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Effects of Varied Frequencies of Yogic Practices on the Development of Physiological Variables of Middle Aged Men

M. Dharmaraj[1] & Dr.A.Pushparajan[2]

[1]*Part Time Research Scholar, Department of Physical Education, Karpagam Academy of Higher Education, Karpagam university, Coimbatore, Tamilnadu, India.*
[2]*Dean, Department of Physical Education, Karpagam University, Coimbatore, Tamilnadu, India.*

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Abstract

The motivation behind the investigation is to break down the impacts of shifted frequencies of Yogic Practices on the improvement of physiological factors of Middle Aged Men. In the investigation, forty male moderately aged men were chosen arbitrarily by part examining system, from Anandha Yogam Center at Coimbatore. Twenty male moderately aged men were relegated as an Experimental Group and another 20 male moderately aged men were doled out as a Control Group amid the scholastic year 2015-2016. They were the moderately aged men of run from 40 to 50 years. The subjects chosen for the present investigation were partitioned haphazardly into two equivalent gatherings called Control and Experimental, comprising of 20 in each gathering. Yogic Practice and Meditation Training were given to the Experimental Group. The Control Group was not permitted to take an interest in any of the preparation programes, with the exception of their standard work. The test bunch taken part in yoga preparing plan for three option days in seven days for the time of 12 weeks. The outcome demonstrated that the physiological factors diminished the pulse because of the yogic practices.

Keywords: Yogic practices, Blood weight.

Introduction

The early time guarantees that yoga makes an association amongst body and mind which is additionally reflecting in the current science. Physical movement is related with general enhancements in the state of mind and uneasiness, additionally expanding the inclusion in high-impact exercise or quality preparing which decreases the danger of creating sadness (39; 99). Truth be told, a conceivable measurements reaction relationship of activity in the treatment of real sorrow exists. Dunn et al. (2005) demonstrated that a dosage of oxygen consuming activity predictable with general wellbeing suggestions was a viable treatment for gentle to direct discouragement and a lower measurements was tantamount to fake treatment with no distinction in the vicinity of 3 and 5 week after week sessions (35). In spite of the fact that yoga does not meet the present rules for oxygen consuming physical movement, its training has demonstrated the perking up and uneasiness levels more than the metabolically coordinated strolling exercise in solid Middle Aged Men in their mid-twenties (110). This might be identified with the profound rationality of the training, since a meta-investigation of care based treatment recommends that adding general reflection to the treatment of real sadness enhances treatment results (19). Further, Smith et al. (2011) found that yoga classes with essential moral and profound segments gave extra emotional wellness benefits over yoga rehearses just as an activity administration (109).

Correspondence
M.Dharmaraj
E-mail: mdraj1963@gmail.com, Ph. +9194897 76159

Methodology

In the present investigation, forty male moderately aged men were chosen aimlessly by part inspecting system, Anandha Yogam Center at Coimbatore. Twenty male moderately aged men were allocated as an Experimental Group and another 20 male moderately aged men were appointed as a Control Group and the scholastic year 2015-2016. They were the moderately aged men of run from 40 to 50 years. All the moderately aged men were coordinated to amass in a multipurpose corridor to look for their readiness and go about as subjects. The specialist clarified them the reason, nature, significance of the trial and the methodology to be utilized to gather their reports. Encourage the part of the subjects amid the experimentation and the testing strategy were likewise disclosed to them in detail. The physical states of the subjects were surveyed by a qualified medicinal expert and every one of the subjects were discovered sound and ordinary. They were asked for to co-work and take part effectively for the same. The chose physiological factors had a systolic circulatory strain and diastolic pulse. The information gathered from the two gatherings on the

chose physiological factors utilized for the measurable treatment to discover whether there was any huge contrast between the two gatherings by the Analysis of Covariance (ANCOVA) strategy.

Analysis of the Physiological Variables

The pre test and the post test mean, standard deviation and the adjusted post test mean of the data on blood glucose is presented in the table 1.

