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Effect of Yogic Practices on Selected Physiological Variables of College Women Students

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Abstract

The purpose of this study was to determine how yogic practices influenced physiological factors in college women students. The current study included thirty women students from Pondicherry University Community College in Lawpet, Puducherry, who ranged in age from 18 to 21 years old. The participants were divided into two equal sized groups. With a pre- and post-test, the experiment was set up as a true random group design. The participants (n=30) were randomly allocated into two groups of fifteen students each. Similarly, the classes were divided into two groups: yogic practices and control. Systolic blood pressure and diastolic blood pressure were assessed by bio-monitor respectively. After the study group had completed six weeks of participation, the post-tests were administered. The data was analyzed by applying dependent 't' test. The level of significance was set at 0.05. Systolic blood pressure and diastolic blood pressure of experimental group reduced significantly when compared to control group.

Keywords: Yogic Practices, Systolic blood pressure, Diastolic blood pressure, Women Students.

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Introduction

The science of yoga works on physical, mental, emotional, psychic and spiritual aspects of a person. When imbalance is experienced at this level, the organs, muscles and nerves no longer functions in harmony, rather they at in opposition to each other. Therefore yoga aims at bringing the different bodily functions into perfect co-ordination so that they work for the good of the whole body. Yoga is one of India's wonderful gifts to mankind. One of its valuable qualities is that it builds up a store of physical health through the practice of a system of exercises called asanas which keep the body cleansed and fit. Yoga believes that exercise is essential for speedy removal of toxins and for keeping blood circulation and all internal processes functioning smoothly (Balaji et al. 2012).

Yoga with its physical and mental disciplines can mould the behaviour of an individual promoting perfect harmony with his environment to relieve him from any suffering. Importance of Yogic exercises on physiological systems is to improve circulation vital to proper functioning of the body. Nourish, stimulate and maintain the vital balance of the endocrine glands, which govern growth and development (Yadav & Rachna, 1998).

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Methodology

The purpose of this study was to determine how yogic practices influenced physiological factors in college women students. The current study included thirty women students from Pondicherry University Community College in Lawpet, Puducherry, who ranged in age from 18 to 21 years old. The participants were divided into two equal sized groups. With a pre- and post-test, the experiment was set up as a true random group design. The participants (n=30) were randomly allocated into two groups of fifteen students each. Similarly, the classes were divided into two groups: yogic practices and control. Systolic blood pressure and diastolic blood pressure were assessed by bio-monitor respectively. After the study group had completed six weeks of participation, the post-tests were administered. The data was analyzed by applying dependent 't test. The level of significance was set at 0.05.

Results

Table I. Variables and Test

S.No	Variables	Tests
1	Systolic blood pressure	Bio-Motor
2	Diastolic blood pressure	

Results

The findings pertaining to analysis of dependent 't' test between experimental group and control group on selected physiological variables among college women students for pre-post test respectively have been presented in table II to III.

Table II. Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Yogic practices Group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Systolic blood pressure	123.23	119.10	4.13	3.34	0.86	17.88*
2	Diastolic blood pressure	82.24	79.54	2.70	0.47	0.12	12.18*

* Significant at 0.05 level

Table II shows the obtained 't' ratios for pre and post test mean difference in the selected variable of systolic blood pressure (17.88) and diastolic blood pressure (12.18). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were significantly decreased in physiological variables.

Figure I. Comparisons of Pre – Test Means and Post – Test Means for Experimental Group in Relation to Physiological variables

