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Effect of yogic practices on functional variable of spouse

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Abstract

The aim of this study was designed to Effect of yogic practices on functional variable of spouse. To achieve this purpose of the study 30 Spouse were selected randomly at residing in Madurai district of Tamilnadu, Who had food habits of similar nature and did not go under any exercise programme in the near past, were selected as subject for this study. The total number of subject (n=30) divided into equal groups. Each group consist of (N=15) experimental group I (N=15), control group II (N=15). The experimental group participated in yogic practices for period of 12weeks where as the control group not participate any specific training. All the subject were evaluated before and after the training period on the health related variables namely and Resting pulse rate and VO₂ max. The obtain data were statistically analyzed using 't' test. Due to their working nature of spouse women unable to do yogic practices, through this research may suggest appropriate yogic practices of spouse. Thus it is concluded that yogic practice training significantly improved the Resting pulse rate and VO₂ max.

Keywords: Yoga, resting pulse rate and VO₂ max

Introduction

In today's lifestyle, women are even neglected by themselves for the irresponsibility's and household works. The key factor to happy life, physical wellness being the most defined aspect of it. A person can achieve physical wellness by developing functional variable components.

Yoga

Yoga is typically defined as union: union between the restricted self and the Divine Self. The aim of Yoga is not really to unite us with anything for we are already combined. It is to help us recognize our identity with the Divine Self, to make us know and tune into our essential nature. (Parmarth Niketan)

When the word Yoga is cited, most people directly think of some physical postures for comforting and limbering up the body. This is one aspect of the Yogic science, but essentially only a very small part and comparatively recent in development. The physical Yoga, or Hatha Yoga, was mainly designed to simplify the real practice of Yoga-namely, the understanding and whole mastery over the mind. So the concrete meaning of Yoga is the science of the mind. Usually, the word Yoga is mentioned as Raja Yoga, the mental science. With the current growing of interest in expanding perception and in mental science in general, it is natural that we turn to the ancient science of Raja Yoga. There are, of course, many Western tactics to the study and control of mind, each advancing various different concepts and techniques. But related to these, the ancient Yogic science is a abundant grandsire. For thousands of years the Yoga has investigated the mysteries of the mind and awareness and we may well discover that some of their findings are appropriate to our own search as well. (Swami Satchidananda, 1978).

Need for Study

In the nuclear era every one depend on Instrumentation. Since, Manual pattern and physical movement are restricted, especially spouse. So that they haven't any physical oriented work which enhance physical fitness component and health related fitness.

The Spouse whose work is running or managing her family's home caring for her children buying, cooking, and storing food for the family; buying goods that the family needs for

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everyday life; housekeeping, cleaning and maintaining the home; and making, buying or mending. Like other workers, she can quit or be fired. One dictionary defines an occupation as “An activity that serves as one’s regular source of livelihood.” Being a spouse is an activity that gets one food, clothing, and a place to live. Companies are also interested in motivating women at the physical activity. Companies are taking steps to development the health condition of spouse and support their unique needs. Now a day most of the spouse have using their house needs by sophisticated washing machine grainder, mixer and also stressful because of less surrounding etc. Physical exercise is much valued as shelter and food because it completes the assimilation of food through its action on the functional of the vital organs of the individual body. In this regard spouse are to do physical exercise. So as we request appropriate yogic practices.

So that as a research scholar fell her own and understand the difficult, then only she has choosen this topic (yogic practice) with modified fitness and wellness of spouse.

Material and methods

To achieve this study to know the effect of yogic practices on functional variable of spouse. Thirty spouse (N=30) involved in this study. All participants were entitled for involved in this study on the premise of their pre-medical record. The age differs from 30- 45 years. Participant were randomly distribute into two equal groups namely yogic practices on Experimental group I (n=15), and Control group II (n=15). Spouse were not undergo any exercise programme in the near past days, were selected as subjects for this study. Mother tongue of the subjects was Tamil, food habits were of similar

in nature. The following criterion variables were selected for the study such as Resting pulse rate and VO₂ max. The training period would be the 12 weeks apart from Saturday and Sunday for every week. The yogic practices underwent 12 weeks of training. Effects were measured beginning and after 12weeks of intervention the data were composed. Before and after the training period and the pre-test and post-test were analysed by ‘t’ ratio. The level of significance for the study was selected as 0.05.

Table 1: Tools and Techniques

Variables	Test	Units
Resting pulse rate	Palpation method	Beats/min
VO ₂ max	Rockport fitness walking test	Litters/kg/min

Training program

The 12 weeks yogic practice training programme were designed and implemented by the principles of progression during the entire training phase of the study. The well structured training programme was implemented alternate days of every week for 12 weeks. The yogic training Experimental group I and Control group II underwent 12 weeks of yogic practice apart from Saturday and Sunday for every week. Outcomes were measured at baseline and after the 12 weeks of intervention.

