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Effect of Iron Yoga Training on selected Strength Parameters among Adults

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ARTICLE DETAILS

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ABSTRACT

The purpose of the study was to find out the effect of iron yoga on strength parameters among adults. To achieve the purpose of the study 10 subjects were selected from the Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli. The selected subjects were aged between 21 to 27 years. Following variables were selected Abdomen strength, Shoulder strength. The selected subjects were underwent Iron yoga for a duration of 20 working days. . The data collected from the group will be statistically analyzed by using Dependent `t' test to find out the significant improvement between the pre and post test means and the level of significance was fixed at 0.05 level to test the hypotheses. On the basis of the results obtained by statistical analysis on the effect of iron yogic training on strength parameter, the following conclusions were drawn. There was a significant improvement on shoulder strength due to the effect of iron yoga training. There was a significant improvement on abdominal strength due to the effect of iron yoga training.

1. Introduction

Yoga

The word yoga means "union" in Sanskrit, the language of ancient India where yoga originated. We can think of the union occurring between the mind, body and spirit. What is commonly referred to as "yoga" can be more accurately described by the Sanskrit word asana, which refers to the practice of physical postures or poses? Asana is only one of the eight "limbs" of yoga, the majority of which are more concerned with mental and spiritual well-being than physical activity. In the West, however, the words asana and yoga are often used interchangeably (Iyengar, 2000).

Iron yoga

Yoga is such an incredible discipline for the mind, body and spirit it is no wonder the ancient ritual has been practiced the entire world for more than 5000 years an year and is more popular in the United States today than ever before virtually anyone can practice yoga. Whether you are looking to lose a few pounds and bone your body. delay the aging process and expend longevity; recover from an ailment disorder or injury train the mind and the body for sport and competition; or just leave the yoga life style, incorporating the practice of yoga in to your life can be tremendously rewarding and beneficial to your overall health and will being.

Iron Yoga classes incorporate beginner yoga poses with light weight dumbbells to improve lean muscle mass and build upper-body strength. These classes are low impact but, you will burn more calories with the addition of the weights. Each class starts with a yoga flow warm-up and then we move into strength building exercises with the dumbbells (Kabul, 1998).

2. Purpose of the Study

The purpose of the study was to find out the effect of iron yoga on strength parameters among adults.

3. Selection of Subjects

To achieve the purpose of the study 10 subjects were selected from the Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli. The selected subjects were aged between 21 to 27 years.

The selected subjects were underwent Iron yoga for a duration of 20 working days.

4. Selection of Variables

The following variables were selected.

1. Abdomen strength
2. Shoulder strength

5. Selection of Tests

The present study was undertaken primarily to find out the effect of Iron yoga on selected strength variables among adult students. As per the available literatures and feasibility of criteria, the following standardized test items and instruments were used and presented in table I.

TABLE I
TEST SELECTION

S.No	Variables	Test
1	Shoulder Strength	Pull Ups
2	Abdominal Strength	Bent Knee Sit Ups

6. Experimental Design and Statistical Procedure

The single group pre and post test randomized design will be used for this study. The data collected from the group will be statistically analyzed by using Dependent `t' test to find out the significant improvement between the pre and post test means and the level of significance was fixed at 0.05 level to test the hypotheses.

7. Analysis of Data

Shoulder Strength

Table II presents pre and post test means, standard deviations and dependent 't' test values on Shoulder Strength of experimental control group.

TABLE II

MEANS, STANDARD DEVIATION AND DEPENDENT't' TEST VALUES ON SHOULDER STRENGTH OF EXPERIMENTAL GROUP

Test	Number	Mean	Standard Deviation	t-test Value
Pre test	10	11.2	3.16	4.07
Post test	10	13	3.49	

**Significant at .05 level. The Table Value required at .05 level with df 9 is 2.26*

From the table, the pre and post test mean values for experimental group are 11.2 and 13 respectively. The obtained dependent t-test value of iron yoga training group is 4.07, which is greater than the tabulated t-value of 2.26 with df 9 at .05 level of confidence. This means that the iron yoga training had effects on participants' Shoulder Strength.

Abdominal Strength

Table III presents pre and post test means, standard deviations and dependent't' test values on Abdominal Strength of experimental control group.

TABLE II I

MEANS, STANDARD DEVIATION AND DEPENDENT't' TEST VALUES ON ABDOMINAL STRENGTH OF EXPERIMENTAL GROUP

Test	Number	Mean	Standard Deviation	t-test Value
Pre test	**10**	**18.7**	**3.45**	**4.64**
Post test	**10**	**21**	**3.08**	

**Significant at .05 level. The Table Value required at .05 level with df 9 is 2.26*

From the table, the pre and post test mean values for experimental group are 18.7 and 21 respectively. The obtained dependent t-test value of iron yoga training group is 4.64, which is greater than the tabulated t-value of 2.26 with df 9 at .05 level of confidence. This means that the iron yoga training had effects on participants' Abdominal Strength.

8. Conclusion

On the basis of the results obtained by statistical analysis on the effect of iron yogic training on strength parameter, the following conclusions were drawn.

1. There was a significant improvement on shoulder strength due to the effect of iron yoga training.
2. There was a significant improvement on abdominal strength due to the effect of iron yoga training.

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