REVIEW OF RESEARCH
ISSN: 2249-894X
IMPACT FACTOR : 5.7631(UIF)
UGC APPROVED JOURNAL NO. 48514
VOLUME - 8 | ISSUE - 9 | JUNE - 2019

"EFFECT OF YOGIC EXERCISES AND AEROBIC EXERCISES ON MOTOR FITNESS MUSCULAR ENDURANCE VARIABLES OF SECONDARY SCHOOL CHILDREN."

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ABSTRACT:

The purpose of the study was intended to assess Effect of yogic Exercises and Aerobic Exercises on Motor Fitness on Muscular endurance variables of secondary schoolchildren for this purpose hundred fifty students studying in various classes of Morarji Desai Residential School Vijaya Pura in Karnataka state in the age group of 14 to 16 years were selected. They were divided into three equal groups, each group consist of fifty subjects, in which group-I underwent yogic Exercises, group-II underwent Aerobic exercises and group-IIII acted as control group who were not allowed to participated and receive any special treatment apart from their regular curriculum classes', The training period for this study was six days a week for twelve weeks, the before and after the training period, the subjects were tested for Muscular Endurance e. The analysis of covariance (ANCOVA) was applied to find out which group has better in performance, whenever "F" ratio for the adjusted test was found to be significant for adjusted post-test means Schefft's test was followed, as a post hoc to determine which of the paired means differ significantly. it was concluded that after the training of yogic Exercises and Aerobic exercises both pieces of training has improved Muscular Endurance significant increases among the Aerobic exercises group comparing their counterpart has been increased in the yoga group comparing to Aerobic exercises'.

KEYWORDS: *Yogic exercises, Aerobic Exercises Muscularendurance variable.*

INTRODUCTION

Yoga is the art and science of maintaining physical and mental wellbeing that has its origin in India, is among the most ancient yet vibrant living traditions that are getting increasingly popular today. A potent stress buster, yoga is an instrument of self-through physical and mental well-being. Math-dimension it enhances the quality of our lives at so many levels. One aspect of yoga's benefits is to explore the bond between health and beauty. The word Yoga derived from Sanskrit word ''YUJ'' meaning to yoke, join or unite. This implies joining or integrating all aspects of with soul- to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme, Aerobic exercises in any organised activity that involves continuous participation and effects on the whole body. Exercise occupies a leading role in keeping a person fit. It will be quite difficult to

evolvement and enlighten, | the individual body with mind | adjunct one's life in terms of stress, diet, and sleep and so on without proper exercise. Regular practices of asana maintain the physical body in an optimum condition and promote health even in an unhealthy body. Through asana practice, the dormant energy potential is released and experienced as increased confidence in all areas of life, yogasna have a deeper significance value in the development of the physical, mental, and spiritual personality, whereas pure exercise only have physical effect on muscles and bones Aerobic exercises are performed quickly and with a lot of heavy breathing, yoga Sana is performed slowly with relaxation and concentration. The benefits of various yoga techniques have been professed to improve body muscular strength, performance, stress reduction, attainment of inner peace and self-realization Schools are a dynamic setting for promoting health and wellness through various correlated areas such as physical education and sports. There is a growing awareness that the health and psychosocial wellbeing of young children is of paramount importance and schools can provide a strategic means of children's health, self-esteem, life skills and behaviour The yoga and Aerobic exercise are the means to notice all-round and harmonious development among school students in the modern society, hence scholar made an attempt explore the " Effect of Yogic Exercises and Aerobic Exercises on Motor Fitness and psychological Variables of Seconder School Children "The present study was carried out in the background of the experimental method.

HYPOTHESIS

- There would be a significant effect of yogic Exercises and Aerobic exercises training on improvement of motor Fitness variables of secondary SchoolChildren.
- It was hypothesized that; the effect of yogic exercises training may improve the selected motor fitness variables and psychological variables of the Secondary School Children.
- The training of Yogic exercises leads to better in Muscular endurance comparing to yogic and Acerbic training

OBJECTIVES

- The major objective of the study was to determine the changes on selected motor fitness variables due to the effect of Yogic exercises and aerobic exercises training
- To assess the effect of yogic Exercises and aerobic exercises on motor fitness and psychological variables of secondary school children.

METHODOLOGY

The purpose of the study was to find out effect of yoga Sana on selected Motor Fitness variables such as flexibility and muscular endurance between yoga and Aerobic exercises group, to achieve the purpose of the study students studying in the Morarji Desai Residential School Vijaya Pura district of Karnataka has selected randomly as subject for the experiment, they were divided into three equal groups, each group consists of the 50 students. Group I and Group II underwent yoga an and Aerobic exercises training for six days per week for twelve weeks. Group III Acted as the control that did not undergo any special training programme apart from their regular physical education classes programme. The following variables' namely Muscular Endurance was selected as criterion variables. All the subjects of the two groups were tested on selected dependent variables before and immediately after the training programme. The analyses of covariance were used to analyse the significant difference if any among the groups. The 0.05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as appropriate.