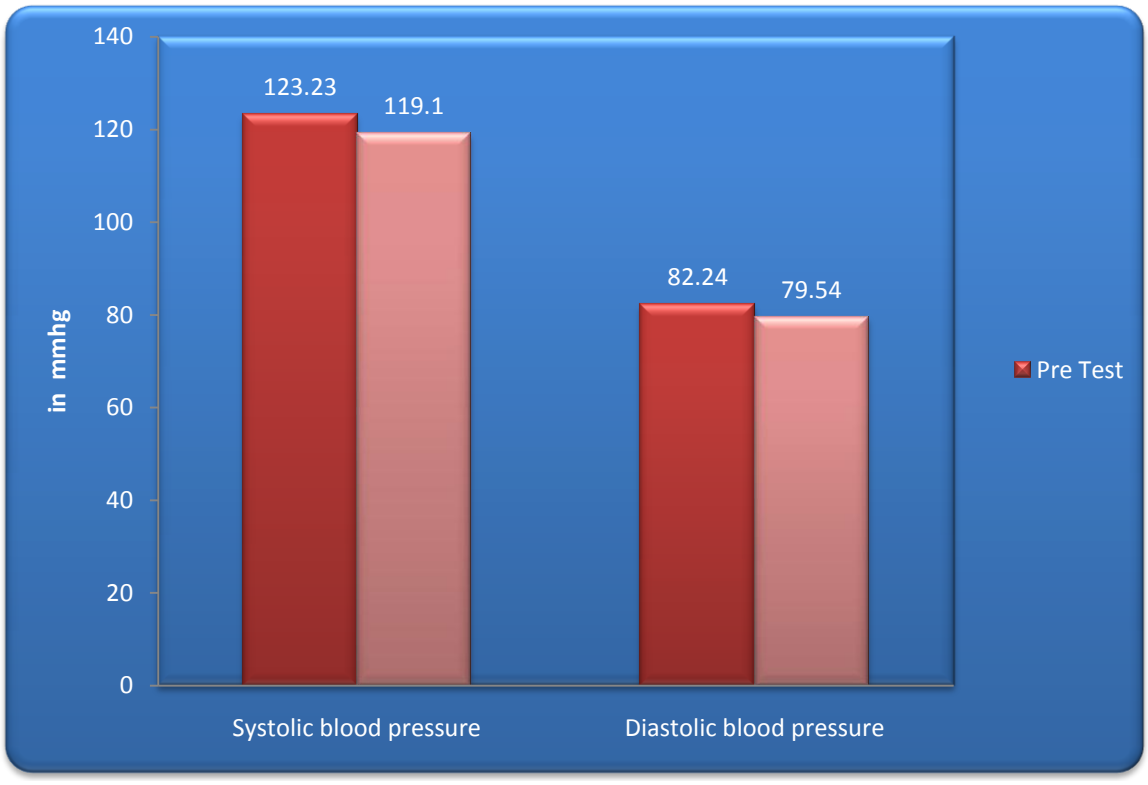


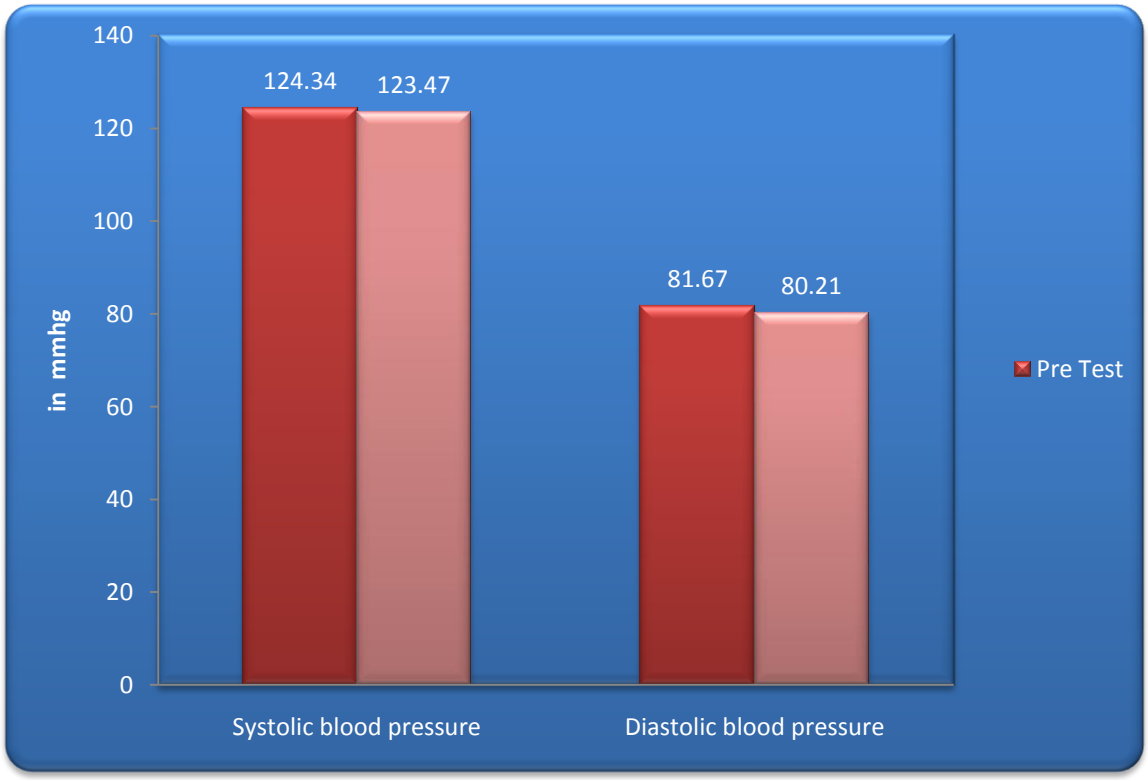
Table III. Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Control Group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Systolic blood pressure	124.34	123.47	0.87	3.28	0.84	0.98
2	Diastolic blood pressure	81.67	80.21	1.46	0.35	0.09	0.42

* Significant at 0.05 level

Table III shows the obtained 't' ratios for pre and post test mean difference in the selected variable of systolic blood pressure (0.98) and diastolic blood pressure (0.42). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were not significantly decreased in physiological variables.

Figure II. Comparisons of Pre – Test Means and Post – Test Means for Control Group in Relation to Physiological variables



Conclusion

1. Systolic blood pressure and diastolic blood pressure of experimental group reduced significantly when compared to control group.

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