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Effect of Yogic Practices on Forced Vital Capacity among Young Adults Male

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Abstract

The purpose of the study was to examine the effect of yogic practices on forced vital capacity among young adult male. For the purpose of the study, thirty young adult male from Madurai District were selected as subjects. They were divided into two equal groups of fifteen each. Group I underwent yogic practices for three days a week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular activities. Forced vital capacity was selected as criterion variable. All the subjects of two groups were tested on Forced vital capacity prior to and immediately after the training programme as pre and post tests respectively. The analysis of covariance [ANCOVA] was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered appropriate. The results of the study showed that there was a significant change on forced vital capacity due to yogic practices.

Keywords: Yogic Practices, Forced Vital Capacity, Young Male Adults.

Introduction

Yoga as exercise is a physical activity consisting mainly of postures, often connected by flowing sequences, sometimes accompanied by breathing exercises, and frequently ending with relaxation lying down or meditation. The number of schools and styles of yoga in the Western world has continued to grow rapidly. By 2012, there were at least 19 widespread styles from Ashtanga Yoga to Viniyoga. These emphasise different aspects including aerobic exercise, precision in the asanas, and spirituality in the Haṭha yoga tradition.

A "hatha yoga" class practicing Vrikshasana, tree pose, in Vancouver, Canada. These aspects can be illustrated by schools with distinctive styles. For example, Bikram Yoga has an aerobic exercise style with rooms heated to 105 °F (41 °C) and a fixed pattern of 2 breathing exercises and 24 asanas. Iyengar Yoga emphasises correct alignment in the postures, working slowly, if necessary with props, and ending with relaxation. Sivananda Yoga focuses more on spiritual practice, with 12 basic poses, chanting in Sanskrit, pranayama breathing exercises, meditation, and relaxation in each class, and importance is placed on vegetarian diet.

Jivamukti Yoga uses a flowing vinyasa style of asanas accompanied by music, chanting, and the reading of scriptures. Kundalini yoga emphasises the awakening of kundalini energy through meditation, pranayama, chanting, and suitable asanas. Alongside the yoga brands, many teachers, for example in England, offer an unbranded "hatha yoga", often mainly to women, creating their own combination of poses. These may be in flowing sequences (vinyasas), and new variants of poses are often created.

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Methodology

The purpose of the study was to examine the effect of yogic practices on forced vital capacity among young adult male. For the purpose of the study, thirty young adult male from Madurai District were selected as subjects. They were divided into two equal groups of fifteen each. Group I underwent yogic practices for three days a week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular activities. The forced vital capacity was selected as criterion variable. All the subjects of two groups were tested on Forced vital capacity by using wet spirometer prior to and immediately after the training programme as pre and post tests respectively. The analysis of covariance [ANCOVA] was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered appropriate.

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Analysis of the Data

Forced Vital Capacity

The analysis of covariance on forced vital capacity of the pre and post test scores of yogic practices group and control group have been analyzed and presented in Table I.

Table 1. *Analysis of covariance of the data on forced vital capacity of pre and post tests scores of yogic practices and control groups*

Test	Yogic Practicesgroup	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	3.59	3.58	Between	0.0003	1	0.0003	0.04
S.D.	0.09	0.09	Within	0.2467	28	0.0088	
Post Test							
Mean	3.76	3.61	Between	0.1763	1	0.1763	21.91*
S.D.	0.10	0.08	Within	0.2253	28	0.0080	
AdjustedPost Test							
Mean	3.77	3.60	Between	0.1641	1	0.1641	65.66*
			Within	0.0675	27	0.0025	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

The table 1 shows that the pre-test means of yogic practices group and control group was 3.59 and 3.58 respectively. The obtained "F" ratio of 0.04 for pre-test means is less than the table value of 3.34 for df 1 and 28 required for significance at .05 level of confidence on forced vital capacity. The post-test means of yogic practices group and control group was 3.76 and 3.61 respectively. The obtained "F" ratio of 21.91 for post-test means was more than the table value of 3.34 for df 1 and 28 required for significance at .05 level of confidence on forced vital capacity.

Also the adjusted post-test means on forced vital capacity of yogic practices group and control group was 3.77 and 3.60 respectively. The obtained "F" ratio of 65.66 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on forced vital capacity.

The results of the study indicated that there is a significant difference between the adjusted post-test means of yogic practices group and control group onforced vital capacity.

Conclusions

1. There was a significant difference between yogic practices group and control group on forced vital capacity.
2. And also it was found that there was a significant change on selected criterion variable namely forced vital capacity due to yogic practices.

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