



## EXAMINING THE IMPACT OF REGULAR YOGA PRACTICE ON THE STRENGTH AND ENDURANCE OF VARIOUS ORGANS MUSCLES

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### ABSTRACT:

*The goal of this investigation was to ascertain how a Yoga Practice plan affected students muscular endurance and strength. Fifteen students were chosen at random in order to achieve this aim. The age range of the individual was between 15 and 19. The criteria variables chosen pushups was used to measure muscular endurance, the Straight Leg Lift Abdominal Strength Test measured abdominal strength, the Isometric Back Strength Test measured back strength, and the pull ups measured upper body muscle strength and endurance. For twelve weeks, six days a week, the treatment group undertook yoga training. Information was gathered before to and following the test. a twelve-week yoga practice regimen before and after. 'Paired Sample T-Test' was used to analyze the combined data. The strength of the muscles in different organs, including the abdominal, back, and upper body muscles, has changed significantly. Regular yoga practice has also been shown to improve endurance, demonstrating how important it is for students to develop holistically.*



**KEYWORDS:** *yoga, muscular endurance, strength.*

### INTRODUCTION:

Numerous studies have demonstrated the beneficial effects of yoga practise on bodily processes and biochemical variables. Yoga is renowned around the world for its numerous health advantages. Yoga may be used to treat difficulties with both physical and mental health. The health of a person's heart is crucial. The heart, which moves blood throughout the body by contracting and expanding, is the primary organ of circulation. The strongest involuntary muscles are formed of metal, yet with the right yoga poses, they may get stronger and healthier.[1] Yoga practice has many benefits related to better muscle function and strength. This is a very important activity, especially for communication of stamina and strength. With the right yoga positions, the involuntary muscles become strong and healthy. To make this point clear, this topic was chosen by the researcher.

### METHODOLOGY:

The goal of this investigation was to ascertain how a Yoga Practice plan affected students muscular endurance and strength. Fifteen students were chosen at random in order to achieve this aim. The age range of the individual was between 15 and 19. The criteria variables chosen pushups was used

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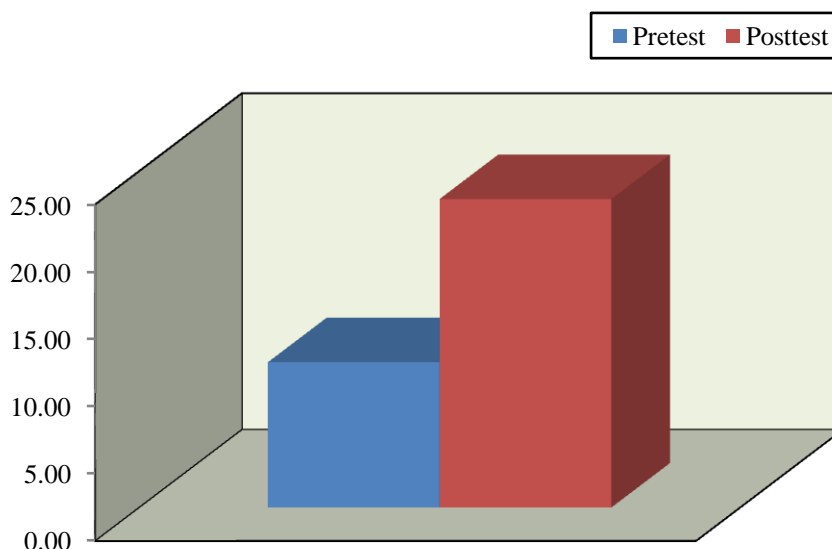
**Statistical Analysis:**

Information was gathered before to and following the test. a twelve-week yoga practice regimen before and after. 'Paired Sample T-Test' was used to analyze the combined data. For all situations, the degree of confidence was set at.05. Microsoft Excel 2007 was used to calculate all statistical tests.

**Table -1: The mean and paired sample 't' test results for the treatment group's before and after tests on muscular endurance are summarised.**

Variables	Test	N	Mean	SD	SE	MD	Ot	df	Tt
Muscular Endurance	Pretest	15	10.80	2.40	1.24	12.13	10.02	14	2.14
	Posttest	15	22.93	4.17					

Table no. 1 indicates that there was a significant difference between the pre and post test as the calculated 't' (10.02) value is greater than the tabulated 't' (2.14) at 0.05 confidence level. From the obtained results, it was concluded that yoga practice increased the muscular endurance of the students.

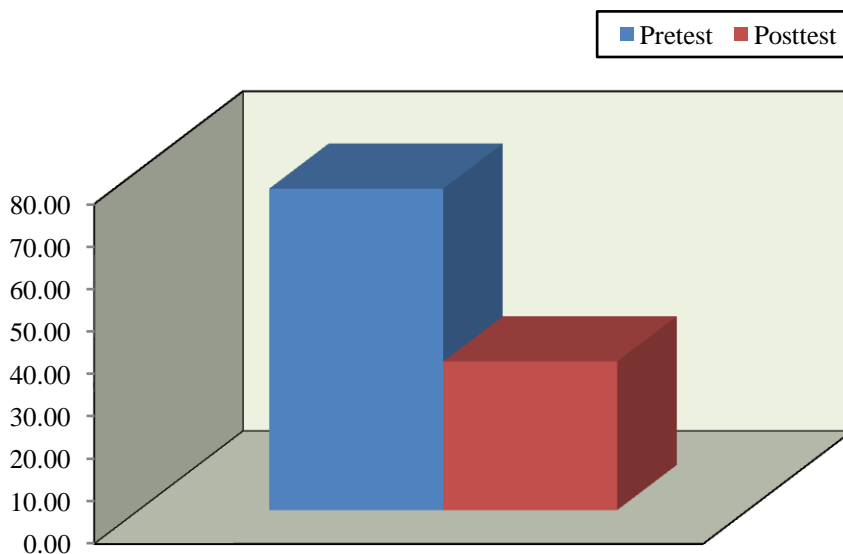


**Graph-1: Mean Scores of muscular endurance between pretest and posttest of students**

**Table -2: The mean and paired sample 't' test results for the treatment group's before and after tests on abdominal strength are summarised.**

