EFFECT OF YOGIC EXERCISES FOR DEVELOPMENT OF AEROBIC CAPACITY AMONG COLLEGE MALE STUDENTS OF DISTRICT SITAPUR, UTTAR PRADESH, INDIA

Dr. Hasan Mehdi¹ & Dr. Mohd. Wahid²

Affiliations:
¹ Assistant Professor, Department of Physical Education, Maulana Azad Institute of Humanities Science & Technology, Mahmudabad, Sitapur.
² Associate Professor, Department of Physical Education, Halim Muslim P.G. College, Kanpur.

ABSTRACT

Background: Yoga is a very ancient exercise that originated in India. Yoga is viewed as a Physical, Mental and Spiritual discipline that confers a sound body and a sound mind. Regular practice of the yoga positions can result in plenty of benefits, including stimulation of the internal organs and improving blood circulation. Yogic activities provide benefits to the mind and body and bring about balanced energy flow. Many studies are conducted by various researches on yogic exercises and its effects on physical function and mental functions. The objective of the study is to improve the Aerobic capacity through yogic activities among college male students. It was hypothesized that yogic exercises would be development of Aerobic capacity.

Materials and Methods: The purpose of the present study to find out the effect of yogic exercises for the development of Aerobic capacity among college male students of Mahmudabad, district sitapur. The sample for the present study consists of 40 male students of Maulana Azad Institute of Humanities Science & Technology, Mahmudabad, Sitapur. Out of which 20 are experimental group and 20 are controlled group. Their age ranged between 18 to 25 years. Yogic exercises were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training of Physical exercises for six weeks. To assess the Aerobic capacity Pre-Test and Post-Test were conducted in Cooper’s 12-Minute Run Test to both groups. Results: It has been observed from the analysis of data that Aerobic capacity was improved within the experimental group.

Keywords: Yogic Exercises, Aerobic capacity and Physical Exercises.
1. INTRODUCTION

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word ‘Yoga’ is derived from the Sanskrit root ‘Yuj’, meaning ‘to join’ or ‘to yoke’ or ‘to unite’. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

Yoga asanas is a body positions that has something to do with the sequence of sitting, standing and balancing postures to increase the body flexibility. Yoga asanas provide the individual with multifold benefits physically, mentally and also spiritually. It keeps us physically fit, reduces weight, normalizes blood pressure, controls stress and cholesterol level and improves overall performance of the body and mind.

Pranayamas or breathing exercises are an integral feature of any yoga practice. These breathing techniques are designed to give us greater control over the respiratory function, which for most of us is simply a reflex. The practice of breathing exercises or pranayamas helps to enhance and build lung capacity, improving oxygenation, circulation and energizing your body. Breathing exercises have a tremendous calming and relaxing effect on the body and are also essential to meditation. Breathing exercises are practiced in synchronization with yoga poses.

Aerobic capacity has been defined as the ability of the lungs, heart, and blood vessels to deliver adequate amount of oxygen and nutrients to the cells to meet the demands of prolonged activity. Aerobic capacity is usually assessed by measuring maximal oxygen consumption (VO2 max). The oxygen required for the break down of carbohydrate and fat comes from air we breathe.

The main objective of study was to find out the effect of Yogic Exercises for development of Aerobic Capacity among College Male students of District Sitapur, Uttar Pradesh, India.

2. METHODOLOGY

2.1 Sample:

The sample for the present study is 40 male students of Maulana Azad Institute of Humanities Science & Technology, Mahmudabad, Sitapur. Out of which 20 are Experimental group and 20 are Controlled group. Their age ranged between 18 to 25 years.

2.2 Tool Used:

Cooper’s 12-Minute Run Test was used for collection of data.

2.3 Procedure:

The 12-Minute Cooper's Test were for Pre Test for experimental group as well as for Control group. The result was recorded. The six weeks Yogic exercises were provided to experimental group. The experimental group consists of Yogic exercises alternately. All kinds of Yogic exercises are being included in this Yogic exercises like Asanas and Pranayama. The Controlled group was given the general training. After six weeks training the post test were conducted on both groups. The subjects generally come from different socio-economic status, different dietary habits and different lifestyle which would have an effect on the performance of both groups can not be controlled.
3. RESULTS AND DISCUSSION

To find out the significance of difference between experimental and control group on aerobic capacity of male students, mean, SD and t-ratio were computed and data pertaining to this, has been presented in Table 1 and 2.

<table>
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<th>TABLE 1</th>
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<td><strong>SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF AEROBIC CAPACITY ON PRE-TEST OF EXPERIMENTAL AND CONTROL OF MALE STUDENTS</strong></td>
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*Significant at .05 level

Table 1 reveals that the statistically significant difference was found between experimental and control in pre-test on aerobic capacity measured by Cooper’s 12-Minute Run Test, as the obtained t-value of 1.77 was higher than the required t .05 (38)=1.68

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<tr>
<td><strong>SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF AEROBIC CAPACITY ON POST-TEST OF EXPERIMENTAL AND CONTROL OF MALE STUDENTS</strong></td>
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<tr>
<td><strong>Pre Test</strong></td>
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*Significant at .05 level

Table 2 reveals that the statistically significant difference was found between experimental and control in post-test on aerobic capacity measured by Cooper’s 12-Minute Run Test, as the obtained t-value of 3.64 was higher than the required t .05 (38)=1.68

4. CONCLUSION

The present study concludes that the yogic exercises imparted in this study for a period of six weeks useful in improving of aerobic capacity among college male students and also it has been observed that the analysis of data that aerobic capacity were improved within the experimental group.

5. RECOMMENDATIONS

1. The coaches, trainers and teachers must include yogic exercises in training programmes for development of aerobic capacity and physical fitness.
2. A comparative study may be conducted on different Games and Sports.
3. The study may be extended to find out the Aerobic capacity and general Physical Fitness in different Games and Sports.
REFERENCES


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