INFLUENCE OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES OF COLLEGE WOMEN STUDENTS

Dr.S.UDHAYASHANKAR

Director of Physical Education, Government Arts and Science College, Mettur Dam, Salem, Tamilnadu.

ABSTRACT

The aim of this research was to see how yogic practices affected blood pressure 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 yogic 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). Diastolic blood pressure and systolic blood pressure of experimental group reduced significantly when compared to control group.

KEYWORDS: Yogic Practices, Blood Pressure, Women Students.

INTRODUCTION

Yoga gives perhaps the best mean of personal development and achieving one's maximum capacity. In the high level phases of yoga, superconscious states are achieved which bring about a sensation of joy, profound harmony and the rise of clairvoyant forces. Yoga was created and idealized throughout the hundreds of years by thinkers and spiritualists in India. It is essentially a strategy by which we increment the body's inventory of energy and eliminate any impedance to the transmission of energy all through the body. Yoga has represented considerable authority in this subject for millennia, and smoothed out the techniques to accomplish this point. Nowadays, yoga classes are being held all things considered wellbeing and health focuses across the United States. Alongside contemplation, it is likely perhaps the most well known elective treatment. Numerous doctors, who are distrustful about the adequacy of elective medication, uphold yoga with energy. There are numerous clinical investigations that show the adequacy of yoga. Also, its most amazing aspect is that it is something that should be possible in the solace of your home. A couple of breathing activities suggested by yoga will go far towards better wellbeing and unwinding (Anandha, 1982).

METHODOLOGY

The aim of this research was to see how yogic practices affected blood pressure 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 yogic 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	Diastolic Blood Pressure	Exp:84.20	Exp:80.00
		Con:84.86	Con:84.53
2	Systolic Blood Pressure	Exp:124.73	Exp:121.00
		Con:125.13	Con:124.66

TABLE II
COMPUTATION OF 't' RATIO BETWEEN THE PRE TEST AND POST TEST MEANS OF DIASTOLIC BLOOD PRESSURE OF EXPERIMENTAL AND CONTROL GROUPS

Variables	**Group**	**Mean diff**	**SD**	**σ DM**	**'t' ratio**
Diastolic Blood Pressure	Exp	4.20	1.89	0.48	8.57*
	Con	0.33	2.74	0.70	0.47

*Significant at 0.05 level

An examination of table II indicates that the obtained 't' ratio was 8.57 on diastolic blood pressure 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 diastolic blood pressure. Hence the formulated hypothesis related to this was accepted. The obtained 't' ratio was 0.47 on diastolic blood pressure 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 DIASTOLIC BLOOD PRESSURE OF EXPERIMENTAL AND CONTROL GROUPS

