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Effect of Yogic Exercises on Blood Pressure among Throwball Players

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Abstract

The purpose of the study was to find out the effect of yogic exercises on blood pressure among throwball players. To achieve the purpose of the present study, thirty players from Rayalaseema College of Physical Education, Proddatur, Andhra Pradesh were selected as subjects and their age shall ranged from 18 to 25 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen players each. The groups were assigned as yogic exercises group and control group in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. The initial and final scores in blood pressure were put in to statistical treatment using ANCOVA to find out the significant mean differences. It was concluded that there was significant improvement decrease in blood pressure due to yogic practices when comparing to control group.

Keywords: Yogic exercises, Blood pressure, Throwball players.

Introduction

Health, physical fitness and emotional stability are the objectives which bring yoga and physical education on a common platform for the benefit of human individual. Health is a more general and comprehensive term conveying the 'feeling of well being', while physical fitness is a more specific term. Physical fitness is the capacity of an individual to perform a given task at a particular time. Health and physical fitness are not static. They are always changing they follow the law can be maintained only by carefully selected physical activities which are called 'exercise'. The utility of the particular exercise program can be evaluated only in forms of the effects that one obtained in promoting a particular factor of physical fitness. Through constant practice of yoga, one can overcome all difficulties and eradicate all weakness, pain can be transmitted in to bliss, sorrow in to joys, and failure into success and sickness in to perfect health. Determination, patience and persistence lead one to goal (Ananda, 1982)

Methodology

The purpose of the study was to find out the effect of yogic exercises on blood pressure among throwball players. To achieve the purpose of the present study, thirty players from Rayalaseema College of Physical Education, Proddatur, Andhra Pradesh were selected as subjects and their age shall ranged from 18 to 25 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen players each. The groups were assigned as yogic exercises group and control group in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. The initial and final scores in blood pressure were put in to statistical treatment using ANCOVA to find out the significant mean differences.

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Results

Table 1. Computation of mean and analysis of covariance of systolic blood pressure of experimental and control groups

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	119.86	119.33	BG	2.13	1	2.13	0.08
			WG	703.06	28	25.11	
Post Test Mean	119.73	119.13	BG	2.70	1	2.70	0.75
			WG	100.66	28	3.59	
Adjusted Post Mean	119.68	119.18	BG	1.90	1	1.90	0.42
			WG	78.15	27	2.89	

*Significant at 0.05 level

Table value for df 1 and 28 was 4.20

Table value for df 1 and 27 was 4.21

The above table indicates the adjusted mean value of systolic blood pressure of experimental and control groups were 119.68 and 119.18 respectively. The obtained F-ratio of 0.42 for adjusted mean was lesser than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a in significant difference among experimental and control groups on systolic blood pressure. The pre, post and adjusted mean values of systolic blood pressure of both control and experimental groups are graphically represented in the figure-I.

Figure I. Bar diagram shows the mean value of systolic blood pressure of experimental and control groups

