



Effect of yogic practices on cardio respiratory endurance of adolescents students

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Abstract

The purpose of the present study was to find out the effect of yogic practices on cardio respiratory endurance of adolescents. To achieve the purpose of this study, a qualified physician examined 30 students were selected at random, their age ranged from 18 to 24 years of age. The selected subjects were divided into one experimental groups and a control group with fifteen subjects in each (n=15). Experimental group underwent yogic practices (YPG) and Group II served as control group (CG) for the training period of 12 weeks. All the subjects were informed about the nature of the study and their consent was obtained to co-operate until the end of the experiment and testing period.

The result of this study was that yoga practices groups showed significant improvement in cardio respiratory endurance when compared with a control group as well as pretest.

Keywords: yoga practice, cardio respiratory endurance.

Introduction

Yoga is a psycho-somatic-spiritual discipline for achieving union and harmony between our mind, body and soul and the ultimate union of individual. Yoga is perhaps the only form of activity, which massages all the internal glands, and organs of the body in a thorough manner. Yoga acts in a healthy manner on the various body parts. This stimulation and massage of the organs in turn benefits the mass by keeping away diseases. Yoga ensures the optimum blood supply to various parts of the body, by gently stretching muscles and joints as well as massaging the various organs. Regular yoga practice brings about mental clarity and calmness, increases body awareness and also relieves chronic stress patterns, relaxes the mind, centers attention and sharpens concentration.

Objectives of the study

The core aim of the present study was to find out the effect of Yogic Practice on cardio respiratory endurance of adolescents.

Methodology

The purpose of the present study was to find out the effect of yogic practices on cardio respiratory endurance of the adolescents. To achieve the purpose of this study, a qualified physician examined 30 students were selected at random, their age ranged from 18 to 24 years of age. The selected subjects were divided into one experimental groups and a control group with fifteen subjects in each (n=15). Experimental group underwent yogic practices (YPG) and Group II served as control group (CG) for the training period of 12 weeks. All the subjects were informed about the nature of the study and

their consent was obtained to co-operate until the end of the experiment and testing period.

Test administration

Nine Minutes Run/Walk Test Objective

To measure cardio-respiratory endurance

Equipments

400-mts track, marked at 50 meters interval, stop watch and whistle.

Procedure

Subjects were advised to use standing start method. The subjects stood behind the starting line with the command 'ready' and on 'clap' they ran within the allotted time. When 8th minutes have elapsed, the test administrator calls out the time left to run. At the end of the 9th minutes, the test administrator blows a blast on his whistle and the subject's notes the making he has just passed.

Analysis of data

The data collected from the three groups before and after the experimental period was statistically examined to find out the significant improvement using the analysis of covariance (ANCOVA).

Cardio-Respiratory Endurance

The analysis of covariance on the data obtained for cardio-respiratory endurance of pre and post-test of yoga practices (YPG) and control (CG) groups are presented in table I.

Table 1: Analysis of covariance for the pretest and post test data on cardio respiratory endurance of yogic practices and control groups

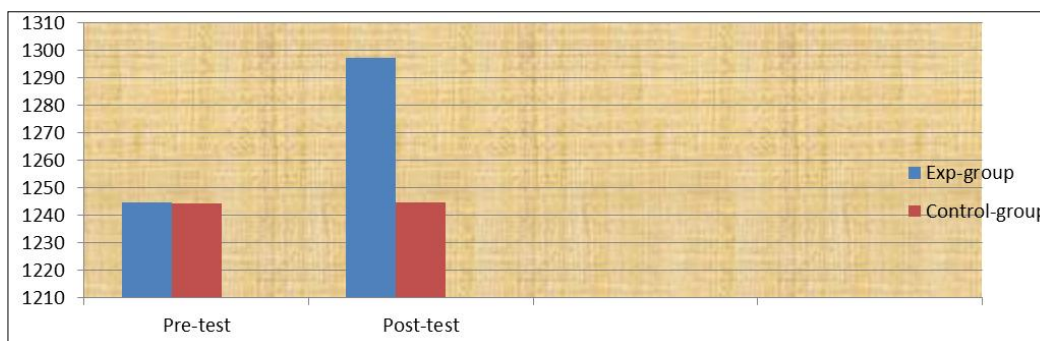
	Experimental group	Control group	SOV	Sum of Squares	df	Mean Square	F' Ratio
Pre Test Mean	1244.76	1244.21	B	2.30	1	2.30	0.266
SD	2.73	3.13	W	242.30	28	8.65	
Post Test Mean	1297.16	1244.76	B	20589.53	1	20589.53	3494.46*
SD	2.07	2.73	W	164.97	28	5.89	
Adjusted Posttest Mean	1297.20	1244.72	B	20459.30	1	20459.30	3458.39*
			W	159.72	27	5.91	

*Significant at 0.05 level of confidence they require table value for significant at 0.05 level of confidence with degree of freedom 1 and 28 is 4.20 and degree of freedom for 1 and 27 at 4.21

Table I shows that the pre-test means in cardio-respiratory endurance performance of yoga practice group YPG and the control groups (CG) are 1244.76 and 1244.21 respectively, resulted in an "F" ratio of 0.266 which indicates statistically no significant difference between the pretest means at 0.05 level of confidence. The posttest means of cardio-respiratory endurance of, YPG and the control groups (CG) are 1297.16 and 1244.76 respectively, resulted in an "F" ratio of 3494.46 which indicates statistically significant difference between the posttest means at 0.05 level of confidence. The adjusted posttest means of cardio-respiratory endurance of the, YPG

and the control groups (CG) are 1297.20 and 1244.72 respectively. The obtained F-ratio value was 3458.39, which was higher than the table value 4.21 with df 1 and 27 required for significance at 0.05 level. It indicates that there was a significant difference among the adjusted posttest means of cardio-respiratory endurance performance of the YPG and the control groups (CG).

The pretest, posttest and adjusted post-test mean values of exercise yogic practice group (YPG) and control group (CG) on cardio-respiratory endurance are graphically presented in figure 1.

**Fig 1:** Graphical representation of the data on cardio-respiratory endurance

Conclusions

The result of this study was that yoga practices groups showed significant improvement in cardio respiratory endurance when compared with a control group as well as pretest.

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