sanskrit root “yuj” meaning “to yoke” or to link or to integrate. It is one of the six orthodox systems of Indian philosophy, the influence of which has been wide spread among many other schools of Indian thought. The word yoga means union that is to say Union between the body, mind and individual spirit to universal spirit or god. The yoga sutras of Patanjali described the goal of yoga as kaivalya which means either the static of oneness or independence. The purpose of the study was to find out the effect of specific yogic exercise and physical exercise on selected physical fitness variables of body composition on obese persons. The study was confined to student of various departments in Sri Ramakrishna Mission Vidyalaya College of Arts and Science Coimbatore. The age group was between 18 to 21 years. In this study 30 students were selected as obese. This study was conducted on the male students only. The experimental group was asked to take part in the specific yoga training for twelve weeks. The data was collected initially and after the training from the experimental group on the selected variables. Analysis of variance followed by analysis of “t” test was employed, to find out if any significant differences existed on the selected variables the experimental group. Significant differences at level of confidence were seen in all the variables such as flexibility, abdominal muscular endurance, Body Composition, and body weight in favour of experimental group. The result of the study revealed that there is significant improvement on flexibility as a result of practice of Asanas and Physical Exercise. According to the hypothesis given that yogic practice would increase flexibility and Physical Exercise would decrease fat content the body weight. The study reveals that there is significant difference on flexibility and reduce abdominal muscular endurance of the body weight. The finding of the study indicates that body weight of the subjects has decreased significantly due to practice of Asanas and Physical Exercise. Therefore the study reveals that there is significant difference on body weight. The results of the study a combination of increased Physical activity and other lifestyle changes to a healthy diet may be needed to stem the tide of obesity.

Keywords: Abdominal muscular endurance and body weight

Introduction

In today's education system because of the heavy academic schedule and home works the student of our country are hardly getting time for physical activities. If the same situation continues then our future generation will be physically weak, affecting the security of the nation. Asana are the best suited physical activity for the students of our country, as it is economical in terms of time and money. It requires only few minutes with no apparatus. The students after performing 15-30 minutes, as Asana can concentrate on their studies without any sort of fatigue. The examinees body proportions. The sit and reach score of a person with short legs and long trunk and arms will be biased in his or her favor.

Methodology

The selected subjects were oriented about the test procedures. The subjects were urged to put in their best efforts for both pre-test and post-test. The tests are administrated strictly observing the following procedures.

Selection of subject

The study was confined to student of various departments in Sri Ramakrishna Mission

Correspondence

Dr. S Saraboji

Principal, Aditya College of
Physical Education,
Surampalem East, Gothaveri,
Andhra Pradesh, India

Vidyalaya College of Arts and Science Coimbatore. The age group was between 18 to 25 years. In this study 30 obese students were selected. This study was conducted on the male students only. The subjects selected were obese students.

Training program

The subjects were told everything about the test. The training programmed for the group was to undergo six asanas for a format of five repetitions per day. The following six yoga asanas were carefully selected for training to improve the flexibility and reduce body weight. Yoga and Physical Exercise was given in the morning and evening time respectively for a period of 30 minutes on both sessions in twelve weeks.

Statistical technique

The data was collected initially and after the training from the

experimental group on the selected variables. Analysis of variance followed by analysis of “t” test was employed, to find out if any significant differences existed on the selected variables the experimental group.

Results and findings

The analysis of the data pertaining to the study has been presented in the following tables. Analysis of variance followed by analysis of “t” test was employed, to find out if any significant differences existed on the selected variables the experimental group. Significant differences at level of confidence were seen in all the variables such as flexibility, abdominal muscular endurance, Body Composition, and body weight in favor of experimental group. Significant at 0.05 level of confidence.