Statistical analysis

The data collected from the subject on functional fitness of spouse. ‘t’ ratio was calculated to find out the significant of the difference between the mean of pre and post of the group.

Table 2: Computation of “t” ratio on Amoung on Spouse of Residing in Madurai District of Tamilnadu Experimental group and Control group

Group	Variables		Mean	SD	‘t’ ratio
Experimental	Resting pulse rate	Pre Test	76.93	4.04	11.60*
		Post Test	73.60	3.92	
	VO ₂ max	Pre Test	35.93	2.91	15.63*
		Post Test	39.73	2.89	
Control	Resting pulse rate	Pre Test	75.46	4.74	1.60
		Post Test	75.93	4.65	
	VO ₂ max	Pre Test	36.20	3.52	1.78
		Post Test	35.53	3.41	

To find out the significant difference between pre and post test on Resting pulse rate and VO₂ max of yogic practice train in group ‘t’ ratio is applied and the level of significance was set at 0.05. The mean of post test for Resting pulse rate in experimental group 73.60, control group 75.46 respectively.

Table value 2.14. It shows significant improve on Resting pulse rate. The mean of post-test for VO₂ max in experimental group 35.93, control group 35.53 respectively. Table value is 2.14. It shows significant improve on VO₂ max.

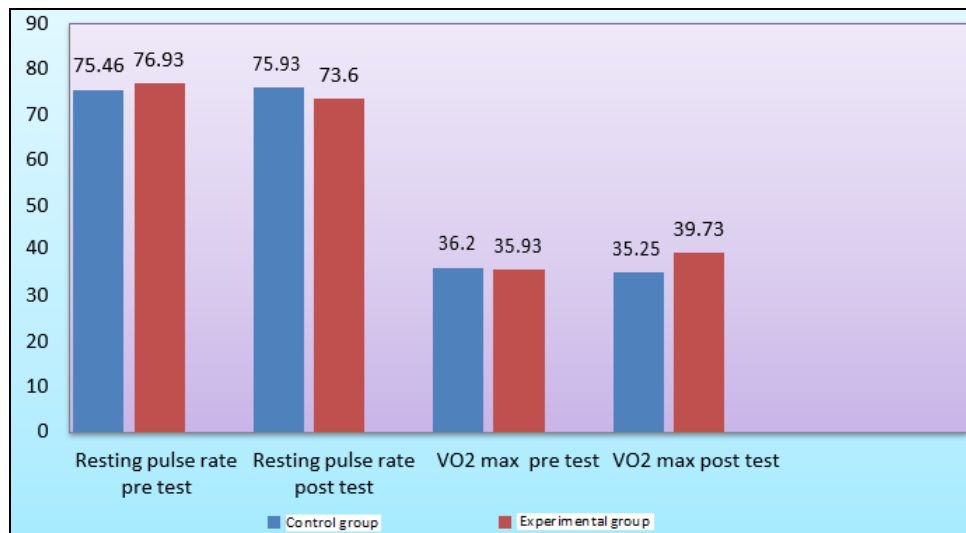


Fig 1: Bar Diagram showing the pre and post mean value for yogic practice training group and control group of spouse on Resting pulse rate and VO₂ max

Discussion on finding

The present study experimented the effect of 12 weeks yogic practice significantly improved Resting pulse rate and VO₂ max among spouse were selected randomly at residing in madurai districts of Tamilnadu. The result of this study indicated that yogic practice training is more efficient to bring out desirable changes over the spouse. The finding of the present study had similarity with the finding of the investigators referred in this study. Chinmayee Bedekar *et al.*, (2017) ^[1] determined Yoga as it combines both physical and psychological aspects of the body through a series of low impact exercises, it was concluded that four weeks of Yoga training through asana was found to be effective in bringing about significant improvement in respect to Resting pulse rate and VO₂ max. Vishaw Gaurav (2011) ^[3] examined these findings indicate that regular hatha yoga practice can elicit improvements in the functional fitness and may contribute to enhance functional fitness.

Conclusion

The purpose of this study was to find out the yogic practices training to achieve this 12 week yogic practices training was given to spouse. To know the effect of yogic practice training on health related physical performance level was used pre and post test of the subjects. The result shown 12weeks yogic practice training develops. On the basis of result it was concluded the 12week of yogic practice training significantly improved the Resting pulse rate and VO₂ max.

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