

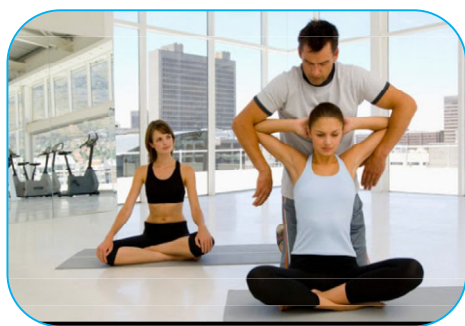


ISSN: 2249-894X
IMPACT FACTOR : 5.7631 (UIF)
UGC APPROVED JOURNAL NO. 48514
VOLUME - 8 | ISSUE - 8 | MAY - 2019

A STUDY ON EFFECT OF YOGA TRAINING ON ABDOMINAL STRENGTH AMONG POST GRADUATE FEMALE STUDENTS

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ABSTRACT:

Yoga is a system exercise developed in India. The word yoga extracted from the Sanskrit word yuj, which means to unite. The purpose of the present study was to find out the effect of yoga training on abdominal strength among post graduate female students. To achieve the purpose of the study 30 female post graduate students from KSAWU, vijayapura was randomly selected. The age of the subjects was 20-23.

Three weeks yoga training was given to the selected subjects. The single group pre test and post test design study method was selected. The pre test and post data was collected for the analysis. The statistical technique mean, SD and 't' test was used to find out the result. The result showed that there was a significant improvement in abdominal strength.

KEYWORDS : happy, balanced and useful life, and spiritually.

INTRODUCTION:

The word Yoga derived from Sanskrit word "YUJ" meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual body with mind with soul- to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme. Many yoga poses require us to support the weight of our own body in new ways, including balancing on one leg (such as in tree pose) or supporting with our arms. Some exercises require us to move slowly in and out of poses, which also increases strength. As a by product of

getting stronger, one can expect to see increased muscle tone. Yoga helps shape long, lean muscles. Increased flexibility and strength can help prevent the causes of some types of back pain. Many people who suffer from back pain spend a lot of time sitting at a computer or driving a car. That can cause tightness and spinal compression, which one can begin to address with yoga. Yoga also improves alignment, which helps prevent many other types of pain.

METHODOLOGY:

The purpose of this study is to find out effect of selected yogasanas on abdominal strength among post graduation female students

To achieve this purpose 30 female students of Karnataka state akkamahadevi women's university, Vijayapura were randomly selected. The age of the selected subjects was 20 -23 years. The abdominal strength is selected as variable and sit-up test was used to measure the abdominal strength of selected subjects. Record the number of correct repetitions achieved 30 seconds was taken for scoring. In the present study single group design procedure was followed. A group of 30 students was selected from Karnataka state women's University, Post graduate students. The selected subjects were under gone three weeks yogasanas training. Selected yogasana for Training; Paschimotansana. Padmasana.

Tadasana. Vrukshana. Hanumanasana. Naukasana. Sarvangasana. Halasana. Matsyasana. Salabhasana. Dhanurasana. Bhujangasana. Anuloma-Viloma. Nadishodhaka. Bramari.

COLLECTION OF DATA:

The researcher was collected Pre-test and Post-test data to see the differences.

ANALYSIS AND RESULTS:

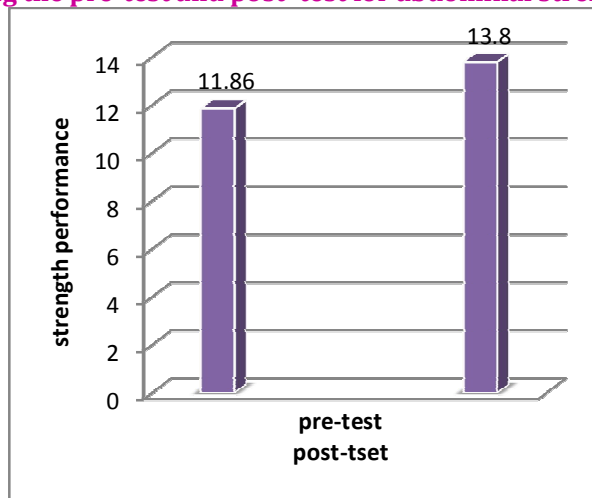
Table no 1 Showing the pre-test and post -test for Abdominal Strength performance.

	Sample size	Mean	SD	t_c	t_t
Pre-test	30	11.86	2.59	-6.302	2.045
Post- test	30	13.80	2.56		

The level of significant 0.05 level. Table value=2.045.

Table no 4.1 indicates that the t value is more than the table value that is 2.045, hence it is significant. The pre-test Mean value is 11.86 and the post-test Mean value 13.80. The post-test Mean value is greater than pre-test Mean value. It shows significant improvement in the abdominal strength performance of females owing to the three weeks yogasanas training the same as displayed in the figure 1.

Figure no 1 showing the pre-test and post-test for abdominal strength performance.



The above Figure clearly indicates that the three weeks yogaasana training performance is drastically improved the abdominal strength of the subjects.

CONCLUSION:

The purpose of this study was to examine the effects of yogasana training on the physical fitness and anxiety level among post graduate female students. The abdominal sit-ups number is more it indicates abdominal strength, hence the post-test value increase from pre-test value. Further the increase value shows the development of abdominal strength three weeks yogasana training programme. Gharote (1970) conducted a study on effect of yogic exercises on the strength of females 12 students. After three weeks training programme their strength improvement in abdominal muscles of all females.

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