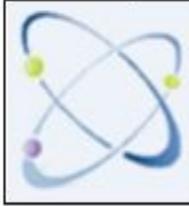


INFLUENCE OF VARIED PACKAGES OF YOGIC PRACTICES ON CARDIO VASCULAR ENDURANCE AMONG COLLEGE MEN STUDENTS



HEALTH SCIENCE

Keywords: Swami Satyananda Saraswati Yogic Practices, Swami Vishnudevananda Yogic Practices, Cardio Vascular Endurance and ANCOVA

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ABSTRACT

The purpose of the present investigation is to find out the influence of varied packages of yogic practices on Cardio Vascular Endurance among college men students. To achieve these purpose 90 men subjects were selected at random from Rajapalayam Raju's College, Rajapalayam, Tamilnadu as subjects. Their age ranged from 18 to 25 years. They were divided into three equal groups of 30 subjects each and assigned to experimental group-I, experimental group-II and control group. In a week the experimental group I underwent Swami Satyananda Saraswati yogic practices, experimental group II underwent Swami Vishnudevananda yogic practices and Control Group was not given any specific training. All the subjects underwent one area of test namely Cardio Vascular Endurance. They assessed before and after the training period of 12 weeks. The analysis of covariance was used to analyze the data. The study revealed that the above said criterion cardio vascular were significantly improved due to the influence of varied packages of yogic practices on Cardio Vascular Endurance among college men students.

I. INTRODUCTION

Yoga is right life, right movement. We live by the union of several elements and principles. The lungs breathe in union with the air, the lungs live in yoga with the air. The heart beats in union with the blood, the heart lives in yoga with the blood. Our body lives in union with the pure spirit and that in union with the divine. This union is called yoga. All life is verily a yoga. Yoga means union, communion, connection, touch, contact, yoga is yoking of the mind to the soul, the human to the divine in us. In the technical sense, yoga is psychic science showing us how to live in tune with the pure spirit that is our divine essence. Cardio vascular endurance is also frequently called cardio-respiratory endurance, cardiovascular fitness, aerobic capacity, and aerobic fitness or is sometimes more broadly termed "endurance" although endurance may also refer to the ability of the muscle to do repeated work without fatigue. It is also one of the five components of physical fitness

II .STATEMENT OF THE PROBLEM

The purpose of the study was to find out the influence of varied packages of yogic practices on Cardio Vascular Endurance among college men students.

III .HYPOTHESIS

- It was hypothesized that there would be significant improvement difference in the Cardio Vascular Endurance due to the influence of varied packages of yogic practices than the control group among college men students.
- It was hypothesized that there would be significant improvement difference between the (varied packages of yogic practices) Swami Satyananda Saraswati Yogic

Practices and Swami Vishnudevananda Yogic Practices group on Cardio Vascular Endurance among college men students.

IV .METHODOLOGY

To achieve the purpose of investigation 90 college men students were randomly selected from Rajapalayam Raju's College, Rajapalayam, Tamilnadu. The subjects age ranged from 18 to 25 years. The selected subjects were randomly divided into three equal groups, namely experimental group I underwent Swami Satyananda Saraswati Yogic Practices, experimental group II underwent Swami Vishnudevananda Yogic Practices and control group was not given any specific training. Each group consisted of 30 subjects. All the subjects underwent one area of test namely Cardio Vascular Endurance. They assessed before and after the training period of 12 weeks. The analysis of covariance was used to analyze the data.

DEPENDENT VARIABLE

- Cardio Vascular Endurance

INDEPENDENT VARIABLES

- Experimental group I - Swami Satyananda Saraswati Yogic Practices
- Experimental group II - Swami Vishnudevananda Yogic Practices
- Control group - No Training

V .COLLECTION OF DATA

The data on Cardio Vascular Endurance collected by administrating 12 Minutes Run/Walk Cooper's Test. Pre-test were collected two days before the training programme started

and post-test were collected 24 hours after the training session. In both the cases, the data were collected in one day only.

VI. RESULTS AND DISCUSSION

RESULTS OF CARDIO VASCULAR ENDURANCE

The statistical analysis comparing the initial and final means of Cardio Vascular Endurance assessed through 12 Minutes Run/Walk Cooper's Test due to Swami Satyananda Saraswati Yogic Practice group, and Swami Vishnudevananda Yogic Practice group on College Men Students presented in Table I.