Table 1

Analysis of Covariance for Pre Test and Post Test Data on the Systolic Blood Pressure of Control Group and Experimental Group

	Control Group	Experimental Group	Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
Pre Test Mean	113.35	115.25	Between	36.100	1	36.100	0.236
SD	15.22558	8.59544	Within	5808.300	38	152.850	
Post Test Mean	111.20	105.40	Between	336.400	1	336.400	3.210
SD	12.35271	7.54914	Within	3982.000	38	1 04.789	
Adjusted Post Test Mean	111.707	104.893	Between	461.385	1	461.385	7.330*
			Within	2328.965	37	62.945	

* Significant at 0.05 level.(4.10)

From the table - I unmistakably the pre test implies on Systolic Blood Pressure of the Control and the Experimental Groups are 113.35 and 115.250 individually. The acquired "F" proportion esteem 0.236 for the pre test mean is lesser than the required table esteem 4.096 for hugeness at 0.05 level. Thus, it is not critical and it uncovers that there is measurably no noteworthy contrast amongst control and exploratory gatherings on systolic pulse before the beginning of the trial time frame. It is deduced that the arbitrary choice of the subjects for the two gatherings are effective.

The post test implies on Systolic Blood Pressure of the control and the test bunches are 111.200 and 105.40 individually. The acquired "F" proportion esteem 3.210 for the post-test information is lesser than the required table esteem 4.096 for 1 and 38 degrees of opportunity at 0.05 level of essentialness. It uncovers that there is no measurably critical contrast between the control and the trial bunches on Systolic Blood Pressure after the exploratory preparing.

The balanced post test implies on Systolic Blood Pressure of the control and the exploratory gatherings are 111.707 and 104.893 individually. The acquired "F" proportion esteem 7.330 for the balanced post test information is more prominent than the required table esteem 4.104 for 1 and 37 degrees of flexibility at 0.05 level of noteworthiness. It demonstrates that there is a huge change on the Systolic Blood Pressure because of the exploratory period. Since the outcome has uncovered that there is a noteworthiness distinction, the theory proposed is acknowledged.

Figure I
Graphical Representation on Pre -Test, Post -Test and Adjusted Post -Test Data on Systolic Blood Pressure of Control Group and Experimental Group

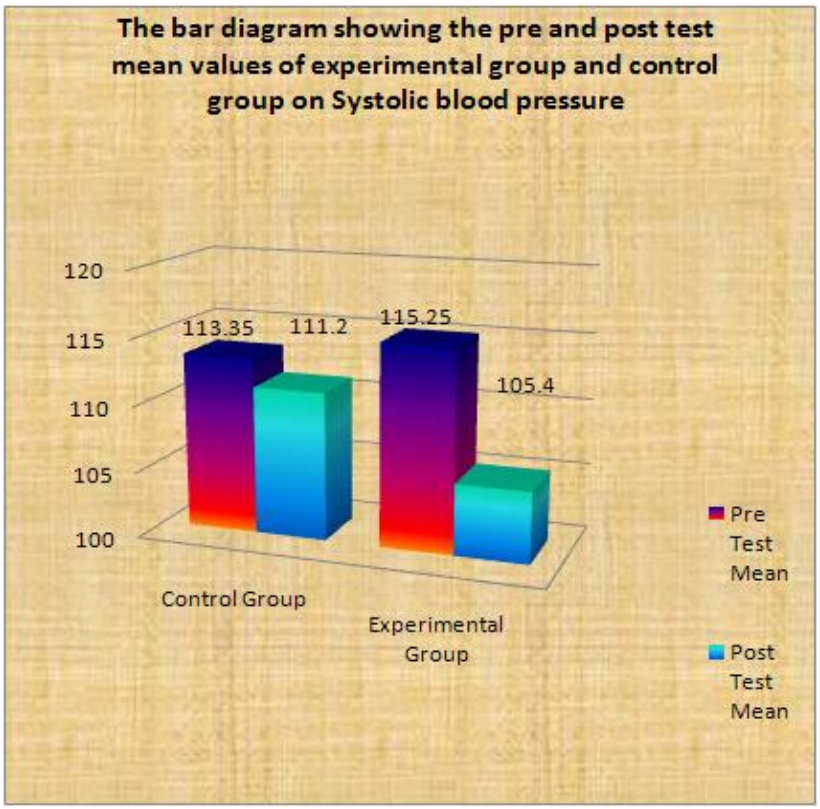


Table 2
Analysis of Covariance for Pre Test and Post Test Data on the Diastolic Blood Pressure of Control Group and Experimental Group

	Control Group	Experimental Group	Source of Variance	Sum of Squares	df	Mean Squares	' F' Ratio
Pre Test Mean	72.05	74.90	Between	81.225	1	81.225	1.052
SD	10.92306	5.91964	Within	2932.750	38	77.178	
Post Test Mean	74.85	67.90	Between	483.025	1	483.025	8.673*
SD	9.08020	5.37930	Within	2116.350	38	483.025	
Adjusted Post Test Mean	75.551	67.199	Between	678.799	1	678.799	17.858*
			Within	1406.400	37	38.011	

* Significant at 0.05 level. (4.10)

Table 2 demonstrates that the pre test implies on Diastolic Blood Pressure of the control and the test bunches are 72.05 and 74.90 individually. The acquired "F" proportion esteem 1.052 for the pre test mean is lesser than the required table esteem 4.096 which is hugeness at 0.05 level. Consequently, it is not critical and uncovers that there is measurably no noteworthy contrast between the Control and the Experimental Groups on Diastolic Blood Pressure before the beginning of the exploratory preparing. It is deduced that the arbitrary choice of the subjects for the two gatherings are fruitful.

