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EFFECT OF YOGIC TRAINING ON PHYSICAL FITNESS AMONG HIGH SCHOOL GIRLS

K.Ashok
Research Scholar
Department of Physical Education
Andhra University, Visakhapatnam

Dr.A.Pallavi
Assistant Professor
Department of Physical Education
Andhra University, Visakhapatnam

Introduction

Yoga is a unique Indian tradition of ancient origin for health and happiness. It impacts both sound body and sound mind to the practitioner. Yoga is a Sanskrit term. It represents yoke, which symbolically means to join or to unite. Yoga is intended for union or harmony of mind and body. Yoga is the science of physical and mental health. It synchronizes the functions of the muscle and the mind. It is the only path that can lead to holistic health. Yoga eliminates stress and strain which improves physical and mental fitness. Physical fitness prepares the body to perform strenuous activity without getting fatigue. Mental fitness prepares the mind to face tough task and challenges.

Fitness is the ability to live a full and balanced life. The totally fit person has a healthy and happy outlook on life. Fitness is the young man's absolute necessity. It breeds self-reliance and keeps man mentally alert. Physical fitness is essential for human beings to adjust well with his environment as his mind and body are in complete harmony. Clarke et al.(1989) found that physical fitness is not a static factor and it varies from individual to individual and in the same person from time to time depending on factors.

Physical Fitness

It is generally agreed that physical fitness is an important part of the normal growth and development of a child, a generic definition regarding the precise nature of physical fitness has not been universally accepted. Through research and scholarly inquiry, it is clear that the multi-dimensional characteristics of physical fitness can be divided into two

areas: health related physical fitness and skill related physical fitness. Physical fitness is probably the most popular and frequently used term in physical education. The United States president's council on physical fitness and sports defined the terms "physical fitness as the ability to carry out daily task with vigour and alertness, without undue fatigue, with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies "(Clarke,1971). General fitness implies the ability of a person to live most effectively with his and her potentials, which depend upon the physical, mental, emotional, social and spiritual components of fitness which are highly interrelated.

The primary components of physical fitness identified by the president's council on physical fitness and sports were muscular strength, muscular endurance and cardio respiratory endurance. However, later on the president's council also included some other motor performance components namely agility, speed, flexibility and balance in physical fitness. But keeping in view the general opinion of the majority of the researchers, the author has not included the components such as speed, agility, power and balance(which are more important for success in specified sports) as essential components of basic physical fitness. However, the author defines physical fitness by group of five components, namely muscular strength, muscular endurance and cardio respiratory endurance, flexibility and body composition. It is important to mention here that some experts (e.g. Clarke, 1987; AAHPERD,1980,1984) call search fitness tests which include the measurement of percentage body fat, as health related physical fitness tests.

Objective of the study:

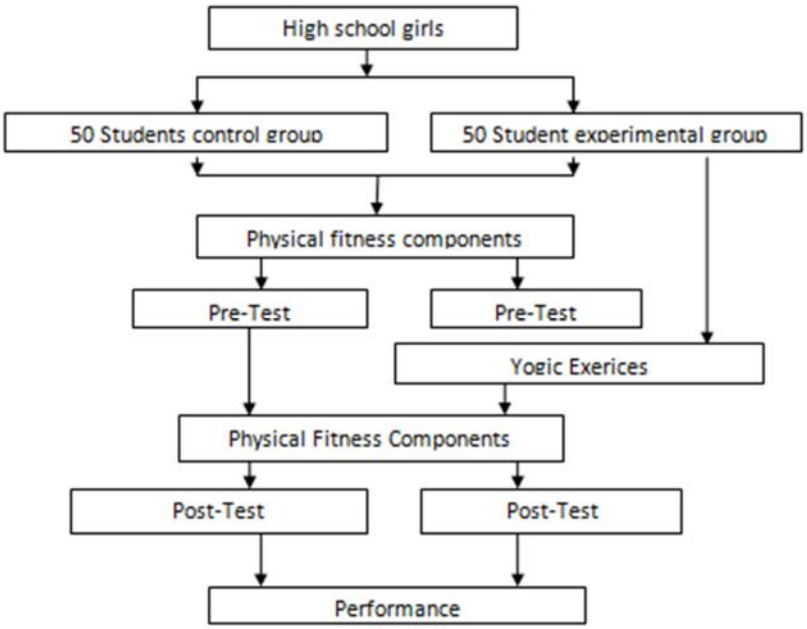
The study is to determine the Effects of yogic training on physical fitness among high school girls.

Hypothesis:

There may not be any significant difference on effective of yogic training among high school girls in relation to physical fitness.

Design of the study:

The diagrammatic presentation was presented here under.



Methods & Materials:

The subjects were selected from the Girl High School, Visakhapatnam. 50 Girls were selected as subjects for this study. All subjects were divided into two groups; experimental group is low physical fitness(A) and control group normal physical fitness (B) consisting of 25 subjects each. The subjects were selected by using simple random sampling method. Pull-ups, sit-ups, shuttle run, 50 yard dash, standing broad jump and 600 yard run/walk were selected as variables for this study.

