



EFFECT OF ASANA PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG AGRICULTURE COLLEGE MEN STUDENTS

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ABSTRACT:

The purpose of the study was to find out the effect of asana on selected physiological variables among Agriculture College men students. To achieve the purpose of this study, thirty Agriculture college men students from Theni district, Tamilnadu were selected as subject at random and their ages ranged from 18 to 23 years. The subjects were divided into two equal groups of fifteen from each group. The study was formulated as random group design, consisting of a pre-test and post-test. The groups were assigned as asana training and control group in an equivalent manner. The experimental group participated the training for a period of six weeks training to find out the outcomes of the training packages and the control group did not participated in any training programmer. Paired 't' test was applied. In this research done all cases 0.05 level of confidence was fixed to test hypotheses. The Asana group had shown significant improvement in all the subjected physiological variables of agriculture college men students after undergoing on asana training group for a period of six weeks.

KEYWORDS: Asana, Physiological variables such as Breath Holding and Resting Heart Rate.

INTRODUCTION:

Asana practice is considered important by yogis because it helps to keep the physical body healthy. Given that the body is the vehicle for the spirit, looking after the physical body is important for spiritual development. Practicing asanas can also have a range of emotional and energetic benefits, increase discipline and concentration, and ready the mind for meditation.

The difference is that yoga is a practice which includes asanas. Yoga is a combined practice of asanas, meditation, kriyas etc. and asanas are only a part of Yoga. Asanas are basically the sitting postures and if these asanas are properly practice with breathing techniques, they can benefit us a lot.

Other teachers and texts have suggested that there are as many asanas as there are beings; 8.4 million, one for each living creature in the universe. Sri Dharma Mittra, a yoga teacher well-respected by the contemporary schools of Iyengar, Ashtanga Vinyasa and Sivananda yoga, catalogued a list of 1,300 yoga asanas.

It is recommended that asanas are practiced with an empty stomach and without using excessive force or pressure. Asanas can be combined with pranayama practice to enhance the benefits of the poses. They should always be practiced with mindful awareness, uniting the body, mind and breath. Specific asanas can be practiced to help alleviate specific health problems or physical issues.

There are many benefits of asana practice in general. Asanas help increase flexibility and strength. They stimulate all of the physiological systems of the body, including the circulatory, immune

and digestive systems. They help develop the mindfulness and focus needed for meditation. On a more subtle level, they are said to stimulate the energetic body, opening the chakras and the nadis.

METHODOLOGY

The purpose of the study was to find out the effect of asana on selected physiological variables among Agriculture College men students. To achieve the purpose of this study, thirty Agriculture college men students from Theni district, Tamilnadu were selected as subject at random and their ages ranged from 18 to 23 years. The subjects were divided into two equal groups of fifteen from each group. The study was formulated as random group design, consisting of a pre-test and post-test. The groups were assigned as asana training and control group in an equivalent manner. The experimental group participated the training for a period of six weeks training to find out the outcomes of the training packages and the control group did not participated in any training programmer. Paired 't' test was applied. In this research done all cases 0.05 level of confidence was fixed to test hypotheses.

Table- I. Variables and test items

S.No	Variables	Test
1	Breath holding	Nose clip
2	Resting heart rate	Bio monitor

Result

Table II Significance of Mean Gains & Losses between pre and post test Scores on Selected Variables of Rapid Stretching Group (RSG)

S.No	Variables	Pre-test mean	Post-test mean	Mean difference	Std error Dm	't' Ratio
1	Breath holding	21.77	22.72	0.94	0.18	5.02
2	Resting heart rate	85.66	79.60	6.06	1.18	5.10

* Significant at 0.05 level

Table II shows the obtained 't' ratios for pre and post-test mean difference in the selected variables of Breath Holding (5.02) and Resting Heart Rate (5.10). The obtained ratio when compared with the table value of 2.14 of degrees of freedom (1.14) it was found to be statistically significant at 0.05 level of confidence. It was observed that the means gain and losses made from pre and post-test were significantly improved in physical variables of Breath Holding (0.94, $p < 0.05$) and Resting Heart Rate (6.06, $p < 0.05$).

Figure I. Shows the Pre and Post Mean Values of Experimental Group on Selected Variables



Table III Significance of Mean Gains & Losses between pre and post test Scores on Selected Variables of Control Group (CG)

S.No	Variables	Pre-test mean	Post-test mean	Mean difference	Std error Dm	't' Ratio
1	Breath holding	21.77	21.79	0.02	0.01	1.09
2	Resting heart rate	85.66	85.40	0.26	0.24	1.07

* Significant at 0.05 level

Table III shows the obtained 't' ratios for pre and post-test mean difference in the selected variables of Breath Holding (1.09) and Resting Heart Rate (1.07). the obtained ratio when compared with the table value of 2.14 of degrees of freedom (1.14) it was found to be statistically significant at 0.05 level of confidence. It was observed that the means gain and losses made from pre and post-test were significantly improved in physical variables of Breath Holding (0.02, $p < 0.05$) and Resting Heart Rate (0.26, $p < 0.05$).

Figure II. Shows the Pre and Post Mean Values of Control Group on Selected Variables

CONCLUSIONS

From the analysis of the data, the following conclusion was drawn:

- The Asana training group had shown significant improvement in all the selected physiological variables among Agriculture college men students after undergoing asana training group for a period of six training.

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