



Effect of selected yogic practice on cardio vascular endurance of hostel students

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Abstract

The main purpose of the study was to determine the effect of selected yogic practice on Cardio vascular Endurance of hostel students Kurukshetra University, Kurukshetra. For the purpose of the study 25 male hostel students of Kurukshetra University, Kurukshetra were randomly selected as samples. The age of the hostel students was ranging 18 to 28 years as the subject for the purpose of the study. Yogic practice was restricted to Surya Namaskar, Sukhasan, Padmasan, Siddhasan, Vajrasan, Tadasan, Ardha Chandrasan, Ardha Kati Chakrasan, Chandrasan, Padhastasan, Veerbhadrasan, Janu Sirasan, Paschimotansan. The data were collected before the start of 2 weeks selected asana training program (pre-test) and immediately after the completion of 2 weeks selected Yogic training program (post-test) by Harvard Step Test. To determine the Yogic practice effects on Cardio vascular Endurance of hostel students paired sample t-test was applied. The level of significance was set 0.05. The findings of statistically analysis revealed that there was significant improvement in Cardio vascular Endurance level of hostel students of experimental group (pre and post) due to selected Yogic practice.

Keywords: cardio vascular endurance, surya namaskar, sukhasan, padmasan, siddhasan, vajrasan, tadasan, ardha chandrasan, ardha kati chakrasan, chandrasan, padhastasan, veerbhadrasan, janu sirasan, paschimotansan

Introduction

Yoga is a type of activity that is intended to deal with the body and additionally on the mind of an individual. This type of activity has a wide range of branches that depend on comparative postures. Notwithstanding, the successions and, at times, nature in which the yoga is performed has a tendency to contrast in each unique school of yoga. Yoga has been found to have an immensely gainful impact on the wellbeing of the person. Move more eat less—that is the saying of numerous a weight watchers. Yoga can help on the two fronts. A standard practice makes them move and consumes calories, and the profound and passionate measurements of your training may urge you to address any eating and weight issues on a more profound level. Yoga may likewise motivate you to end up a more cognizant eater. Because of kneading of inner organs and asanas, blood is pumped up by the heart which initiates all organs and furthermore improves developments of supplements all through cells through the liquid present is interstitial space.

Objectives of the study

- The main objective of the study is to know the effect of selected yogic practice on Cardio vascular Endurance of hostel students.

Hypothesis of the study

- It was hypothesized that there would be no significant effect of selected yogic practice on Cardio vascular Endurance of hostel students.

Research Procedure Methodology

- 25 male hostel students of Kurukshetra University, Kurukshetra were randomly selected as sample.
- The age of the hostel students was ranging 18 to 28 years as the subject for the purpose of the study.
- Yogic practice was restricted to Surya Namaskar,

Sukhasan, Padmasan, Siddhasan, Vajrasan, Tadasan, Ardha Chandrasan, Ardha Kati Chakrasan, Chandrasan, Padhastasan, Veerbhadrasan, Janu Sirasan, Paschimotansan.

- The dependent variable was chosen as Cardio vascular Endurance.
- Cardio vascular Endurance of the hostel students was measured by Harvard Step Test
- A total period of 2 weeks training program with the selected Yogic practice administered on the experiment group.

Treatment Adopted

The training program of 2 weeks, six day in a week. The training was given in the evening season for 45 minutes.

Significance of the study

- The study would be helping the hostel students to know there Cardio vascular Endurance.
- The result of the study would highlight the effect of selected asana on the Cardio vascular Endurance of hostel students.

Table 1: Paired Samples Statistics

Variable	Group	N	Mean	S.D	S.E.M	T -Value
Cardio vascular endurance	Pre-Test	25	78.20	5.74	1.14	10.56*
	Post-Test	25	87.24	6.67	1.33	

*Significant at 0.05 level Tabulated $t_{0.05(24)} = 2.00$

Table 1 shows that 't' value (10.56). The mean score of pretest and posttest of Cardio Vascular Endurance is higher than the table value 0.05. The mean score of pre-test Cardio Vascular Endurance (78.20) is lower than the post-test of Cardio Vascular Endurance (87.24), which shows the significant difference. Significant difference was found in Cardio Vascular Endurance level of experimental group (pre

and post) due to selected yogic practice. It may be attributed to the fact that selected yogic practice given to the selected hostel student's increase their Cardio Vascular Endurance.

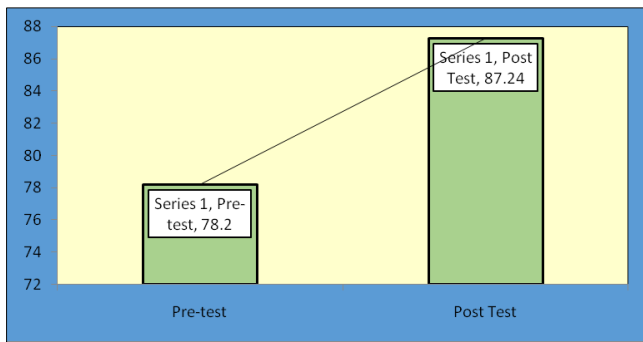


Fig 1: Mean Comparison of Cardio Vascular Endurance Pre and Post Test

Result

Collected data of Cardio vascular Endurance were converted into t-score and determine the composite score of hostel students. To determine the effect of selected yogic practice on Cardio vascular Endurance of hostel students paired samples t-test were applied. The level of significance was set 0.05 for testing the hypothesis.

Findings of table 1 reveal that there are significant mean difference in Cardio Vascular Endurance between the mean of pre and post-test of experimental group as the calculated t-ratio of 10.56* respectively are higher than the tabulated t-ratio value of 2.00 respectively at 0.05 level for 24 degree of freedom respectively.

Discussion

The finding of table no 1 are that there was significant improvement in Cardio vascular Endurance of (pre and post)experimental group. This signifies that due to 2 week of selected yogic practice brought fruitful result within the subject of experimental group. It may be attributed to the fact that selected yogic practice given to the selected hostel student's increase their Cardio vascular Endurance.

Conclusion

- Significant difference was found in Cardio vascular Endurance level of experimental group (pre and post) due to selected yogic practice.

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