

Effects of Selected Asanas on Physical Fitness and Anxiety Level among Post Graduate Female Students

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Abstract

For this study 30 female PG students were selected from Karnataka state women's university, Bijapur, through fitness test it was decided that all the students were suitable for this study. Trainees of the experimental group were trained daily for an hour which includes some yogic breathing exercise for five minutes followed by Asanas and Pranayam. The training Schedule included-Asanas and physical exercises such as abdominal strength test, 50 yards dash test for speed, Harvard test for Endurance, Shoulder flexibility test for flexibility and agility to assess the effect of asana on fitness of female students. "t" test was used to find out the significant of mean difference of physical fitness among pretest and post test. The statistical significant level was 0.05. The "t" proved that there is significant effect of six week training on physical and anxiety level of female students.

Introduction:

The word "yoga" is derived from the Sanskrit root yuj, which means 'to bind', or "to join", or "to attach", or "to yoke". According to Swami Satayananda Saraswati "yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of the today and the culture of tomorrow". The Sanskrit term yoga is most frequently interpreted as the "union" or "communion". It is the true union of our will or consciousness (jiva-atma) with the will or super conscious of god(parama-atama).

The ancient definition is at home in Vedanta, the dominant branch of Hindu philosophy, which was greatly influenced by the majority of yoga school. Vedanta proper originated with the ancient esoteric scripture known as the Upanishads, which was first taught the "inner ritual" of meditation upon and absorption into, the unitary ground of all existence. However, a nonfuel hymn of the Vedas. Yoga is an ancient system of physical and psychic practice that originated during the Indus valley civilization in south Asia. The fundamental purpose of yoga is to foster

harmony in the body, mind and environment. Yogic training is a system of psycho-physical training that has its goal to uncovering of the mystical consciousness.

Yoga is a timeless pragmatic science evolved over thousands of year dealing with the physical, moral being of man as a whole.

Yoga is universal benefiting to all people of all ages. The study of yoga is fascinating to those with a philosophical mind and is defined as the silencing of mind's activities which leads to complete being. Physical fitness is important for all human being irrespective of their age. A given work cannot be carried out if the required physical strength is not available. A body may possess extraordinary skill in football, but if he does not keep himself in the game till the end of the allotted time, then he may not find a place in the team. So fitness becomes the first and foremost aspect to enjoy one's life fully.

Modernization and urbanization have reduced the physical fitness of human beings and increased the dependence on machines for all the work. Manual labour has been considerably reduced and

physical activity is considered to be low in dignity and hence avoided. Therefore, general physical fitness has come down, and to restore it, human beings will have to revert to the age old habits. Physical fitness includes speed, flexibility, rhythm, power, strength, coordination, muscular endurance, cardiovascular endurance, agility etcetera. These characters are all equated with the healthy functioning of the body. Another important part of physical fitness in the athletic powers. The various aspects of physical fitness and the skill are interrelated.

Johnson and Stobberg (1971) stated that the word “exercise” refer to conscious and purposeful activity. Usually if sufficient intensity to increase to some degree of respiratory and circulatory function. If refers only to the actual movement process at the time it occurs and should not be confused with the conditioning or training. Physical exercise in any organized activity that involves continuous participation. Exercise occupies a leading role in

keeping a person fit. It will be difficult to adjunct one’s life in terms on stress, diet, and sleep and so on without proper exercise. Studies carried out by different expert of field reveals that yoga is best art to develop harmonious personality.

Methodology:

The purpose of this study is to find out “Effect of selected yogasanas on Physical Fitness and Anxiety level among Post Graduate students of Karnataka state women’s University, Bijapur. In the present study single group design procedure was followed. A group of 30 Post graduate students was selected from Karnataka state women’s university; the selected subjects were under gone six weeks yogasanas training. The researcher was adapted Pre-test and Post-test procedure to assess the differences. The Physical and Psychological variable selected for the present study will be Strength, Speed, Endurance, Flexibility, Agility, and Anxiety.

The test items and Measurements

Sl No	Physical components	Test Items	Measurements
1.	Strength	Abdominal strength Sit-ups test	Record the number of correct repetitions achieved 30 seconds.
2.	Speed	50 Yards dash test	Record two trials average to the nearest 0.1 and record as the criterion score.
3.	Endurance	Harvard step test	Heart rate/ beats – 30 sec.
4.	Flexibility	Shoulder flexibility test	The score is recorded as either a YES or NO, for each side.
5.	Agility	Agility test	Take the best time of three successful trials to the nearest 0.1 seconds.

Level of Anxiety was measured through anxiety status scale devised by Taylor’s Manifest anxiety scale.

Yogic Intervention:

1. Standing Asanas: Tadasana, Vrukshasana, Hanumanasana.
2. Sitting Asanas: Padmasana, Paschimotansana.

3. Proline Asanas: Salabhasana, Dhanurasana, Bhujangasana.
4. Supine Asanas: Naukasana, Sarvangasana, Halasana, Matsyasana, Shavasana.
5. Pranayama: Yogic breathing, Anuloma-Viloma, Nadishodhana, Bramari.

