

Effect of Yogasana practice on physical fitness variables of obese students

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Abstract

The purpose of the study was the effect of asana practice on physical fitness variables among MBA department of Ch. Charan Singh University Meerut obese students. As the study is intended to focus mainly on the impact of asana practice, 40 male obese students between the age group of 20 to 26 years, among MBA department of Ch. Charan Singh University Meerut obese students, were selected as subjects for this study. The subjects were divided into two equal groups namely 20 control group and 20 experimental group. Based on the review of past studies and in consultation with the experts in the field of study it was decided to explore the improvement of physical fitness variables. The pre and post means of each group 't' test were used to find out significant difference between the control and the experimental groups. The study showed that there was a significant improvement in the yogasana practice in physical fitness variables such as Endurance, Explosive Power and Flexibility of among MBA department of Ch. Charan Singh University Meerut obese students.

Keywords: yogasana practice, physical fitness, endurance, explosive power and flexibility

Introduction

Yoga is a discipline to improve or develop one's inherent power in a balanced manner. It offers the means to attain complete self-realization. The literal meaning of the Sanskrit word Yoga is 'Yoke'. Yoga can therefore be defined as a means of uniting the individual spirit with the universal spirit of God. According to Maharishi Patanjali, Yoga is the suppression of modifications of the mind.

'Asana' means staying or abiding. Asana is one way in which a person can experience the unity of body and mind. Asana is defined as that which is comfortable and easy, as well as firm. In the west, asana is commonly called "posture". Yogic posture (asana) is prescribed for the purpose of comfort and firmness during meditation and the practice of pranayama.

Physical fitness is not only of the most important keys to healthy body. It is the basis of dynamic and creative intellectual activity. The relationship between soundness of the body and the activities of the mind is subtle and complex. Much is not understood. But we do know what the Greeks knew that intelligence and skills can only function at the peak of their capacity when the body is healthy and strong; that hardly spirits and tough minds usually inhabit sound bodies.

Methodology

As the study was intended to focus mainly on the impact of

asana practices, the among MBA department of Ch. Charan Singh University Meerut obese students between the age group of twenty to twenty six years, they were studying in among MBA department of Ch. Charan Singh University Meerut obese students were selected as a subjects for this study. The subjects were divided into two groups namely 20 control group and 20 experimental group from the equal sample of Education department obese students were selected, thus constituting a total sample size of forty subjects. The experimental group underwent the asana practices for six weeks, five days in a week from 6.00 am to 7.00 am. The control group did not undergo any training programme.

Based on the review of past studies and in consultation with the experts in the field of study it was decided to explore the improvement in physical fitness variables in male students as subjects, by administering the yogasanas practices with pre and post evaluation.

Selection of Variables

The following Physical Fitness variables and Yogasana Training Schedule were selected: Physical Fitness variables (Endurance, Explosive power and Flexibility) Table 1 and Yogasana Training Schedule Table 2.

Table 1: Physical Fitness Components and Measuring Technique

S. No	Criterion variables	Test items	Unit of measurement
1.	Endurance	Cooper's Run / Walk test	Seconds
2..	Explosive Power	Standing Broad Jump	Centimeters
3.	Flexibility	Sit and Reach Test	Centimeters

Table 2: Yogasana Training Schedule

S. No	Components	Name of the Practices Asana	Duration (in min)
1	Prayer	Om Chanting	3 Min
2	Preparatory Practices	Suryanamaskar	7 Min
3	Asanas	Tadasana, Padahasthasna, Trikonasana, Vajrasana, ustrasana, Uttanptasana, Shalabasana, Halasana, Bhujanasana, Sarvagasana, Dhanaurasana, Shashangasana, Yogamudrasana, Paschimattansana, Garudasana, Natarajasana	40 Min
4	Relaxation	Yoga Nidra	7 Min
5	Closing prayer	Om Chanting	3 Min
			60 Min

Statistical Technique

To find out the significance between the pre and post test means of control and was. Experimental groups the ‘t’ test applied for evaluation of MBA department of Ch. Charan Singh University Meerut obese students of physical fitness variables.

Results

Comparison of physical variables in pre and post training

periods and the effect of asana practice of MBA department of Ch. Charan Singh University Meerut obese students. The Calculation of mean, standard deviation, standard error of mean, mean difference, and ‘t’ value of physical fitness variables between the pre and post periods of the experimental and the control groups of MBA department of Ch. Charan Singh University Meerut obese students were furnished in table 3.

