



Impact of Yoga Mudra on Selected Physiological Variables among Adolescent Girls

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Abstract

The purpose of the study was designed to examine the effect of yoga mudra on selected physiological variables among adolescent girls. For the purpose of the study, thirty girls from the Department of Physical Education and Sports Sciences, Annamalai University were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent yoga mudra for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely systolic blood pressure and diastolic blood pressure were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance 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 as an appropriate

Keywords: Yoga Mudra, Adolescent Girl.

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Introduction

Yoga Mudras are specific hand gestures created to facilitate the flow of energy, Prana, in the body, and mind for optimal health. 'Mudra' is a Sanskrit word that literally means 'hand gesture'. Many Hindu and Buddhist rituals and various dance forms use mudras to convey deeper meaning". Yoga is an ancient practice that has been transforming lives for centuries now; we all know Yoga as a science of challenging physical poses called 'Asanas' and breathing techniques called 'Pranayama' performed to keep the physical and mental bodies fit. Yoga Mudra is the science of altering or redirecting energy flow in the entire body using hand gestures through acupuncture meridians, bringing our energy body to perfect alignment or balance. Since hands contain all the acupuncture meridians they are considered to be the control panel of the body. The five fingers in a hand represent the five elements, Pancha Mahabhutas, of the body namely fire, water, air, sky, and earth.

Methodology

The purpose of the study was designed to examine the effect of yoga mudra on selected physiological variables among adolescent girls. For the

purpose of the study, thirty girls from the Department of Physical Education and Sports Sciences, Annamalai University were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent yoga mudra for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely systolic blood pressure and diastolic blood pressure were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance 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 as an appropriate.

Analysis of the Data Systolic Blood Pressure

The analysis of covariance on systolic blood pressure of the pre and post test scores of yoga mudra group and control group have been analyzed and presented in Table 1.

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Table 1. Analysis of covariance of the data on systolic blood pressure of pre and post tests scores of yoga mudra and control groups

Test	Yoga Mudra Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	89.13	89.47	Between	0.83	1	0.83	0.05
S.D.	3.56	4.27	Within	463.47	28	16.55	
Post Test							
Mean	85.60	89.33	Between	104.53	1	104.53	8.15*
S.D.	2.33	4.30	Within	358.93	28	12.82	
Adjusted Post Test							
Mean	85.73	89.20	Between	89.83	1	89.83	43.02*
			Within	56.38	27	2.09	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 3.34 and 3.35 respectively).

The table I shows that the adjusted post-test means of yoga mudra group and control group are 85.73 and 89.20 respectively. The obtained "F" ratio of 43.02 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 systolic blood pressure.

The results of the study indicated that there was a significant difference between the adjusted post-test

means of yoga mudra group and control group on systolic blood pressure.

Diastolic Blood Pressure

The analysis of covariance on diastolic blood pressure of the pre and post test scores of yoga mudra group and control group have been analyzed and presented in Table 2.

Table 2. Analysis of covariance of the data on diastolic blood pressure of pre and post tests scores of yoga mudra and control groups

Test	Yoga Mudra Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	136.93	135.40	Between	17.63	1	17.63	0.58
S.D.	6.59	3.67	Within	852.53	28	30.45	
Post Test							
Mean	122.40	135.07	Between	1203.33	1	1203.33	87.17*
S.D.	3.79	3.38	Within	386.53	28	13.80	
Adjusted Post Test							
Mean	122.00	135.46	Between	1331.22	1	1331.22	226.90*
			Within	158.41	27	5.87	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 3.34 and 3.35 respectively).

The table 2 shows that the adjusted post-test means of yoga mudra group and control group are 122.00 and 135.46 respectively. The obtained "F" ratio of 226.90 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 diastolic blood pressure.

The results of the study indicated that there was a significant difference between the adjusted post-test means of yoga mudra group and control group on diastolic blood pressure.

Conclusions

1. There was a significant difference between yoga mudra group and control group on systolic blood pressure and diastolic blood pressure.
2. And also it was found that there was a significant changes on selected criterion variables such as systolic blood pressure and diastolic blood pressure due to yoga mudra.

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