Analysis of the data collected prior and the after the experimental period on of yoga and Aerobic exercise group Muscular endurance up were analyses and presented in the following table

Analysis of Covariance of Performance of Muscular Endurancesof Secondary Schoolchildren

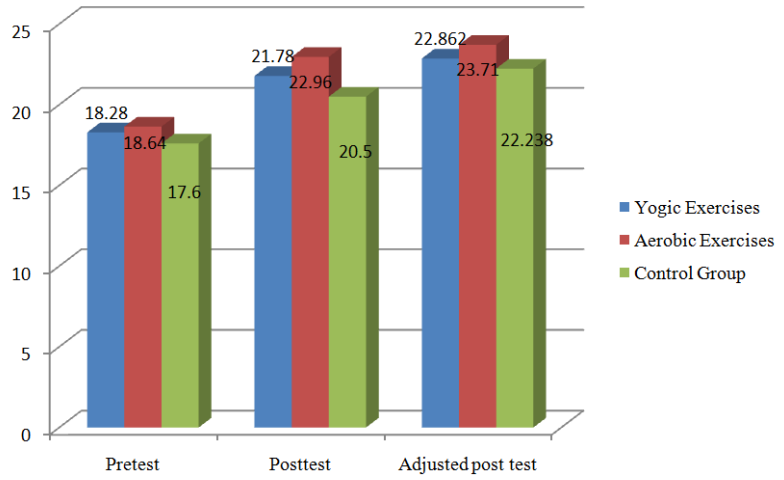
Variable	Test		Yogic Exercises	Aerobic Exercises	Control Group	SOV	Sum of the Square	Df	Mean Square	F – ratio
Muscular **Endurances**	Pretest	Mean	18.2800	18.6400	17.6000	B	27.893	2	13.947	2.526
		SD	2.13847	2.58536	2.30350	W	811.600	147	5.521	
	Posttest	Mean	21.7800	22.9600	20.5000	B	151.373	2	75.687	10.812
		SD	2.12171	3.25112	2.43487	W	1029.000	147	7.000	
	Adjusted post-test	Mean	22.862 .3 10	23.710	22.238	B	685.449	2	62.314	24.668
		SD	3.213	2.653	1.963	W	343.551	146	2.526	

*significance α =.05 Table value =4.08

Table- Shows that the pre-test means scores of Muscular endurance of Yogic Exercises, Aerobic Exercises and Control Group of secondary school girlchildren. It is observed that mean scores of pre-tests of Yogic Exercises, Aerobic Exercises and Control Group of girl secondary school Children are 18.2800, 18.6400 and 17.600 and their standard deviation are 2.13847, 2.58536 and2.30350 respectively. The obtained 'F' Ratio value is (F=2.526, 2, 147, α =.05) at 5% level of significance, which is less than the table value (F=4.08), hence the null hypothesis is accepted. It indicates that the Muscular endurance among the Yogic Exercises, Aerobic Exercises and Control Group of secondary school girl children is found almost similar,

Further, Table- 2 shows that the post-test means scores of Muscular endurance of Yogic Exercises, Aerobic Exercises and Control Group of secondary school girl children. It is observed that mean scores of post-tests of Yogic Exercises, Aerobic Exercises and Control Group of girl secondary school children are21.7800, 22.9600 and 20.5000 and their standard deviation are 2.1271, 3.25112 and2.43487 respectively. The obtained 'F' Ratio value is (F=10.821, 2, 147, α =.05) at 5% level of significance, which is more than the table value (F=4.08), hence the null hypothesis is rejected. It indicates that the Muscular endurance of Yogic Exercises, Aerobic Exercises and Control Group of secondary school girl children are found different. This indicates that Muscular endurance is more among the Yoga and Aerobic group when compared to the control group. Finally, it can be concluded that yoga and aerobic treatment given to the secondary school girl students have made a significant impact on the Muscularendurance of the secondary school children.

The adjusted post-test means scores on Muscular endurance of Yogic Exercises, Aerobic Exercises and Control Group are 22.860, 23.710 and 22.238 respectively and their standard deviation is 3.213, 2.653 and 1.963 respectively. The obtained 'F' Ratio value is(F=24.668, 1,147, α =.05) 24.668at 5% level of significance, which is much secondary than the table value (F=4.08), hence the null hypothesis is rejected and the alternative hypothesis is accepted. It can be concluded that there is a significant difference is found between the Yogic Exercises, Aerobic Exercises and Control Group concerning Muscular endurance.



CONCLUSION

The conclusion drawn based on the result of the present study is that there was on practice of Aerobic exercises and yoga asana were played a significant role in developing and improving the Muscular endurance factors among the secondary school children, were has Aerobic exercises have improved the ability to the yoga group and Aerobic exercises have improved Muscular endurance among the yogic group comparing to their counterpart. Hence was recommended that the curriculum and yoga syllabus must teach and practice effectively to notice the harmonious development of personifying of students.

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