



Effect of Varied Modes of Yogic Practices on Selected Co-ordinative Abilities of Professional College Students

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Abstract

The purpose of the study was to find out the effect of varied modes of yogic practices on selected co-ordinative abilities of professional college students. It was hypothesized that there would be significant differences on selected co-ordinative abilities due to the effect of varied modes of yogic practices among professional college students. For the present study 40 polytechnic male students from KLN Polytechnic College, Madurai, Tamilnadu were selected at random and their age ranged from 15 to 17 years. For the present study pre test – post test random group design which consists of control group and experimental group were used. The subjects were randomly assigned to two equal groups of twenty each and named as Group 'A' and Group 'B'. Group 'A' underwent asana, pranayama & meditation and Group 'B' has not undergone any training. Static balance was assessed by stork balance stand test and dynamic balance was assessed by beam walk test. The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent 't test'. The level of significance was set at 0.05. The asana, pranayama & meditation practices group had positive impact on static balance and dynamic balance of professional college students. The experimental group showed better improvement on static balance and dynamic balance of professional college students than the control group.

Keywords: Asana, Pranayama, Meditation, Balance, College Students.

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Introduction

Human becomes humane, when one shows concern for other fellow human beings and all good qualities make him an excellent human being. Every human being has the sixth sense, which is 'the ability to predict'. Only such a person will be able to think. The sixth sense makes the man different from the animal. It is the animal instinct that snatches away the peace and prosperity of other living beings. Human nature is unique. Through good thinking, good action and good words one can contribute to the peace and prosperity of others. With love and affection the same man acquires divine power and becomes one with the nature and this entire process is called 'Yoga'. What exists in the world is Natural. What man has created is unnatural. Between these two, how a man co-exists becomes 'life'. Life is a combination of nature, society and self. Scientific studies have shown that the practice of Yoga has curative abilities and can prevent disease by promoting energy and health. That is why more and more professionals have started using yoga techniques in patients with different mental and physical symptoms, such as psychosomatic stresses and different diseases. Our bodies have a tendency to build up and accumulate poisons like uric

acid and calcium crystals, just to mention a few. The accumulation of these poisons manifests in diseases and makes our bodies stiff. A regular Yoga practice can cleanse the tissues through muscle stretching and massaging of the internal organs. This brings the waste back into circulation so that the lungs, intestines, kidneys, and skin are able to remove toxins in a natural way.

The great science of Yoga is India's unequalled gift to mankind. If mankind is to evolve further and if it is to save itself from its own aggressive tendencies, the only path open is through the science of yoga. Though the ultimate goal of this yoga and sports is the relationship of the absolute health in day to day life it is useful and necessary to maintain mental and physical health. Physical exercise (asana) breath control (pranayama) and mind control (dharana) are all helpful to conquer physical and mental ills. The great influence of the mind over the body, its health and functioning were well understood by our ancient people, throughout our glorious history. The control of the mind was given prime importance for achieving fitness of the body, happiness of the mind harmony with society and the universe.

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Methodology

The purpose of the study was to find out the effect of varied modes of yogic practices on selected co-

ordinative abilities of professional college students. It was hypothesized that there would be significant differences on selected co-ordinative abilities due to the effect of varied modes of yogic practices among professional college students. For the present study 40 polytechnic male students from KLN Polytechnic College, Madurai, Tamilnadu were selected at random and their age ranged from 15 to 17 years. For the present study pre test – post test random group design which consists of control group and experimental group were used. The subjects were randomly assigned to two equal groups of twenty each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent asana, pranayama & meditation and Group ‘B’ has not undergone any

training. Static balance was assessed by stork balance stand test and dynamic balance was assessed by beam walk test. The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent ‘t’ test. The level of significance was set at 0.05.

Results

The findings pertaining to analysis of dependent ‘t’ test between experimental group and control group on selected co-ordinative abilities of professional college students for pre-post test respectively have been presented in table I to II.

Table I. Significance of mean gains & losses between pre and post test scores on co-ordinative abilities of experimental group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Static balance	28.05	43.65	15.60	6.02	1.34	11.57*
2	Dynamic balance	1.85	4.20	2.35	1.26	0.28	8.28*

An examination of table-I indicates that the obtained ‘t’ ratios were 11.57 and 8.28 for static balance and dynamic balance respectively. The obtained ‘t’ ratios were found to be greater than the required table value of 2.09 at 0.05 level of significance for 19 degrees of

freedom. So it was found to be significant. The results of this study showed that statistically significant and explained its effects positively. The graphical representation of data has been presented in figure I.

Figure I. Comparisons of pre – test means and post – test means for experimental group in relation to co-ordinative abilities

