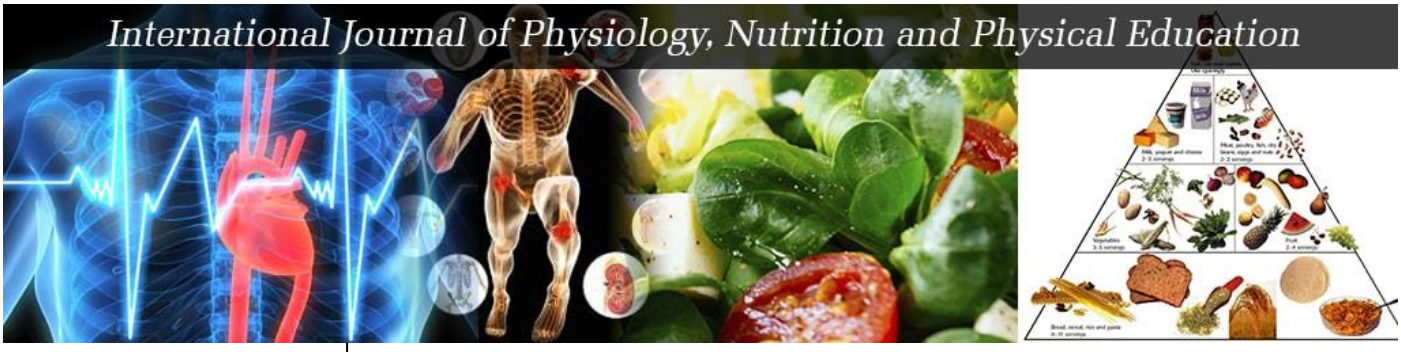

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The effect of selected yoga and aerobic exercises on the psychological, physiological and physical variables of high school students

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Abstract
The purpose of this study was to evaluate the effect of yoga and aerobic exercise on psychological, physiological and physical fitness variables of high school students. 40 high school students (20experimental group and 20 control group) speed explosive leg strength, resting heart rate, respiratory rate, systolic pressure, and diastolic psychology and physiology variables, Self-esteem was used as variables for this study. T- test was use to calculated the collected data at 0.05 level of significant. The result reviled that there was significant difference in speed, heart rate, respiratory rate, systolic pressure and Self-esteem.

Keywords: yoga, aerobic exercises, speed, self -esteem

Introduction
Physical activity plays an important role in our lives today, given that mental and physical fitness and well-being require long demands and quick access in life. Man is freed from the earliest beginnings of life and sometimes feels a good need. Whatever the reason, for whatever reason and for any progress, legitimacy and surprising decisions are needed to have a profound impact on other living species. So, his physical condition is still his main concern since human life evolved on this planet. In today's world, efforts are made to achieve this overall or necessary criteria for the physical business of a particular company by different methods and strategies with specific results. The most common and satisfactory procedure is research. With this method, everyone wants to contribute to some area of life. Lately, most of the world's population has been practicing yoga to stay fit and healthy. Today, life ends in a very complex way, as it seems to cover and multiply the health effects of many disturbing diseases such as diabetes, thyroid disease, asthma, ulcers, migraines, heart attacks, back pain, blood pressure, etc. In today's rapidly changing world, the chances of survival have increased and some competition needs to be addressed. Man can be materially rich. In both cases, it is difficult to maintain a healthy perspective due to many diaries. Pollution worsens health. Many people do not breathe properly and are dissatisfied with that fact. Formal breathing greatly improves physical and mental well-being. Breathing is personally related to our health, and regular irregular breathing indicates a deterioration of the body and mind. Breathing can be an important physiological process that can be intentional or involuntary. When people talk about pranayama, they usually think of yoga practices that have an effect on breathing. But when more attention is paid to encounters with yoga. Keep in mind that the idea of pranayama is much more advanced and that the procedure involves a large number of very important components, with direct control of respiratory function. A person may carefully and intentionally control the breathing process or may forget and breathe reactively or accidentally. If the breath is not forgotten, it comes under the control of the raw mind, where it contains emotions, thoughts and feelings to which we pay less attention. Thus, it interferes with normal breathing and breathing rhythm and flows very poorly, destroying the yoga body and mind.
Yoga has changed its design today. Millions of people around the world practice yoga. Step by step, the feeling of yoga depends. Yoga is a strategy of discovery that expects solidarity of mind, body and spirit through these three yoga structures: fitness, breathing, and meditation. Yoga is designed to put pressure on the glandular system in the body,

which increases efficiency and overall health. We think that the body is an important tool that allows us to work and develop on this planet, a yoga student; hence he treats it with understanding and respect. Breathing techniques rely on the idea that breathing is the source of life in the body. Yoga shows us how to book a lost journey: meditation, nervousness, tension, stress and anger. Yoga from the comfort of the most modern people in order to ease the burden on patients in prevention, treatment, rehabilitation and positive health promotion, experts to develop their abilities and increase personal satisfaction, etc. To all segments of the audience. Yoga students gently increase breathing control to improve the health and performance of the body and mind. These two systems put the body and mind into meditation, which makes it easier for students to calm down and relieve stress on a regular basis. Regular daily routine for all three these yoga structures create a rational, radiant mind and a strong and dignified body [1].

