

## INFLUENCE OF ASTANGA YOGA PRACTICES ON GENERAL HEALTH STATUS AMONG COLLEGE GIRLS

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### **Abstract:**

The purpose of the study was to find out the Influence of astanga yoga practices on general health status of College girls. To achieve this purpose a sample of 40 College girls were selected at random from Midnapore from the age group of 30-40 years. They were divided into two equal groups. Experimental group is astanga yoga practices group, and the other acted as control group the pre test was conducted to all the two groups in sit and reach test for Flexibility. The Astanga yoga practice was given to the experimental group and for the period of six weeks for five days per week. The training load was fixed based on pilot study, but the control group was not given any type of training. After six weeks of training the post test was taken from all the subjects. The pre and post test was conducted for flexibility at the end of each session and data was recorded. Analysis of covariance was used to test of significance. The results of the study reveals that the efficiency of the flexibility improved significantly ( $p > 0.05$ ).

**Key Words:** Astanga Yoga Practices, Flexibility

### **Introduction:**

Irrespective of age, all kind of people are affected by stress, mental disorder, diabetes, BP and so on due to competitive and mechanical life. Particularly, our College girls are affected much than other kind because of their responsibility who has to take care of the business of the various field in a very competitive environment and also have to deal with different types of customers. Two main things for College girls. 1. Performance 2. Concentration, First quality is for performing well, College girls have to sit prolonged time, it leads to some physical problem, second thing is concentration is more important to handle money transaction because, money involvement is more. More over College girls have to needs different types of customers. Since it is a time bounded work automatically it leads to (stress, tension and aggression etc, which leads to some psychological problem.

So, the researcher chosen the general health status & wellbeing of College girls for the study. A healthy life is the most important for a happy life. The modern pace of life hardly gives time to take care of health. But ancient Indian wisdom says that the true fulfillment of life begins with good health. Good health is the key to a happy life for both men and women but in a fast and demanding life of men, health unfortunately takes a backseat whereas it should be of prime concern. In these competitive times, health is put on the back-burner until it becomes too serious to ignore. For a healthy life, numerous things have to be set in order. Watching the calories, good exercises and healthy food is absolutely essential. (Dr. Maoshing Ni, 2008)

Health is defined by the World Health Organization of the United Nations as the "State of complete physical, mental and social well being and not merely the absence of disease and infirmity." Every human being has one's own understanding of stress, because all demands of adaptability do evoke the stress phenomenon. Selye (1974) beautifully summarized the nature of stress in the following words: "Everybody knows what stress is and yet nobody knows what it is." The term "stress" has been used in so many different contexts that there is confusion regarding the exact meaning of the term. Few definitions of stress are given below; and they are useful according to scope and clarity.

Yoga is one of the six orthodox systems of Indian philosophy. Yoga is the union of the jivatma with the paramatma. It was collated, coordinated and systematized by Patanjali in his classical work, the Yoga Sutras, which consists of 195 terse aphorisms in which it is stated that yoga is a state where all activities of the mind are channelized in one direction; or the mind is free from distractions. The word Yoga is derived from the Sanskrit root Yuj meaning to bind, to unite, join, and attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union or communion. It means the disciplining of the mind, intellect, the emotions, the will, which that yoga presupposes; it means a poise of the soul which enables one to look at life in all its aspects evenly. Yoga is not merely doing an asana by the body, through the body, and for the body. The sadhakas learns to unite one part of the body with another part of the body, the body with the mind, the body with the breaths and senses, also the breath with the mind and senses and this takes one to the self realization path. It is this unification which justifies the definition of the word yog which means, 'to unite'. (B.K.S Iyengar, 2004)

### **Purpose of the Study:**

The purpose of the study was to find out the Influence of astanga yoga practices on general health status of College girls.

### Review of Related Literature:

Elavsky S, McAuley E. (2007) conducted the study on Lack of perceived sleep improvement after 4-month structured exercise programs. The main objective of the study was many middle-aged women experience decreases in their sleep quality during the menopausal transition. In 164 previously low-active middle-aged women (mean age = 49.9, SD = 3.6), using a 4-month randomized, controlled trial, they examined structured exercise in the form of walking or yoga to determine the effects on perceived sleep quality. The design of the study Participants completed body composition and fitness assessments and a battery of psychological measures, including the Pittsburgh Sleep Quality Index, at the beginning and end of a 4-month randomized, controlled exercise trial with three arms: walking, yoga, and control. They found out the results were a series of mixed-model repeated-measures univariate analyses of covariance did not reveal any statistically significant intervention effects for total sleep quality or any individual sleep-quality domain. The pattern of effect sizes indicated that the walking group tended to experience small improvements in five of the seven assessed sleep-quality domains. Residual changes in menopausal symptoms and depression were associated with residual changes in total sleep quality. However, after controlling for the effects of physical activity, only menopausal symptoms contributed a unique amount of variance in residual change in total sleep quality. The conclusion of this study, 4-month moderate-intensity walking and low-intensity yoga programs were ineffective in yielding statistically significant improvements in sleep quality. Exercise interventions of longer durations or greater intensity may be needed for such improvements.

### Methods and Materials:

The sample for the present study consists of 40 College girls from Midnapore. The subjects were selected using random sampling method. Their age ranged from 30 - 40 years. They were divided into two groups namely Experimental group and control group (n=40), and sit and reach test for flexibility was administrated to them. Experimental group was under the practice of astanga yoga practices for the period of six weeks both morning at 6.30 to 7.30 for the period of six weeks . The training programme was administered for sixty minutes per session. The control group did not engage in any special activities. The load was fixed based on the pilot study. The pre test and post test were taken before and after the experimental training programme. The test was conducted sit and reach test for flexibility on each end of the cessations and data was recorded. Analysis of covariance was used as a test of significance.