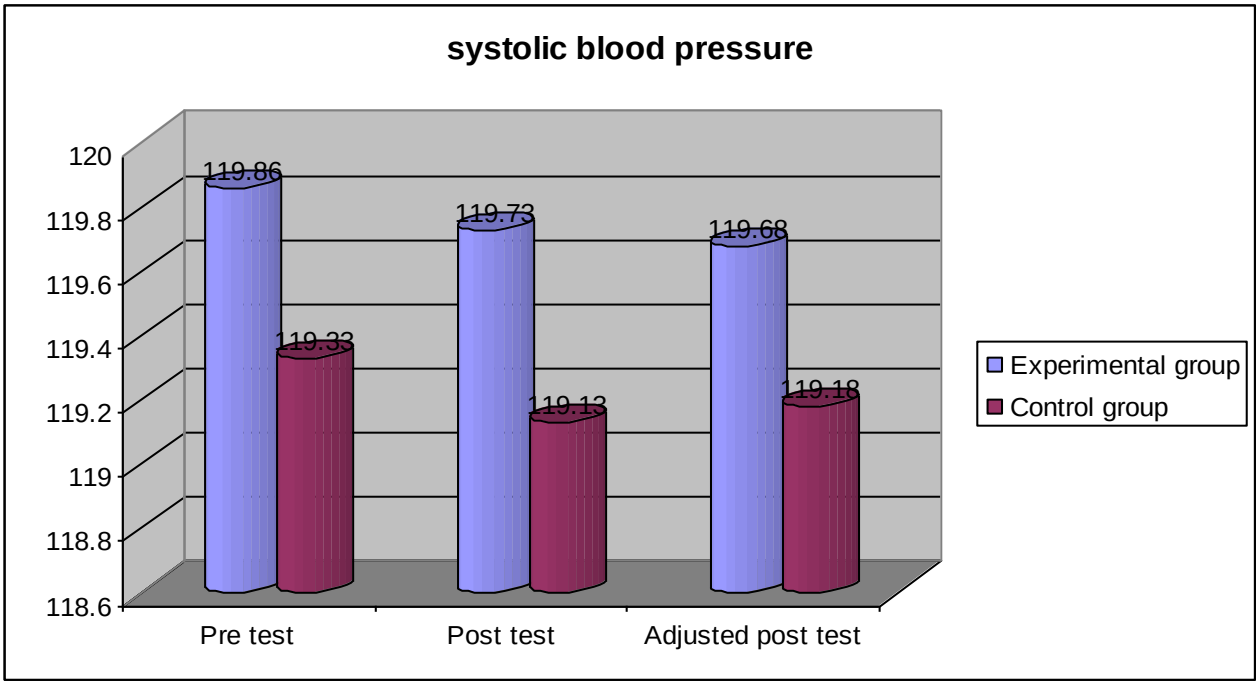


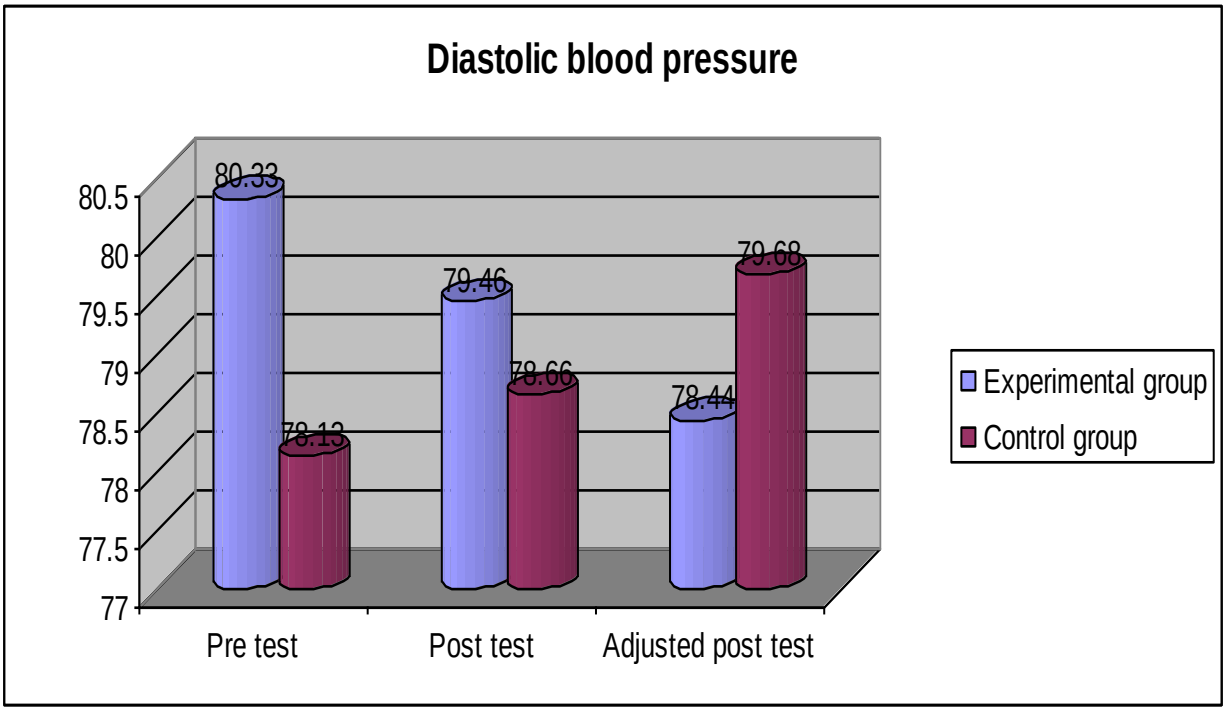
Table 2. Computation of mean and analysis of covariance of diastolic blood pressure of experimental and control groups

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	80.33	78.13	BG	36.30	1	36.30	3.64
			WG	279.06	28	9.96	
Post Test Mean	79.46	78.66	BG	4.80	1	4.80	0.31
			WG	427.06	28	15.25	
Adjusted Post Mean	78.44	79.68	BG	10.27	1	10.27	1.49
			WG	186.07	27	6.89	

* Significant at 0.05 level
Table value for df 1 and 28 was 4.20
Table value for df 1 and 27 was 4.21

The above table indicates the adjusted mean value of diastolic blood pressure of experimental and control groups were 78.44 and 79.68 respectively. The obtained F-ratio of 1.49 for adjusted mean was lesser than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a in significant difference among experimental and control groups on diastolic blood pressure. The pre, post and adjusted mean values of diastolic blood pressure of both control and experimental groups are graphically represented in the figure-II.

Figure II. Bar diagram of shows the mean values of diastolic blood pressure of experimental and control groups



Conclusion

It was concluded that there was significant improvement decrease in blood pressure due to yogic practices when comparing to control group.

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