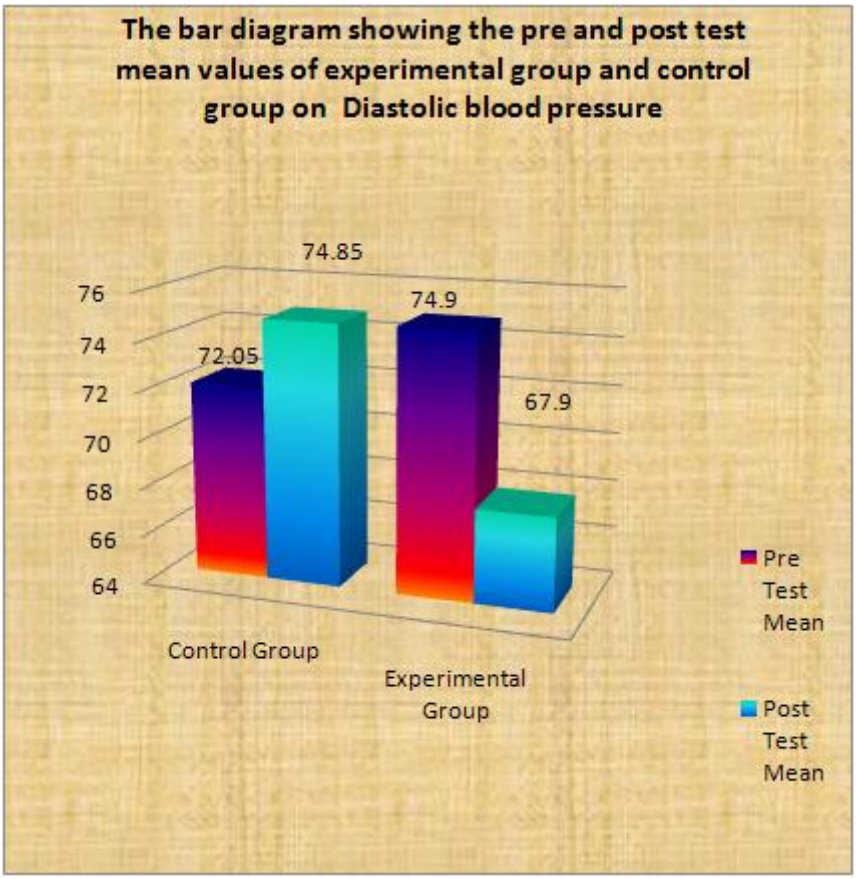
The post test mean on Diastolic Blood Pressure for the control and the exploratory gatherings are 74.85 and 67.90 separately. The acquired "F" proportion esteem 8.673 for the post test information is more prominent than the required table esteem 4.096 for 1 and 38 degrees of flexibility at 0.05 level of hugeness. It uncovers that there is factually huge contrast between the Control and

the Experimental Groups on the Diastolic Blood Pressure after the test preparing.

The balanced post test mean on the Diastolic Blood Pressure of the Control and the Experimental Groups are 75.551 and 67.199 individually. The got "F" proportion esteem 17.858 for the balanced post test information is more noteworthy than the required table esteem 4.104 for 1 and 37 degrees of opportunity at 0.05 level of importance. It demonstrates that there is a noteworthy change on the Diastolic Blood Pressure because of test preparing. Since the outcome has uncovered that there is a criticalness contrast, the theory proposed is acknowledged.

Figure II

Graphical Representation on Pre- Test, Post- Test and Adjusted Post -Test Means on Diastolic Blood Pressure of Control Group and Experimental Group



Results

1. The present study results showed that the physiological variables of systolic blood pressure and diastolic blood pressure significantly decreased in the Experimental Group and Control Group did not show any significant improvement.

Conclusion

It was concluded that the through yogic practices, the physiological variables significantly showed better improvement than the Control Group.

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