Table 3: Computation of ‘T’ ratio between the Pre and Post Tests on physical fitness variables of experimental and control groups of MBA department of Ch. Charan Singh University Meerut Obese Students

Variable	Group	Test	Mean	SD	MD	‘t’ ratio	
Endurance	Exp. Group	Pre-test	2545.00	233.33	52.17	72.00	2.43*
		Post-test	2617.50	246.16	55.04		
	Control Group	Pre-test	2537.50	300.38	67.16	17.50	1.27
		Post-test	2520.00	288.09	64.42		
Explosive Power	Exp. Group	Pre-test	2.00	0.26	0.05	0.24	6.42*
		Post-test	2.24	0.25	0.05		
	Control Group	Pre-test	1.94	0.32	0.07	0.01	0.19
		Post-test	1.93	0.33	0.07		
Flexibility	Exp. Group	Pre-test	7.90	0.89	0.20	0.61	12.88*
		Post-test	8.51	0.91	0.20		
	Control Group	Pre-test	7.81	0.91	0.20	0.00	0.09
		Post-test	7.81	0.88	0.19		

*Significance at 0.05 levels

The table 3 show that the obtained mean and standard deviation values in physical fitness variables of endurance, explosive power and flexibility of pre test and post test scores of experimental groups were 2545.00 ± 233.33 & 2617.50 ± 246.16 , 2.00 ± 0.26 & 2.24 ± 0.25 and 7.90 ± 0.89 & 8.51 ± 0.91 respectively, the standard error of mean difference is 52.17, 0.05 and 0.20 and mean difference is 72.00, 0.24 and 0.61 the obtained ‘t’ ratio is 2.43, 6.42 and 12.88. The required table value is 2.09 at 0.05 level of confidence for the degree of freedom 1 and 19. The obtained ‘t’ ratio was 2.43, 6.42 and 12.88 is higher than the table value. It is found to be significant in physical fitness variables of endurance, explosive power and flexibility.

The obtained mean and standard deviation values in physical fitness variables of endurance, explosive power and flexibility of pre test and post test scores of control group were 2537.50 ± 300.38 & 2520.00 ± 288.09 , 1.94 ± 0.32 & 1.93 ± 0.33 and 7.81 ± 0.91 and 7.81 ± 0.88 respectively, the standard error of mean difference is 64.42, 0.07 and 0.19 and mean difference is 17.50, 0.01 and 0.00 the obtained ‘t’ ratio is 1.27, 0.19 and 0.09. The required table value is 2.09 at 0.05 level of confidence for the degree of freedom 1 and 19. The obtained ‘t’ ratio was 1.27, 0.19 and 0.09 is lesser than the table value. It is found to be insignificant in physical fitness variables of endurance, explosive power and flexibility.

It is inferred from the results of the study that the yogasana practice brought significant improvement in physical fitness variables of MBA department of Ch. Charan Singh University Meerut obese students among the experimental group as compared to the control group.

Discussion and Findings

The results of the study indicate that the yogasana practice brought significant improvement in all the physical fitness components of the endurance, explosive power and flexibility. The experimental group was compared to the control group of the MBA department of Ch. Charan Singh University Meerut obese students.

Discussion on the Hypotheses

1. The hypothesis stated that the yogasana practice in physical fitness variables such as Endurance, Explosive power and Flexibility would not bring any significant changes in the MBA department of Ch. Charan Singh University Meerut obese students.
2. Findings of the study showed that there was a significant improvement in the yogasana practice in physical fitness components such as Endurance, Explosive power and Flexibility of the MBA department of Ch. Charan Singh University Meerut obese students. Hence, the hypothesis was rejected.

Conclusion

The preponderance of the research evidence shows that the yogasana practices on selected physical variables. In the light to the limitations and experimental conditions of this study, the following conclusions were drawn from the results presented in the previous chapter.

1. The experimental group had significant improvement on selected Physical variables such as endurance, explosive power and flexibility in experimental group, as a result of six weeks of Yogasana practices.
2. The control group had insignificant improvement on all the selected physical fitness variables for the absence of yogasana practices.

Recommendations

From this study the following recommendations have been made for future investigation.

- The study may be conducted for the different age groups.
- The similar study may be conducted for the female students.

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