Variables	Test	N	Mean	SD	SE	MD	Ot	df	Tt
Abdominal Strength	Pretest	15	75.67	13.35	4.36	40.67	16.07	14	2.14
	Posttest	15	35.00	10.35					

Table no. 2 indicates that there was a significant difference between the pre and post test as the calculated 't' (16.07) value is greater than the tabulated 't' (2.14) at 0.05 confidence level. From the obtained results, it was concluded that yoga practice increased the abdominal strength of the students.

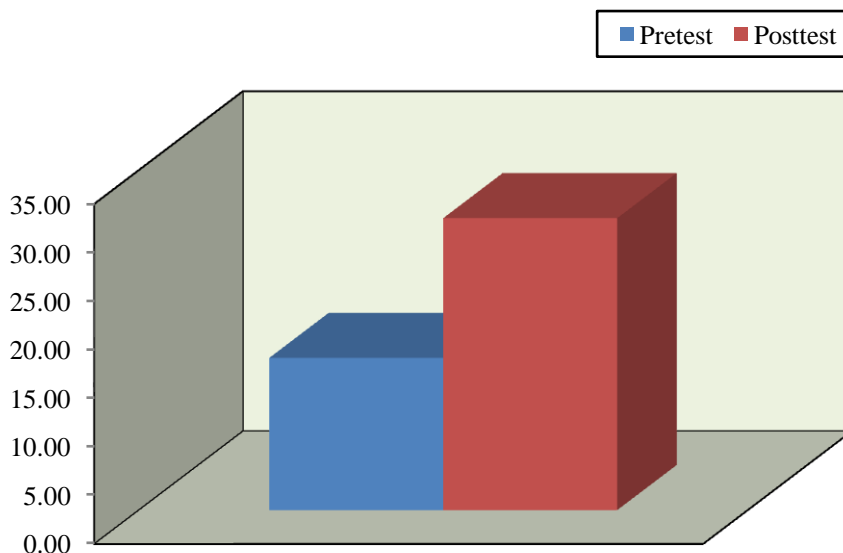


**Graph-2: Mean Scores of abdominal strength between pretest and posttest of students**

**Table -3: The mean and paired sample 't' test results for the treatment group's before and after tests on back strength are summarised.**

Variables	Test	N	Mean	SD	SE	MD	Ot	df	Tt
Back Strength	Pretest	15	15.67	5.16	2.58	14.40	8.05	14	2.14
	Posttest	15	30.07	8.57					

Table no. 3 indicates that there was a significant difference between the pre and post test as the calculated 't' (8.05) value is greater than the tabulated 't' (2.14) at 0.05 confidence level. From the obtained results, it was concluded that yoga practice increased the back strength of the students.

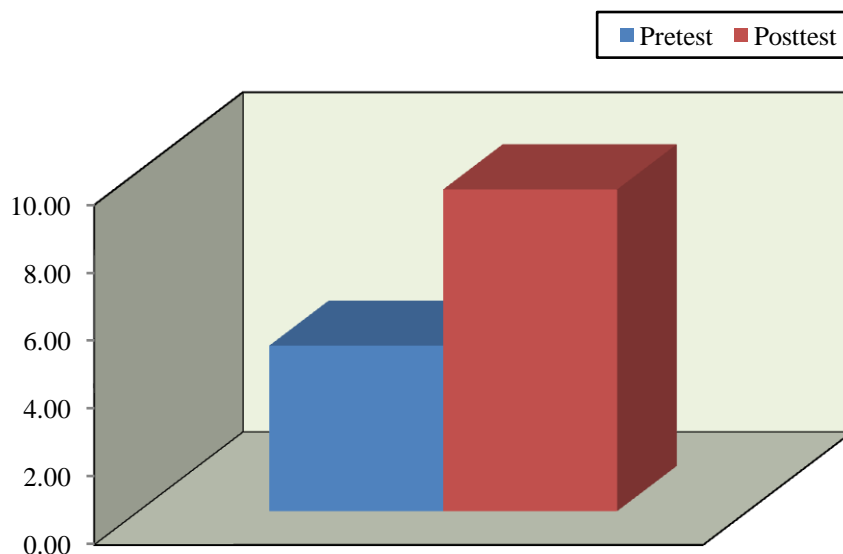


**Graph-3: Mean Scores of back strength between pretest and posttest of students**

**Table -4: The mean and paired sample 't' test results for the treatment group's before and after tests on upper body muscle strength are summarised.**

Variables	Test	N	Mean	SD	SE	MD	Ot	df	Tt
Upper Body Muscle Strength	Pretest	15	4.87	1.55	0.59	4.60	8.49	14	2.14
	Posttest	15	9.47	1.68					

Table no. 4 indicates that there was a significant difference between the pre and post test as the calculated 't' (8.49) value is greater than the tabulated 't' (2.14) at 0.05 confidence level. From the obtained results, it was concluded that yoga practice increased the upper body muscle strength of the students.



**Graph-4: Mean Scores of upper body muscle strength between pretest and posttest of students**

**CONCLUSION:**

The strength of the muscles in different organs, including the abdominal, back, and upper body muscles, has changed significantly. Regular yoga practice has also been shown to improve endurance, demonstrating how important it is for students to develop holistically.

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