By administering the Taylor’s Manifest anxiety scale to subject data was collected from subjects and level of anxiety was assessed. To asses Pre-test and Post-test effect of Yoga Training on Physical fitness and Anxiety level was assessed by Appling staffy hoc statistical test.

The purpose of the study was to see the Experimental “Effect of selected yogasana on Physical Fitness and Anxiety level among post graduate students.”The obtained data was calculated as per the norms using such as Mean, Standard deviation and t value for the obtained pre-test and post-test.

Table no 4.1 Showing the pre-test and post–test for abdominal strength performance.

Abdominal strength	Sample size	Mean	SD	Calculate Value	Table-value
Pre-test	30	11.86	2.59	-6.302	2.045
Post-test	30	13.80	2.56		

The level of significant 0.05=Table value=2.045.

Table no 4.2 Showing the pre-test and post –test for Speed performance.

Speed performance	Sample size	Mean	SD	Calculate Value	T-value
Pre-test	30	18.96	1.54	8.391	2.045
Post- test	30	16.91	1.91		

The level of significant 0.05=Table value=2.045.

Table no 4.3 Showing the pre-test and post–test for cardiovascular endurance performance.

cardiovascular endurance	Sample size	Mean	SD	Calculate Value	T-value
Pre-test	30	120.66	14.80	4.671	2.045
Post-test	30	112.73	13.98		

The level of significant 0.05=Table value=2.045.

Table no 4.4 showing the pre-test and post–test for Shoulder flexibility performance.

Shoulder flexibility	Sample size	Mean	SD	Calculated Value	T-value
Pre-test	30	1.33	0.54	- 4.287	2.045
Post-test	30	1.86	0.34		

The level of significant 0.05=Table value=2.045.

Table no 4.5 Showing the pre-test and post–test for Agility performance.

Agility performance.	Sample size	Mean	SD	Calculated Value	Table-value
Pre-test	30	28.66	2.23	3.149	2.045
Post-test	30	27.38	2.34		

The level of significant 0.05=Table value=2.045.

Table no 4.6 Showing the pre-test and post –test for Anxiety beahviour

Anxiety behaviour	Sample size	Mean	SD	Calculated Value	Table-value
Pre-test	30	23.96	3.70	11.329	2.045
Post-test	30	16.10	2.77		

The level of significant 0.05=Table value=2.045.

Discussion and Analysis of data:

Table no 4.1 indicates that the t value is more than the table value that is 2.045, hence it is significant. The pre-test Mean value is 11.86 and the post-test Mean value 13.80. The post-test Mean value is greater than pre-test Mean value. It shows significant improvement in the abdominal strength performance of females owing to the six weeks yogasanas training. The same as displayed in the figure 4.1(a)

Table no 4.2 indicates that the t value is more than the table value that is 2.045, hence it is significant. The pre-test mean value is 18.96 and the post-test mean value 16.91. The post-test mean value is less than pre-test mean value. It shows significant improvement in the speed performance of females owing to the same as display in the figure 4.2(b)

Table no 4.3 indicates that the t value is more than the table value that is 2.045, hence it is significant. The pre-test mean value is 120.66 and the post-test mean value 112.73. The post-test mean value is greater than pre-test mean value. It shows significant improvement in the cardiovascular endurance performance of females owing to the six weeks yogasana training the same as displayed in the figure 4.3(c)

Table no 4.4 indicates that the t value is more than the table value that is 2.045, hence it is significant. The pre-test mean value is 1.33 and the post-test mean value 1.86. The post-test mean value is greater than pre-test mean value. It shows

significant improvement in the shoulder flexibility performance of females owing to the six weeks yogasana training the same as displayed in the figure 4.4(d)

Table no 4.5 indicates that the t value is more than the table value that is 2.045, hence it is significant. The pre-test mean value is 28.66 and the post-test mean value 27.38. The post-test mean value is less than pre-test mean value. It shows significant improvement in the agility performance of females owing to the six weeks yogasana training the same as displayed in the figure 4.5(e)

Table no 4.6 indicates that the t value is more than the table value that is 2.045, hence it is significant. The pre-test mean value is 23.96 and the post-test mean value 16.10. The post-test mean value is less than pre-test mean value. It shows significant improvement in the Agility performance of females owing to the six weeks yogasana training the same as displayed in the figure 4.6(f)

Conclusion:

The result of the study generally supported to the proposed hypothesis the selected yogasana training, should play a vital role in improving the performance of the Effect of selected yogasana on physical fitness and Anxiety level among post graduate female students. Performance of the abdominal strength, speed, cardiovascular endurance, shoulders flexibility, agility and anxiety level have been influenced by six week training, hence yoga should be the part of curriculum of all the stage.

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