



## Effect of Yogic Practices on Selected Physical Variables among College Students

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### Abstract

The purpose of the study was to investigate the effect of twelve weeks yogic practices on selected physical variables among college students. It was hypothesized that there would have been a significant effect of twelve weeks yogic practices on selected physical variables among college students. For the present study the subjects were 30 male college students from Scott Christian College, Nagercoil, Tamilnadu were selected as subjects at random and their age ranged from 18 to 25 years. For the present study pre test – post test randomized group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent yogic practices and Group 'B' underwent no training. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA) technique to find out the effect of yogic practices on selected physical variables among college students. The level of significance was set at 0.05. Significant effect of yogic practices was found on speed and agility.

**Keywords:** Yogic Practices, College Students, Speed, Agility.

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### Introduction

The practice of yoga started thousands and thousands of years ago, when the world was rich in resources; and man was self contented. The satisfaction in life made him look into the origin of the Universe. The inquisitiveness in man took him to Yoga. Archaeologists found out evidence from Mohenjo-Daro and Harappa that people of Indus civilization period which was dated 5000 BC had practiced Yoga. Only when Aryas entered India they introduced the Vedas-Rig, Yajur, Sama, and Atharvana with three components in each Veda viz., Mantras Brahmanas (action synchronizing the Manthras). Upanishads is the philosophy of Mantras and Brahmas. Aranyaka is other section which deals with Sanyasa-seeking peace through penance and meditation by going deep into the forests. Rig Veda is the oldest among Vedas. Vyasara was responsible for organizing these four in order. Rig is hymns. Yajur is Yagam (praying, creating sacred fire and putting all holy things in it) Sama is song or music. Atharvana is thanthram / manthram. Even those days, there were people who disputed the existence of God. Lokhayats were prominent among them. Unfortunately this group could not have a leader. All in that group were leaders. That was why it did not become a religion like Buddhism and Jainism. But those people believed in- "No person could be called God" and leading a moral life avoiding all sins

would be enough. The group who followed the Upanishad thought differently and closed in toward Brahman which did not have any shape or size. In short Brahman is abstract. As there were too many sub groups in Upanishads there were inconsistencies in statements. To set things right 'Patharayana' designed a formula namely 'Brahma Sutra'. Brahma Sutra was very concise. It was found too difficult to understand and disseminate. In later days, Shankarar, Mathwar, Ramanujar started defining Brahma Sutra in their own styles. The versions of Brahmas Sutra came to be known as Athvaitham, Thuvaitham, and Vishishtathwaitham. Philosophies in their original forms were not understood by layman. So, the epics Mahabharata and Ramayana came. The Bhagavat Gita in the Mahabharata became more popular and had the wide reach. Also there was a war of words between those who believe in the existence of God and those who don't. There was also a war of words between Shaivites and Vishnuvites. Meanwhile with the invasion of Muslims, Islam started its roots in India. Western invaders brought in Christianity. Our own Vedas which advocated the caste system was responsible for the other religions to find their ways into India (Mira Mehta, 1994).

### Methodology

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out the effect of yogic practices on selected physical variables among college students. The level of significance was set at 0.05.

**Results**

The findings pertaining to analysis of co-variance between experimental group and control group on selected physical variables among college students for pre-post test respectively have been presented in table No.I to III.

**Table I.** ANCOVA between Experimental Group and Control Group on Speed of College students for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	8.11	8.03	BG	0.07	1	0.07	0.03
			WG	50.46	28	1.80	
Post Test Mean	7.35	7.99	BG	164.03	1	164.03	60.97*
			WG	75.56	28	2.69	
Adjusted Post Mean	7.36	7.99	BG	150.56	1	150.56	66.91*
			WG	60.98	27	2.25	

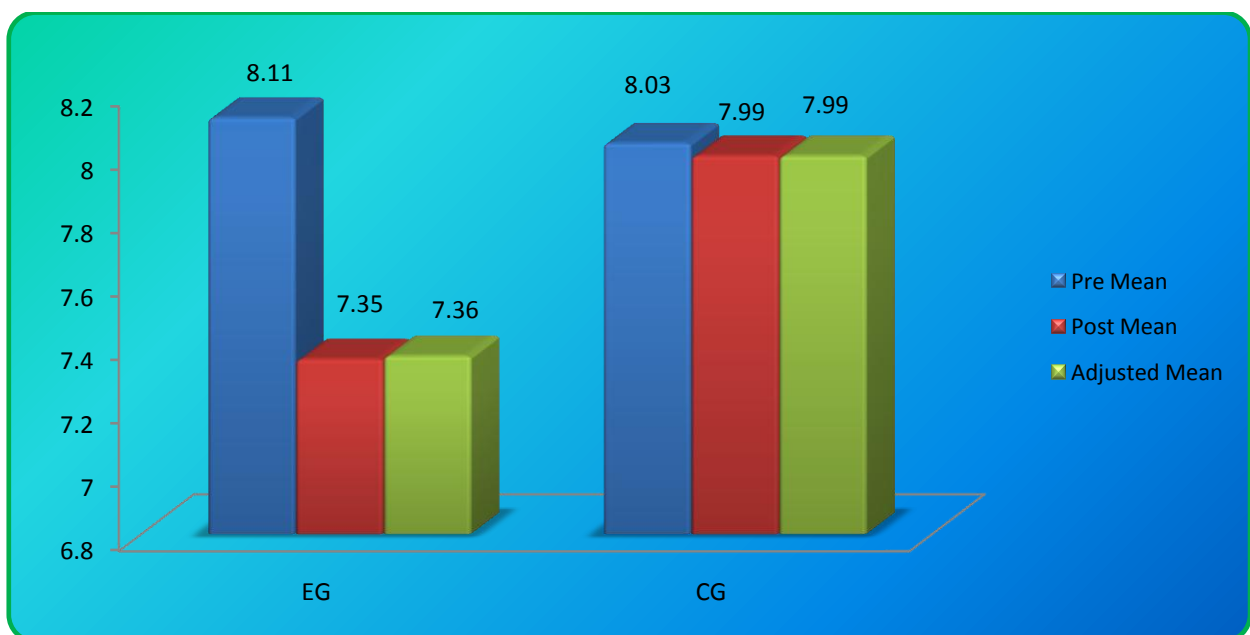
\*\* Significant at 0.05 level.