Tools Used:

AAHPER youth fitness test the researcher will use the following apparatus and equipment's for collection of data during the test. Selected variables and Tests of Measurement

SL.NO	Variables
1.	Pull Ups
2.	Sit Ups
3.	Shuttle Run
4.	Standing Broad Jump
5.	50 Yard Dash
6.	600 Yard Run/Walk

Training schedule:

All the subjects were divided into two group's experimental group and control group. Each group consists of 25 subjects and all the subjects were having regular fitness. Experimental Group underwent a systematic specific yogic training programme for the duration of six weeks. Training schedule as presented.

Yoga Training programme

Sl. No.	Name of the practice	Duration		
		1 to 2 Weeks	3 to 4 Weeks	5 to 6 Weeks
		30 minutes	45 minutes	60 minutes
1	Pawanmuktasana	3	5	10
2	Surya Namaskara	3	4	5
3	Ardha Padma Paschimottanasana	2	4	4
4	Ardha Matsyendrasana	2	4	4
5	Bhujangasana	2	2	3
6	Sarvangasana	2	4	4
7	Halasana	2	4	4
8	Matsyasana	2	2	3
9	Shavasana	2	2	3
10	Kapalbhati	2	4	5
11	Yoga Nidra	8	10	15

Findings of the study:

The data collected on 50- girls subjects before and after six week toga traini9ng program on pull-ups, sit-ups, shuttle run, 50 yard dash, standing broad jump and 600 yard run/walk was analyzed by comparing the means of pre and post-test of experimental and control groups and again statistically analyzed by applying 't'-test to check the significant difference among selected variables. Effect of yoga training on physical fitness components are

Variable	Group	Test	Mean	SD	SE	MD	t-ratio
Pull-Ups	Experimental	Pre	2.556	0.922	0.335	1.333	3.977*
		Post	3.889	1.183			
	Control	Pre	3.667	1.645	0.514	0.222	0.432
		Post	3.889	1.605			
Sit-Ups	Experimental	Pre	19.556	5.873	1.799	4.556	2.532*
		Post	24.111	5.497			
	Control	Pre	23.5	8.347	2.653	0.278	0.105
		Post	23.778	8.434			
Shuttle Run	Experimental	Pre	10.663	0.514	0.161	0.033	0.206
		Post	10.6	0.506			
	Control	Pre	10.828	0.536	0.165	0.022	0.135
		Post	10.806	0.505			
Standing Broad jump	Experimental	Pre	4.711	0.577	0.175	0.382	2.177*
		Post	5.093	0.531			
	Control	Pre	5.789	0.858	0.273	0.067	0.244
		Post	5.856	0.867			
50 Yard Dash	Experimental	Pre	9.111	1.521	0.471	0.067	0.141
		Post	9.044	1.46			
	Control	Pre	9.761	0.813	0.256	0.039	0.152
		Post	9.722	0.808			
600 Yard Run/Walk	Experimental	Pre	2.635	0.584	0.187	0.144	0.771
		Post	2.491	0.6			
	Control	Pre	2.732	0.499	0.154	0.049	0.317
		Post	2.683	0.475			

Level of Significance = 0.05 Tabulated 't' 0.05(38)=2.02

Discussion of the study:

The above table reveals that there is significant difference in pull-ups of experimental group between pre and post test. The obtained t-value of 3.977 is more than the table value of 2.02. Table shows that there is no significant difference in sit-ups of control group between pre and post test. The obtained t-value of 0.432 is less than the table value of 2.02. Table reveals that there is significant difference in sit-ups of experimental group between pre and post test. The obtained t-value of 2.532 is more than the

table value of 2.02. Table shows that there is no significant difference in sit-ups of control group between pre and post test. The obtained t-value of 0.105 is less than the table value of 2.02. Table reveals that there is significant difference in shuttle run of experimental group between pre and post test. The obtained t-value of 0.206 is less than the table value of 2.02. Table shows that there is no significant difference in shuttle run of control group between pre and post test. The obtained t-value of 0.135 is less than the table value of 2.02. Table reveals that there is significant difference in standing broad jump of experimental group between pre and post test. The obtained t-value of 2.177 is more than the table value of 2.02. Table shows that there is no significant difference in standing broad jump of control group between pre and post test. The obtained t-value of 0.244 is less than the table value of 2.02. Table reveals that there is significant difference in 50 yard dash of experimental group between pre and post test. The obtained t-value of 0.141 is less than the table value of 2.02. Table shows that there is no significant difference in 50 yard dash of control group between pre and post test. The obtained t-value of 0.152 is less than the table value of 2.02. Table reveals that there is significant difference in 600 yard run/walk of experimental group between pre and post test. The obtained t-value of 0.771 is less than the table value of 2.02. Table shows that there is no significant difference in 600 yard run/walk of control group between pre and post test. The obtained t-value of 0.317 is less than the table value of 2.02.

Conclusion

The findings of study reveals that there is significant difference in pull-ups, sit-ups and standing broad jump of experimental group between pre-test and post-test. Six week yoga training programme shows positive effects on some physical fitness variables. There is no significant difference in shuttle run, 50 yard dash and 600 yard run/walk of experimental group between pre-test and post-test. There is no significant difference in all physical fitness variables of control group between pre-test and post-test. The analysis of data and the results indicate that there is significant difference in pull-ups, sit-ups and standing broad jump of experimental group between pre and post test. It is conclude that the Six

week yoga training programme shows positive effects on some physical fitness variables.

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