Indo American Journal of Multidisciplinary Research and Review (IAJMRR)
ISSN: 2581 - 6292 / Impact Factor: 6.885 / Website: www.iajmrr.com

EFFECT OF YOGIC PRACTICES ON MUSCULAR ENDURANCE AMONG COLLEGE WOMEN

Dr. M. Madan Mohan
Associate Professor, Department of Physical Education, A.V.V.M. Sri Pushpam College, Poondi, Thanjavur, Tamilnadu

Cite This Article: Dr. M. Madan Mohan, "Effect of Yogic Practices on Muscular Endurance Among College Women", Indo American Journal of Multidisciplinary Research and Review, Volume 6, Issue 1, Page Number 26-27, 2022.

Abstract:

In this context, the investigator made an attempt to investigate the effect of yogic practices on muscular endurance among college women. To achieve the purpose of the study, thirty women were randomly selected as subjects from A.V.V.M. Sri Pushpam College, Poondi, Thanjavur. The age of the subjects were ranged from 18 to 21 years. The subjects selected for this study were divided into two groups of fifteen subjects each. The experimental group I underwent yoga training and group II acted as a control group. The subjects were exposed to a yoga training programme for six weeks. The training programmes were organized in a progressive manner. The obtained data from the experimental and control groups initial and final readings were statistically analyzed with analysis of covariance (ANCOVA). The level of confidence which was fixed at 0.05 levels was considered as an appropriate one for this study. It was observed that the six weeks of yoga training have significantly improved the muscular endurance.

Key Words: Yogic Practices, Muscular Endurance.

Introduction:

The women of today are very much busy with their hectic schedules; the present professional world has drowned them neck-deep within the stressful conditions of the professional life. They are off late lacking energy, vitality of mind and fun. One of the most simple and effective way to achieve their desire can be practicing Yoga. Going through a mere fitness itinerary, that is going to a gym or practicing diet is not the correct path, as they do not always guide one to the right path but doing some easy exercises or yoga for women can really impart upon great spirit to your mind and soul. Yoga for women works on both the mind and body. It makes you strong both physically and emotionally to handle the challenges of life. Yoga practice provides natural relaxation which is not available with any other exercise. A yoga exercise stimulates all the body organs and endocrine glands. Specific yoga exercises can help you with pregnancy and subsequent recovery postpartum. Health-related physical fitness is a fitness related to some aspect of health. This type of physical fitness is primarily influenced by an individual's exercise habits; thus, it is a dynamic state and may change. Physical characteristics that constitute health-related physical fitness include strength and endurance of skeletal muscles, joint flexibility, body composition, and cardio respiratory endurance. All these attributes change in response to appropriate physical conditioning programs, and all are related to health. The health related physical skills each contribute to a healthy quality of life. Optimal fitness is reflected in the a persons ability to cope well with daily life as actively fit individuals will develop a resistance to hypokinetic diseases such as obesity, heart failure and diabetes which are physical conditions associated to inactivity and idle lifestyles. Optimal physical fitness is a combination of lifestyle, nutrition, habits, but it cannot be reached without an appropriate level of physical activity (Bera 1993).

Methodology:

In this context, the investigator made an attempt to investigate the effect of yogic practices on muscular endurance among college women. To achieve the purpose of the study, thirty women were randomly selected as subjects from A.V.V.M. Sri Pushpam College, Poondi, Thanjavur. The age of the subjects were ranged from 18 to 21 years. The subjects selected for this study were divided into two groups of fifteen subjects each. The experimental group I underwent yoga training and group II acted as a control group. The subjects were exposed to a yoga training programme for six weeks. The training programmes were organized in a progressive manner. The obtained data from the experimental and control groups initial and final readings were statistically analyzed with analysis of covariance (ANCOVA). The level of confidence which was fixed at 0.05 levels was considered as an appropriate one for this study.