df: 1/27= 4.21

Table No. I revealed that the obtained ‘F’ value of 66.91 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that

there was a significant difference in adjusted means of speed of college students between experimental group and control group.

**Figure 1.** Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Speed



**Table II.** ANCOVA between Experimental Group and Control Group on Agility of College students for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	11.11	11.10	BG	13.00	1	13.00	2.39
			WG	151.76	28	5.42	
Post Test Mean	10.40	11.07	BG	250.89	1	250.89	32.75*
			WG	214.56	28	7.66	
Adjusted Post Mean	10.39	11.06	BG	149.48	1	149.48	19.21*
			WG	210.12	27	7.78	

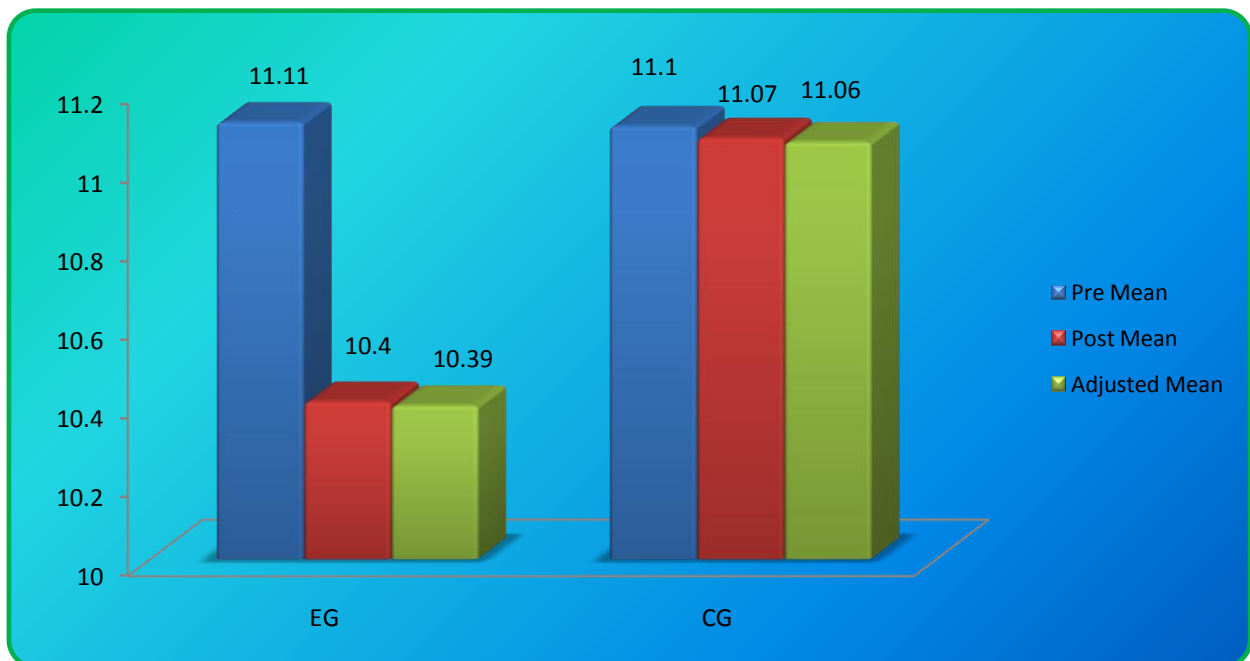
\*\* Significant at 0.05 level.

df: 1/27= 4.21

Table No. II revealed that the obtained ‘F’ value of 19.21 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that

there was a significant difference in adjusted means of agility of college students between experimental group and control group.

**Figure II.** Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Agility



**Conclusion**

On the basis of findings and within the limitations of the study the following conclusions were drawn: Significant effect of yogic practices was found on speed and agility.

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