Yoga gently moves and shapes the body, improves posture, increases flexibility and promotes feelings of well-being. Keeps blood vessels flexible, reducing intermittent hypertension. Yoga is practiced smoothly pressure on the glands and organs of the body, causing a positive effect on the stomach, endocrine system and esophagus. The wrong way of directing the body and mind towards God is known as yoga. Yoga is useful for strengthening bones, muscles and other organs. The essence of yoga is to understand everything to connect the light of life and the living soul with God in order to make my birthplace accessible and to attain resurrection and salvation. In addition, the practice of yoga is now a core area of games and sports and study programs for Indian schools, universities and colleges. Yoga is an outdated study India is a concrete process of achieving the domination of the mind, and has therefore quickly grown from an ordinary man to the age of giants [2]. The highest level of humanity and you will finally achieve your heavenly nature or perfection. This conscious process of gaining authority allows all of us to present true opportunities for survival and development to people who have five natures.

Aerobics

High-intensity exercise is a physical exercise designed to increase the efficiency of the cardiovascular system in capturing and transporting oxygen. Vigorous exercise is often defined as oxygen and has a profound effect, the “mind without oxygen”. Great sports mechanics expect the lungs to accumulate oxygen and transfer it to the blood vessels. Oxygenated blood then affects the heart muscle. Muscles use oxygen to contract muscles. Despite the use of oxygen in both procedures, aerobic restrictions are a profitable segment of most fitness programs, which is a job that can be done using oxidation systems that convert energy additives. Oxygen-consuming energy is by far the most important source of energy for all sports; the volleyball game is no special case. I will probably discover the effect of this oxygen consumption while playing volleyball. The American College of Sports Medicine (ACSM) means exercise that consumes oxygen.

Any activity that benefits from mass meat collection can be continued continuously and it's a kind of music‖. Usual intense exercise calmly reduces heart rate and blood pressure, and in some dimensions exercise and the ability to do so and oxygen use [3]. High-intensity exercise refers to sports that increase or increase the use of oxygen in the body. Strong reference effect on the use of oxygen in the body's metabolism or in energy production processes. One of the benefits of oxygen training is prolonged cardiovascular continuity, which reduces the overall risk of death associated with upper limit deficiency (VO_2 max). The body converts food into fuel after passing through several characteristic energy pathways. Directly, the body can replace energy supplements with or without oxygen. These two energy systems are called:

- Anaerobic metabolism (Without oxygen).
- Aerobic metabolism (With oxygen).

The mechanism of aerobic exercise requires that the lungs get oxygen into the blood vessels. Oxygen-rich blood cleanses the heart muscles. Muscles use oxygen to compress muscles. Normal aerobic activity shows that the body gradually produces oxygen production. Examples of aerobic activities include running, jogging, cycling, rowing and walking. To be honest, any sport that combines massive muscle building, heart rate, breathing rate, and body temperature is considered aerobic.

Methodology

For the purpose of the study 40 male high school students were selected as subject for the study. 40 high school students (20experimental group and 20 control group) speed explosive leg strength, resting heart rate, respiratory rate, systolic pressure, and diastolic psychology and physiology variables, Self-esteem was used as variables and which measure by stander test.

Analysis and Results

Data collected from the experimental and control groups were actually divided using standard deviation and t-test and are shown in Dimensions were determined at 0.05 reliability dimensions by estimating Estimates of more in 2007 look good in this study. The result reviled that there was significant difference in speed, heart rate, respiratory rate, systolic pressure and Self-esteem. An asterisk (*) is listed in the table as a significant property of 0.05. Mean T-value, standard deviation and value t Table-1 shows the mean standard deviation and control group t before and after the test. The average shirt after testing significantly increased the width of standing, sitting, sitting and stretching, resting heart rate and respiratory arrest, while the average shirt after testing was respiratory rate, systolic pressure, diastolic pressure, without improvement in mental health. Anxiety and self-esteem. The value of the T line 50 m (2.91) and the boundary (3.20) increased Mean, standard deviation, and experimental group values shows the mean, standard deviation, and yield values before and after the experimental group test. Average after all tests, selected variables were improved, showing the effectiveness of yoga in physical, physiological, and psychological parameters. The most striking critical results were found in sitting position (6.69), lack of trust in others (6.08), and mental health (5.64). The T-values of all selected variables exceed and there is a significant increase in the selected variable.

Conclusion

Yoga defends selflessness and greatness love. Yoga encourages benevolence and patience. In addition, yoga brings joy, a revolutionary tonic to the mind, humiliation, meditation is limited to blockade efforts and self-examination. The effect of this study shows the adequacy of yoga classes for the physical fitness, physiological systems, and psychological effectiveness of high school students. The

results of the control group after the test meant that increased physical exercise was not sufficient psychological abilities. The variables selected in the experimental group were corrected to some extent completely, which teaches us that yoga practice is beneficial for all, especially for athletes, to achieve a higher level of performance, as these variables are also gradually identified during athlete evaluation. The study found that yoga does not benefit from psychological development, but it also improves physiological and physical fitness. Group yoga exercises proved to be better than all aerobic exercises in increasing the stopping time of breathing, heart rate, systolic blood pressure, diastolic blood pressure.

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