Results:

Table 1: Computation of Mean and Analysis of Covariance of Muscular Endurance of Experimental Group and Control Group

	Experimental Group	Control Group	Source of variance	Sum of squares	df	Mean square	F
Pre Test Mean	12.13	11.73	BG	1.20	1	1.20	0.15
			WG	218.66	28	7.81	
Post Test Mean	15.26	12.26	BG	67.50	1	67.50	6.30*
			WG	299.86	28	10.71	

Adjusted Post Mean	15.08	12.44	BG	51.87	1	51.87	7.58*
			WG	184.92	27	6.84	

* Significant at 0.05 level

The above table indicates the adjusted mean value of muscular endurance of experimental and control groups were 15.08 and 12.44 respectively. The obtained F-ratio of 7.58 for adjusted mean was greater than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on muscular endurance. The above table also indicates that both pre and post test means of experimental and control groups differ significantly. The pre and post mean values of muscular endurance of both experimental and control groups are graphically represented in the Figure 1.

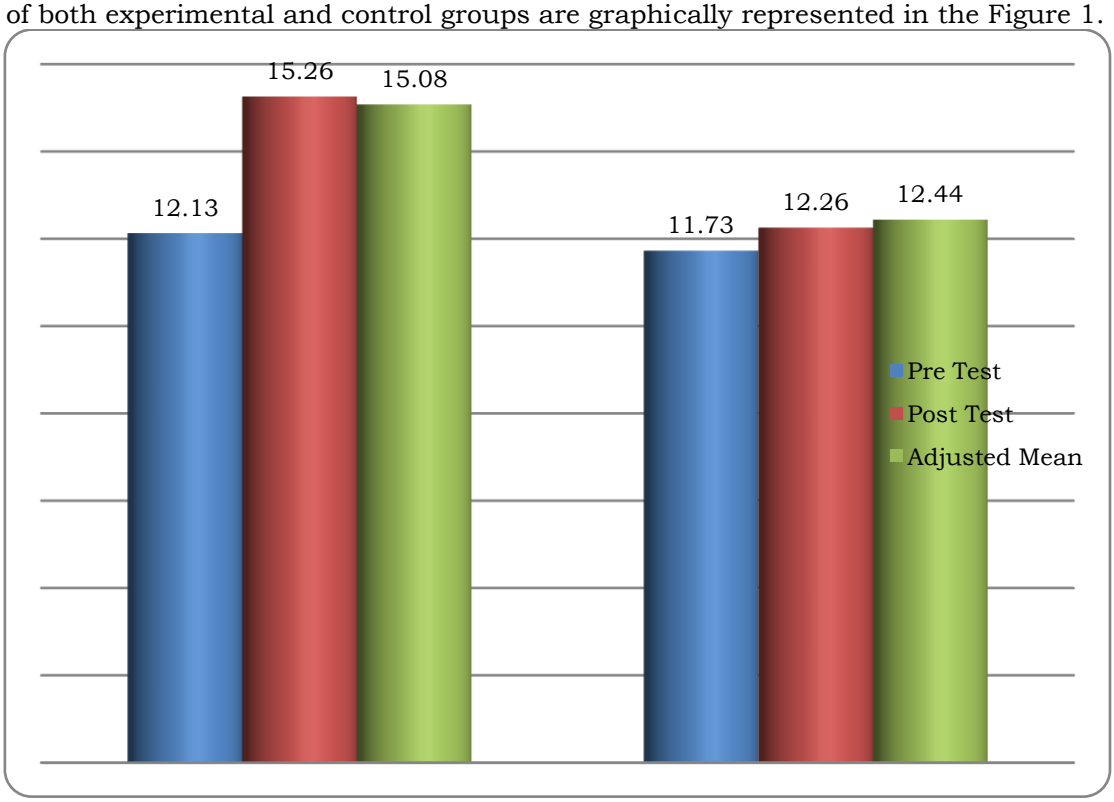

Figure 1

Conclusion:

It was observed that the six weeks of yoga training have significantly improved the muscular endurance.

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