Table 1: Computation of Mean, Standard Deviation of the Body Weight Experimental Group

S. No	Name of the Test	Mean	Standard Deviation	Mean difference	‘t’ value
1	Pre-test	88.93	6.69	22.78	0.99
2	Post-test	87.26	6.43		

*significant 0.05 level the required table value is 2.04

The Table I shows that the obtained mean value of pre and post-test in Body Weight is 88.93 and 87.26 respectively. The obtained “t” value was 0.99. The required table value is 2.04

at 0.05 level of confidence for the degree of 1 and 29. The obtained “t” ratio was lesser than the table value. It is found to be insignificant.

Table 2: Computation of mean, standard deviation of the skin fold measurement biceps

S. No	Name of the Test	Mean	Standard Deviation	Mean difference	‘t’ value
1	Pre-test	12.46	5.28	0.43	0.128
2	Post-test	12.03	4.47		

The Table II shows that the obtained mean value of pre and post-test in biceps is 12.46 and 12.03 respectively. The obtained “t” value was 0.128. The required table value is 2.04

at 0.05 level of confidence for the degree of 1 and 29. The obtained “t” ratio was lesser than the table value. It is found to be insignificant.

Table 3: Computation of Mean, Standard Deviation of the flexibility

S. No	Name of the Test	Mean	Standard Deviation	Mean difference	‘t’ value
1	Pre-test	6.9	3.84	3.8	3.8*
2	Post-test	10.7	3.95		

The Table III shows that the obtained mean value of pre and post-test in flexibility is 6.9 and 10.7 respectively. The obtained “t” value was 3.8. The required table value is 2.04 at

0.05 level of confidence for the degree of 1 and 29. The obtained “t” ratio was greater than the table value. It is found to be significant improved.

Table 4: Computation of mean, standard deviation of the abdominal muscular endurance

S. No	Name of the Test	Mean	Standard Deviation	Mean difference	‘t’ value
1	Pre-test	15.26	5.11	3.0	2.25*
2	Post-test	18.26	5.27		

The Table IV shows that the obtained mean value of pre and post-test in Abdominal Muscular Endurance is 15.26 and 18.26 respectively. The obtained “t” value was 2.25. The required table value is 2.04 at 0.05 level of confidence for the degree of 1 and 29. The obtained “t” ratio was greater than the table value. It is found to be significant improved.

a result of practice of Asanas and Physical Exercise. According to the hypothesis given that yogic practice would increase flexibility. The study reveals that there is significant difference on flexibility and reduce abdominal muscular endurance of the body weight. The finding of the study indicates that body weight of the subjects has decreased significantly due to practice of Asanas and Physical Exercise. Therefore the study reveals that there is significant difference on body weight. The results of the study a combination of increased Physical activity and other lifestyle changes to a healthy diet may be needed to stem the tide of obesity.

Discussion on findings

The comparison of the findings of the study with hypotheses framed is summarized as follows. The result of the study revealed that there is significant improvement on flexibility as

Conclusion

The following conclusions are drawn based on the findings of the study

1. Practicing Asanas had significantly increased flexibility.
2. Practicing Physical Exercise had significantly decreased the abdominal muscular endurance.
3. Practicing Asanas and Physical Exercise had no significantly body composition. Skin Fold Measurement Biceps.
4. Practicing Asanas and Physical Exercise had significantly body composition Skin Fold Measurement Triceps.

References

1. Suzuki M. Insulin and blood pressure during weight loss in obese adolescents. 1987; 10(3):267-73.
2. Rocchini AP. The beneficial effect of yoga in diabetes. 2005; 7(2):145-7.
3. Malhotra. Role of yoga in diabetes. 2007; 55:121-6.
4. Balachandran A. Effect of long-term resistance exercise on body composition, blood lipid factors, and vascular compliance in the hypertensive elderly men. 2013; 9(2):271-7
5. Kim HS. The effects of resistance exercise training on body composition and strength in obese pre pubertal children. 2013; 41(3):103-9.
6. Alberga AS. Resistance training may concomitantly benefit body composition, blood pressure and muscle MMP-2 activity on the left ventricle of high-fat fed diet rats. 2013; 62(10):1477-84.