

INFLUENCE OF YOGIC PRACTICES ON HEART RATE OF COLLEGE WOMEN STUDENTS

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ABSTRACT

The aim of this research was to see how yogic practices affected heart rate in college women students. Thirty students from Government Arts and Science College, Mettur Dam, Salem, Tamilnadu, were chosen at random as subjects for the current study, and their ages ranged from 18 to 21 years. The participants were split into two groups of similar size. The experiment was set up as a true random group design with a pre- and post-test. The subjects (n=30) were divided into two groups of fifteen students each at random. In a similar way, the classes were assigned as pranayama practices group and control group. The post-tests were performed after the study group had participated for six weeks. The treatment impact of the training programs on all of the variables in the sample was tested using analysis of covariance (ANCOVA). Heart rate of experimental group reduced significantly when compared to control group.

KEYWORDS: Yogic practices, Heart Rate, College Women.

INTRODUCTION

Yoga shows us all happiness is within ourselves and trying to quench desires is like pouring ghee on fire which only makes it blaze more instead of putting it out. So with desire, It is never satisfied. yoga shows us that happiness for which we are eternally searching can be obtained through non-desire. To achieve a state of non-desire, the mind must be trained to think clearly. A healthy mind requires a healthy body. This is where Hatha Yoga comes in. Yoga, as we have already seen, is the process of attaining self-relation. However, we are concerned solely with Hatha Yoga with its object of purifying the body. Hatha is derived from Ha meaning the Sun and Ta meaning the Moon. Yoga is derived from the Sanskrit term 'Yug' which means "yoke" or 'unite'. The two terms together denote the unification of the Sun and the Moon or the union of the Prana and Apana Vayus. This is a physical process regulating the inflow of breath in the two nostrils. But we must always remember that the purpose of Yoga, of any kind, is the evolution of the soul. Hatha Yoga as known to us today is drawn mostly from Gheranda Samhita and Hathayoga pradipika. These two works seem to be from the same source since many lines from each repeat in the other (Schell, et al. 1994).

METHODOLOGY

The aim of this research was to see how yogic practices affected heart rate in college women students. Thirty students from Government Arts and Science College, Mettur Dam, Salem, Tamilnadu, were chosen at random as subjects for the current study, and their ages ranged from 18 to 21 years. The participants were split into two groups of similar size. The experiment was set up as a true random group design with a pre- and post-test. The subjects (n=30) were divided into two groups of fifteen students each at random. In a similar way, the classes were assigned as pranayama practices group and control group. The post-tests were performed after the study group had participated for six weeks. The treatment impact of the

training programs on all of the variables in the sample was tested using analysis of covariance (ANCOVA).

RESULTS

TABLE I
DESCRIPTIVE ANALYSIS OF PRE TEST AND POST TEST MEANS OF
EXPERIMENTAL AND CONTROL GROUP ON
PHYSIOLOGICAL VARIABLES

S.No	Variables	Pre Test Mean	Post Test Mean
1	Heart Rate	Exp:76.80	Exp:72.46
		Con:78.06	Con:77.80

TABLE II
COMPUTATION OF 't' RATIO BETWEEN THE PRE TEST AND POST TEST MEANS
OF HEART RATE OF EXPERIMENTAL AND CONTROL GROUPS

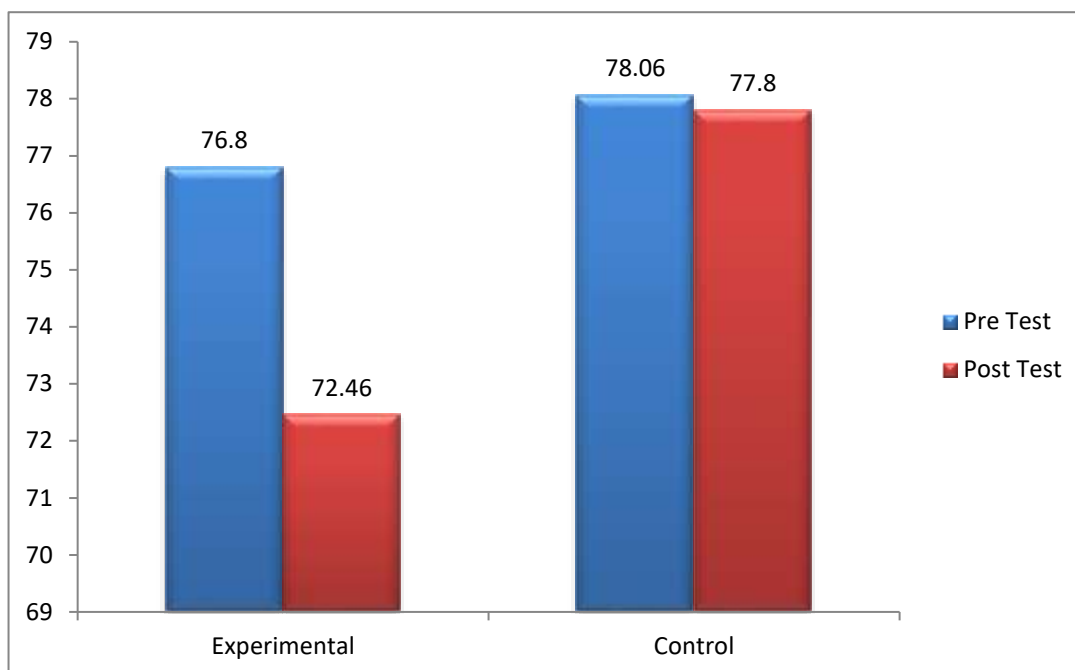
Variables	Group	Mean diff	SD	σ DM	't' ratio
Heart Rate	Exp	4.33	1.71	0.44	9.76*
	Con	0.26	2.01	0.52	0.51

*Significant at 0.05 level

An examination of table II indicates that the obtained 't' ratio was 9.76 on heart rate of experimental group 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 practice of yogic exercises produced a significant improvement in heart rate. Hence the formulated hypothesis related to this was accepted. The obtained 't' ratio was 0.67 on heart rate of control group were 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 not significant.

FIGURE I

BAR DIAGRAM SHOWING THE PRE MEAN AND POST MEAN OF HEART RATE
OF EXPERIMENTAL AND CONTROL GROUPS



CONCLUSION

1. Heart rate of experimental group reduced significantly when compared to control group.

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