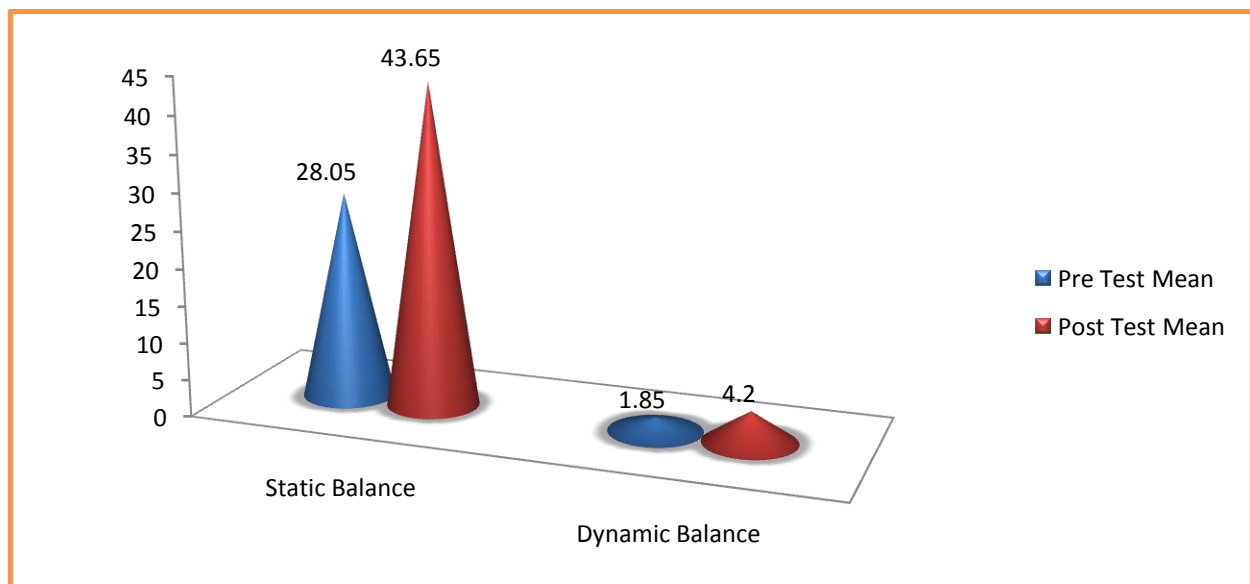
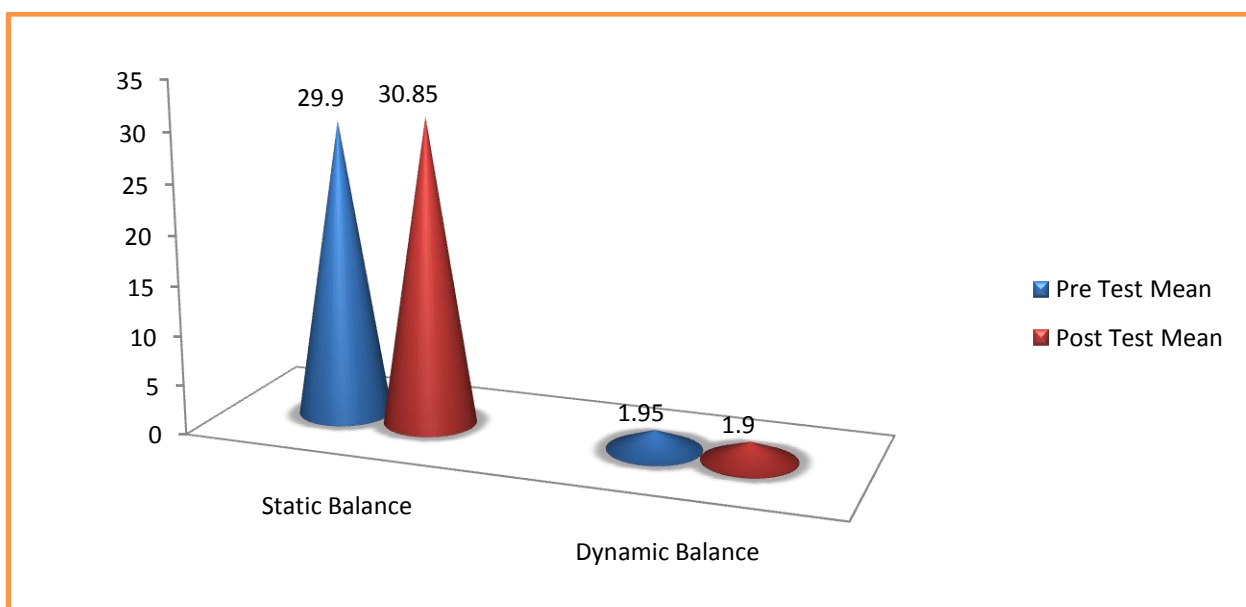


Table II. Significance of mean gains & losses between pre and post test scores on co-ordinative abilities of control group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (\pm)	σ DM	't' Ratio
1	Static balance	29.90	30.85	0.95	7.55	1.68	0.56
2	Dynamic balance	1.95	1.90	0.05	0.99	0.22	0.22

An examination of table-II indicates that the obtained 't' ratios were 0.56 and 0.22 for static balance and dynamic balance respectively. The obtained 't' ratios were found to be lesser than the required table value of

2.09 at 0.05 level of significance for 19 degrees of freedom. So it was found to be insignificant. The graphical representation of data has been presented in figure II.

Figure II. Comparisons of pre – test means and post – test means for control group in relation to co-ordinative abilities

In the case of co-ordinative abilities i.e. static balance and dynamic balance the results between pre and post test have been found to be significantly higher in experimental group in comparison to control group. This is possible because due to regular asana, pranayama & meditation practices which may also bring sudden spurt in co-ordinative abilities in professional college students. The findings of the present study have strongly indicate that asana, pranayama & meditation of twelve weeks have significant effect on selected co-ordinative abilities i.e., static balance and dynamic balance of professional college students. Hence the hypothesis earlier set that asana, pranayama & meditation practices would have significant effect on selected co-ordinative abilities In the light of the same the hypothesis was accepted.

Conclusions

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The asana, pranayama & meditation practices group had positive impact on static balance and dynamic balance of professional college students.
2. The experimental group showed better improvement on static balance and dynamic balance of professional college students than the control group.

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