



EFFECT OF YOGA PROGRAM ON PHYSICAL FITNESS OF THE HIGH SCHOOL STUDENTS

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ABSTRACT

Yoga is important for everyone. Yoga is a relaxation technique that helps to create a balance within the core of the bodily structure in the quest of becoming in tuned with oneself. It usually includes a number of physical postures, meditation and breathing techniques. While the goal of yoga historically has been to create a spiritual state of unity, it is also practiced to produce physical and emotional well being.

KEYWORDS: relaxation technique , physical postures, meditation.

INTRODUCTION

Research suggests that yoga can improve physical fitness of the students.. Studies have shown that yoga can have positive benefits for students with several types of mental health conditions, such as including depression, memory development etc. For the purpose of this paper we will only talk about its effect of Yoga on Physical fitness of the High school students.. Yoga has been shown to be effective in maintaining the physical fitness of the high school students.

STATEMENT OF PROBLEM

Study of the Effect of Yoga Program on Physical fitness of the High School Students

THE NEED AND SIGNIFICANCE OF THE STUDY

- i) The result of study may provide an authentic understanding of practicing Yoga.
- ii) The results of the study may highlight the effect of practicing selected Yoga on physical fitness of the students.
- iii) The study may find out the use of simple technique to improve the capacity of students.
- iv) The study may find out the use of simple technique to improve the physical fitness of students.
- v) The study may also find and prove the physical capacities of the individual through Yoga treatment.

OBJECTIVES OF STUDY

- To prepare the Yoga program for the High school students.
- To determine the effect of Yoga on Physical fitness of the High school students.
- To determine the effect of Yoga on health status of the High School students.



SCOPE AND LIMITATIONS:

- i) The study is delimited to only students of the High school.
- ii) The study is delimited to the students of age group from 14-16 years.
- iii) The study is delimited to Yoga treatment for one week duration only.
- iv) The study is delimited for 6 days in a week. The study is delimited the treatment of Yoga which will be applied in the morning time 7.00 to 8.00 am.

HYPOTHESES OF THE STUDY**Research Hypotheses**

There is significant difference between the performance of the students in Physical fitness from control and experimental group in post-test.

Null hypothesis 01

There is no significant difference between the performance of the students in Physical fitness from control and experimental group in Physical fitness post-test

RESEARCH METHODOLOGY**A) Research Method**

According to the objectives, researcher used Experimental research method for the present research.

B) Research Design

Researcher selected Two equivalent group pre and post test design was used for the present research.

C) Sampling

Researcher selected 50 students with purposive sampling method for the present study and prepared two equivalent groups. In each group 25 students were there with simple randomization method.

D) Research tool

Different fitness tests were used to study the effect of Yoga program. Researcher measured the physical fitness of the students with standardized fitness test.

E) Statistical tools

Mean and 't' test were used as Statistical tools for the analysis and interpretation of the data.

Research Procedure

In the present study, the researcher used the Yoga program to develop the students' Physical fitness. The researcher prepared program by discussing it with subject experts and according to own experience. These Physical fitness Yoga program were used to develop the students' Physical fitness and this program is tested experimentally.

The data was analyzed with the help of statistical and non-statistical measures. The techniques of 't' test, was used to test the hypotheses. The researcher tabulated the collected data and calculated the t-values to compare achievement of workers from control and experimental group. The t- values obtained were consolidated with the help of t-matrix, which are given as follows.

Table No.1
Significance of Difference between the Means of Total Students in Post Test Scores of Bent
Knee Sit ups Test

Measure	Control group	Experimental group
N	25	25
M	12.5	22.68
σ	13.04	23.14
D means	10.18	
t	3.68*	
df	48	

* Significant at 0.01 levels of significance.

Due to above analysis and interpretation, it is clear that Null Hypothesis 01 is rejected. There is significant difference between the performance of the students in Physical fitness from control and experimental group in Fitness test.

CONCLUSION

There is significant difference between the performance of the students in Physical fitness from control and experimental group in Physical Fitness test. Prepared Yoga program has great effect on increasing High school students' Physical fitness.

RESEARCH FINDINGS

- 1] Such type of Yoga program can be prepared for the students of the High school students.
- 2] Teachers of Physical Education can determine the effect of Yoga on learning capacity of the High school students.
- 3] Physical instructor can check or determine the effect of Yoga on health status of the High school students.
- 4] Yoga program treatment can be effective on developing students memory should be checked.

SUMMING UP

According to the present research paper, it is clear that Yoga is very useful to the students of High school. Yoga is also beneficial to developing the memory of the students. Yoga is important for the mental and physical health. The main conclusion of the study is that prepared Yoga program has great effect on increasing High school students' Physical fitness.

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