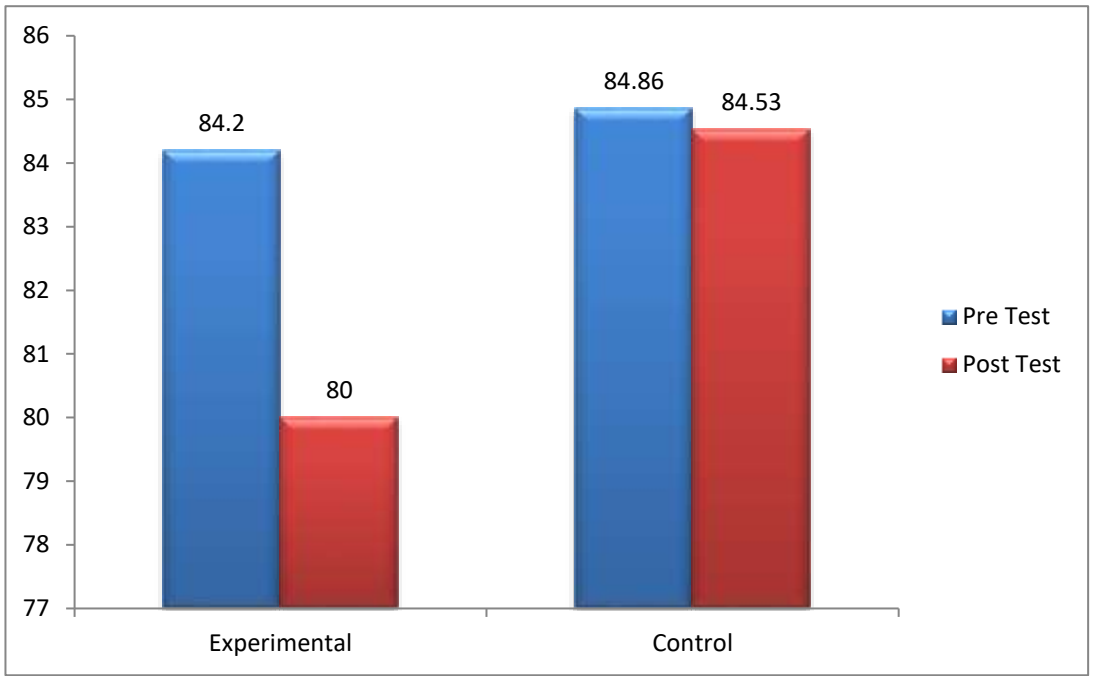


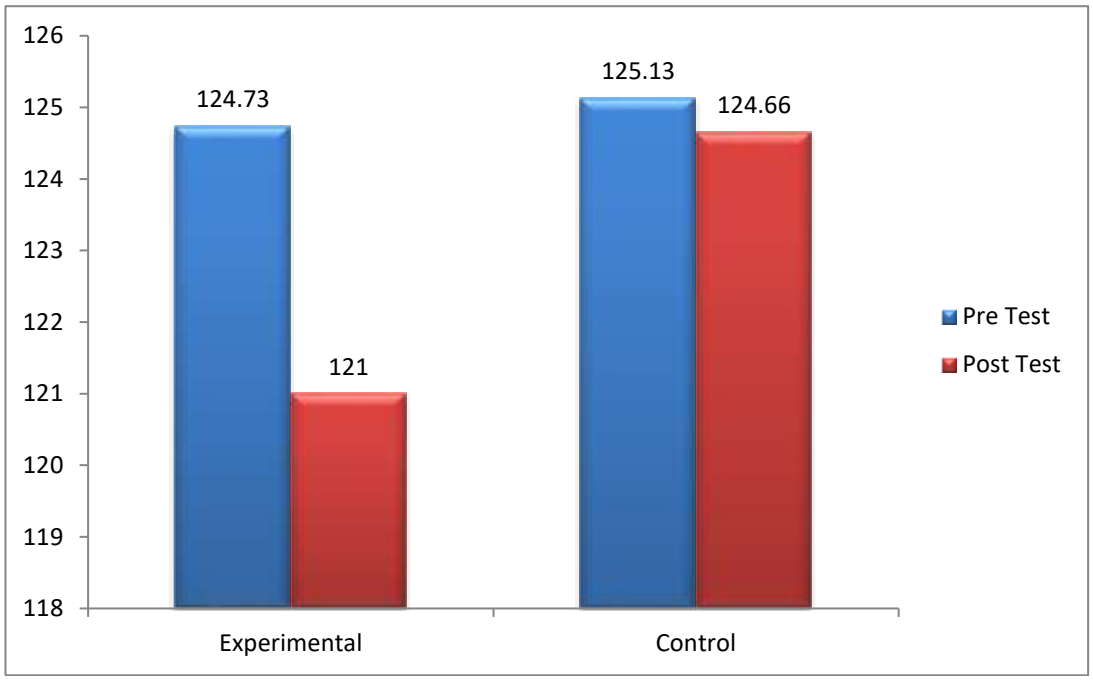
TABLE III
COMPUTATION OF 't' RATIO BETWEEN THE PRE TEST AND POST TEST MEANS OF SYSTOLIC BLOOD PRESSURE OF EXPERIMENTAL AND CONTROL GROUPS

Variables	Group	Mean diff	SD	σ DM	't' ratio
Systolic Blood Pressure	Exp	3.73	2.65	0.68	5.43*
	Con	0.46	2.16	0.55	0.83

*Significant at 0.05 level

An examination of table III indicates that the obtained 't' ratio was 5.43 on systolic blood pressure 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 systolic blood pressure. Hence the formulated hypothesis related to this was accepted. The obtained 't' ratio was 0.83 on systolic blood pressure 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 II
BAR DIAGRAM SHOWING THE PRE MEAN AND POST MEAN OF SYSTOLIC BLOOD PRESSURE OF EXPERIMENTAL AND CONTROL GROUPS



CONCLUSION

1. Diastolic blood pressure and systolic blood pressure of experimental group reduced significantly when compared to control group.

REFERENCES

1. Ananda, (1981), Yoga Develop Your Talent Power, Delhi, India: Orient Books Pvt., Limited.
2. Ananda, (1982), The Complete Book of Yoga Harmony of body mind, Delhi, India: Orient Books Pvt. Ltd.
3. Baldwin, M. C (1999). Psychological and physiological influences of Hatha Yoga training on healthy, exercising adults. (yoga, stress, wellness*).* Dissertation Abstracts International Section A: Humanities and Social Sciences 60, 1031.
4. Garfinkel, M. S et al.,(1994) Evaluation of a yoga based regimen for treatment of osteoarthritis of the hands. Journal of Rheumatology *21*, 2341-2343.
5. Iyengar, B.K.S (1986). *Light on Yoga London* : UNWIN Publishers.
6. Jense, P. & Kenny, D. (2004). The effects of yoga on the attention and behavior of boys with Attention-Deficit/ hyperactivity Disorder (ADHD), 7, 205-16.
7. Kalidasan R (1998), Influence of training with and without selected yogic practices on the test match skill level among Cricketers, *Sports Authority of India Scientific Journal*. 21(1): 25-28.
8. Patel, C. and North, W. R. (1975). Randomised controlled trial of yoga and bio-feedback in management of hypertension. *Lancet* 2, 93-95.
9. Raghuraj P (1998). Effect of two selected yogic breathing techniques of heart rate variability. *Indian J Physiol Pharmacol*. 42(4):467-72.

10. Raju, P. S., Madhavi, S., Prasad, K. V., Reddy, M. V., Reddy, M. E., Sahay, B. K., & Murthy, K. J. (1994). Comparison of effects of yoga & physical exercise in athletes. *Indian Journal of Medical Research 100*, 81-86.
11. Sahasi, G., Mohan, D., and Kacker, C. (1989). Effectiveness of yogic techniques in the management of anxiety. *Journal of Personality and Clinical Studies*, 5, *51-55.*