TABLE I: Computation of analysis of covariance of Cardio vascular endurance (Scores in Meters)

Test	EXP.GP 1	EXP.GP 2	Control GP	SOV	SS	df	MS	F
Pre test Mean	2685	2736.67	2710.00	B	40055.56	2	20027.78	0.31
				W	5652416.67	87	64970.31	
Post test Mean	2888.33	2870.00	2730.00	B	450055.56	2	225027.78	3.91*
				W	5009416.67	87	57579.50	
Adjusted Post test mean	2911.77	2846.05	2730.51	B	504832.20	2	252416.10	84.97*
				W	255474.12	86	2970.63	

*Significant at 0.05 level of confidence.

(The table value required for 0.05 level of significance with F 2, 87 and 2, 86 are 3.103 and 3.103 respectively)

As shown in table I the obtained F value on the scores of the pretest means 0.31 was lesser than the required F value of 3.103, which proved that the random assignment of the subject were successful and their scores in Cardio Vascular Endurance before the training were equal and there was no significant differences. The analysis of posttest means proved that the obtained F value 3.91 was greater than the required F value of 3.103 to be significant at 0.05 levels. Taking in to consideration of the pretest and posttest means the adjusted posttest means were done and the obtained F value of 84.97 was greater than the required F value of 3.103 hence it was accepted that the Swami Satyananda Saraswati Yogic Practice group and Swami Vishnudevananda Yogic Practice group significantly increased the Cardio Vascular Endurance. Since the significant differences were recorded, the result was subjected to post hoc analysis using scheffe's confidence interval test. The results are presented in table II.

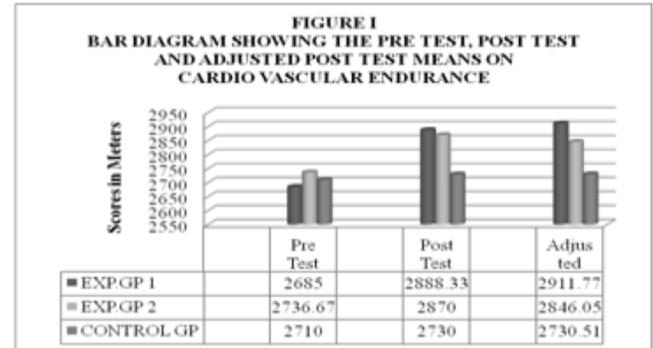
TABLE II: Scheffe's confidence interval test scores on Cardio vascular endurance

MEANS			MEAN DIFFERENCE	REQUIRED C
EXP.GP 1	EXP.GP 2	CONTROL GP		
2911.77	2846.05	-	65.72*	35.04
2911.77	-	2730.51	181.26*	35.04
-	2846.05	2730.51	115.54*	35.04

*significant at .05 level of confidence

Table II shows that the adjusted post-test mean difference in cardio vascular endurance between EXP.GP 1 and EXP. GP 2,

EXP.GP 1 and CG and between EXP. GP 2 and control group are 65.72, 181.26 and 115.54, respectively which were statistically significant at 0.05 level of confidence. The ordered adjusted means are presented through bar diagram for better understanding of the result of this study in Figure I.



VII. DISCUSSION ON THE FINDINGS OF CARDIO VASCULAR ENDURANCE

The result of the study on cardio vascular endurance indicates that all the experimental groups namely EXP GP 1 and EXP GP 2 brought about significant improvement after the training. The result of the study indicates that there was a significant difference on cardio vascular endurance between the EXP GP 1 and EXP GP 2. However, Swami Satyananda Saraswati Yogic Practice group was found to be better in increasing of cardio vascular endurance than Swami Vishnudevananda Yogic Practice group. The result of this study on cardio vascular endurance has in line with the study conducted by Hagins, Moore and Rundle, (2007).

CONCLUSIONS

- Two different yogic practice methods (Swami Satyananda Saraswati and Swami Vishnudevananda yogic practices) helped to increasing the cardio-vascular endurance.
- Systematic 12 weeks of Swami Satyananda Saraswati yogic practice system improves the cardio-vascular endurance more than the Swami Vishnudevananda yogic practices.

Swami Satyananda Saraswati yogic practice system was a suitable training system to improve the cardio-vascular endurance among the college men students.

REFERENCES

- [1] Hagins M, Moore W, and Rundle A (2007), "Does practicing hatha yoga satisfy recommendations for intensity of physical activity which improves and maintains health and cardiovascular fitness?". Journal of BMC Complementary Alternative Medicine, 30:7, P.40.