



## EFFECTS OF YOGA TRAINING ON HEALTH RELATED PHYSICAL FITNESS COMPONENTS

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### ABSTRACT:

Physical fitness refers to the ability of a person to do his normal work in his daily routine and without getting undue fatigue. Fitness is a term that has wide range of meaning. Generally, physical fitness in sports competition means to exhibit top performance and here the real sense of fitness is performance-related. Such fitness may not consider one's health. In this piece of research the researcher considers health related physical fitness as a state of physical fitness that has relation with one's health. According to AAHPERD, it has components viz., Muscular strength, Flexibility, Body fat, Cardiovascular efficiency.

**KEYWORDS:** Physical fitness, Yoga

### INTRODUCTION-

It is known that physical activity helps in the reduction of excess body fat; it decreases blood triglycerides and increases the energy levels of the body. It improves blood circulation and helps in keeping all the body organs fit and functioning. Exercise benefits the body by increasing its capacity to take in oxygen. It increases the ability of the blood to carry oxygen. Moreover, physical activity is responsible for smoothening the process of digestion, thus avoiding constipation and digestion-related disorders. The loss of extra body fat helps prevent diseases like diabetes, hypertension and other obesity disorders. It improves our cardiovascular health by increasing maximal cardiac output and stroke volume, and helps in the prevention of diabetes by improving glucose resistance. Research has shown that a regular physical activity reduces the possibility of getting certain types of cancer. Studies have revealed that breast cancer is less often found in sportswomen and that intestinal cancers are more occur rent in physically inactive people.

Recent studies on Yoga have recorded similar but better health benefits than physical activities. Yoga works as a passive stretching by providing the muscles a state of relaxation which in fact increases the macro circulation in various internal organs and decreases stress, tension, anxiety etc. This, in fact, helps to increase overall psycho-physiological functions. Further, yoga is found useful for the release of certain hormones that are responsible for our psychological well-being too.

Thus, yoga practice seems to be rationale for the school going girls for enriching health related physical fitness of school going girls.

### a) Designing Yoga Training Schedule

Yoga training programme was designed on the basis of following principles:

- Yoga which is an ancient science, helpful not only for the cure of diseases but is also helpful in making and keeping already fit and healthy individuals more fit and healthy. And it has been

observed that breathing exercise (pranayama) and meditation lead to better concentration and improved performance.

- Yoga training for thirty minutes improves fitness and skill execution. The training causes enhancement in the endorphin level of the brain, required for neurological functions, leading to an increase in endurance and general vigour of an individual, thereby causing improvement in skill execution. Practice of asanas improves physical and motor fitness. Asanas involve exercising of various muscle groups at different joints and numerous combinations and also provide massage to vital organs of the body, which effects their functioning in positive manner. The slow stretching and holding methods in yogic postures increase the flexibility, a necessary quality to maintain performance and avoid injuries.
- The very principles of yoga as described in Patanjala yoga sutra (Karambelkar, 1989) were followed strictly by yoga experts. Thus, the subject steadily with comfort performed the yoga practices.
- Yoga exercise were performed by restrict the repetition to once only because there is no indication in either patanjala yoga sutra or in Hath yoga to repeat the asana several times. Thus emphasizing the mastery over the practice of yoga exercise, the subjects were instructed to maintain them for quick a long times with steadiness and comfort.

### **b) Training Method for Performing Yoga practices**

Yoga practices for the experimental Group A were constituted on the basis of the principles of classical yoga (Kavalayananda, 1933). Therefore, methods of performance were also taken care of on the basis of the followings:

- The researcher followed the principles of yogasana as described in Patanjala Yoga Sutra (Karambelkar, 1989). Thus, the subject performed the yoga practices steadily with comfort.
- Treatment or training period for the subject was twelve weeks duration daily in the morning for one hour.
- Asanas were taught as well as practiced in the hall of Jijamata Vidyamandir, Barshi, in the morning at 7.15 to 8.15 am. Under the guidance of expert yoga teacher. The subjects were suitably dressed for the purpose.
- The control group was also engaged in some light jobs of no physical adaptation, while experimental group was practicing scheduled yoga practices as treatment stimulus. All other conditions were alike in terms of daily school routine.
- Subject, in general, were interested and adoptive to the programme. None of the subjects came to the notice of investigator having a long history of practicing the selected yoga practices. Regularity in attendances was about more than 90% which is satisfactory.

### **c) Schedule of Yoga Training for 12 weeks**

The yoga training schedule for total period of 12 weeks is followed by researcher as per research procedure. *Every day the above practices were completed within 1 hour period*

## **RESULTS**

**Central Tendency and Dispersion of the Groups in Health Related Physical Fitness, Physiological and Psychological Performance**

Table

Variables (A)	Groups			
	Yoga Group (B)		Control Group (C)	
	Pre-test	Post-test	Pre-test	Post-test
Cardiovascular Endurance (A1) (Secs.)	843.67 (75.66)	754.15 (64.14)	856.51 (82.41)	856.57 (80.84)
Abdominal Muscles Strength (A2) (No./min)	21.88 (4.20)	34.04 (5.52)	22.40 (6.20)	23.12 (4.89)
Flexibility (A3) (Cms.)	25.36 (4.38)	32.07 (4.43)	22.37 (5.38)	22.54 (5.34)
Body Fat (A4) (%)	35.22 (4.39)	26.63 (3.81)	37.15 (3.81)	36.27 (3.38)

Thus, the information, as obtained from the measures of central tendency and dispersion, as presented in Table 1 revealed that the training intervention i.e., "Yoga" may have the treatment effect in improving the Health related physical fitness of school girls. However, from the above, it is not clearly evident Statistically that the treatment stimuli helped to influence selected variables of school girls. Therefore, inferential statistics have been employed followed .

#### CONCLUSION:

Yoga training for a short period of 6 weeks contributes to improve health related physical fitness among school going pre-adolescent girls.

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