### Experimental Group: Yogic Practices

Table 1: Yogic Practices

S.No	Yogic Practices	Duration	Repetition	Set	Rest Between Practice	Rest Between Set	Frequency Per Week
1	Sitilikarana Vyayama (Loosening Exercises)	5 min	2	2	5 to 10 sec	30 – 60 sec	5 days in a week
2	Suryanamaskar	6 min	2	2	10 to 15 sec		
3	Padmasana	3 min	2	2	5 to 10 sec		
4	Ardha Katichakarasana	3 min	2	2	5 to 10 sec		
5	Padahastasana	3 min	2	2	5 to 10 sec		
6	Vipareetakarani	3 min	2	2	5 to 10 sec		
7	Bhujangasana	3 min	2	2	5 to 10 sec		
8	Chandra & Surya Anuloma & Viloma	3 min	2	1	5 to 10 sec		
9	Nadishodana Pranayama	3 min	2	1	5 to 10 sec		
10	Bhramari & Pranayama	3 min	2	1	5 to 10 sec		
11	Savasana	10 min	1	1	-		

Group II: Control Group (No Practice)

### Results:

The data pertaining to the variables under the study was examined by analysis of covariance for each criterion variables separately in order to determine the differences, if any between the groups at different stages.

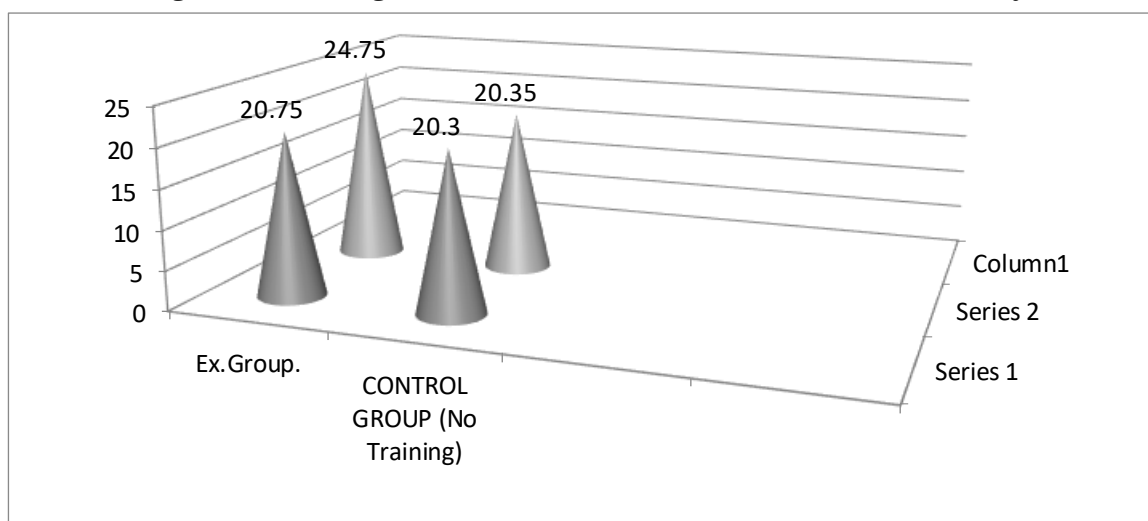
Table 2: Analysis of Covariance for Pre and Post Tests Data on Flexibility of Astanga Yoga Practices Group and Control Group

	Yogic Practices Group	Control	Source of Variance	Sum of Squares	DF	Mean Squares	Obtained F
Pre Test Mean	20.75	20.30	Between	2.02	1	2.02	0.36
			Within	211.95	38	5.58	
Post Test Mean	24.75	20.35	Between	193.60	1	193.60	76.39*
			Within	96.30	38	2.53	
Adjusted Mean	24.74	20.36	Between	189.99	1	189.99	73.33*
			Within	95.86	37	2.59	
Mean Diff	4.00	0.05					

\* Significant.

Table value for df 1 and 38 was 3.21 Table value for df 1 and 37 was 3.22. The obtained adjusted mean values were presented through bar diagram in figure 1.

Figure 1: Bar Diagram on Ordered Pre and Post Means of Flexibility



### Discussions on the Findings of Flexibility:

Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 73.33 was greater than the required value of 3.22. And hence it was accepted that the Yogic practices training significantly improved the wellbeing of College girls of the College girls. The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Yogic practices group and control group on internet addiction level. This proved that due to six weeks Astanga yoga practices wellbeing of College girls was significantly improved of College girls .

### Results:

The data pertaining to the variables under the study was examined by analysis of covariance for each criterion variables separately in order to determine the differences, if any between the groups at different stages.

### Conclusion of the Research:

It was observed that the pre-test results, it was noticed that there was no significant differences between control and experimental group. While the post test results of control and experimental groups had been analyzed statistically and revealed that, there was a significant mean difference in favor of experimental groups. In the analysis of co-variance the flexibility among control and experimental groups, a significant difference was seen and which source light on the applicable effect of six weeks of yogic practices. From the statistical analysis it is clear that both training programmes had its own effects. Yogic practices showed more effects in increased in flexibility when compared to and control group.

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