

# Effect of Yoga Asana Training on Physical Fitness Variables of School Level Students

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## ARTICLE DETAILS

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## ABSTRACT

The purpose of the study was found out the effects of yoga asanas training on physical fitness of school level students. This is an experimental study. For achieving the purpose of the study 50 male students of 9<sup>th</sup> to 12<sup>th</sup> classes from Govt. senior secondary school were selected as the subjects of the study. They were divided into two groups randomly, each group have 25 subjects. Group-I given Yoga Asana training, Group- II treated as a control group. Control group was not participated any type of yoga program. Strength, agility, speed, flexibility and endurance were selected as the variables of physical fitness for the study. The subjects were participated in six weeks Yoga Asanas training program. The data for the study was collected through the pre and post-test of six weeks training program. For analyzing the data of physical fitness variables descriptive analysis and t- test was applied at 0.05 level of significant. The result of the study showed that there was a significant effect of Yoga Asana training on physical fitness variables.

## 1. Introduction

In present time Physical fitness level of students become a big problem. In modern scientific life we easily access of everything and hardly do physical labor. This is a "push-button" age. In this modern world man has become idle and sedentary. We are not aware about physical activities and health program. This physical inactivity creates many health problems for us. It's not affected only our health but also our social life. Physical inactivity and negative social stigma are decreasing student's physical fitness. Students need of a good physical and mental fitness awareness to face the every problem of life. With physical and mental fitness they face challenges and making an achievement in any field of life.

Physical activity is the best tool to improve our health related quality of life. Physical fitness is must for every individual to function effectively in day to day life. We must exercise and physical active daily if want to be fit.

Yogic routine helps to attained fitness excellently. Yogic exercise deals with our inner and outer organs on which health depends upon. Different postures of yoga giving different movements to vital organs of our body. A continuous training of yoga is very beneficially for every aspect of life. It is very helpful for the proper fitness of body and mind. It's improving our flexibility and stamina for running. Yoga helps to maintaining cardiovascular system. it is very helpful to control disease, spiritual development and overcome from tension.

In this study we find out the effect of yoga on physical fitness variables of school level students.

## 2. Objectives of study:-

To find out the effect of yoga asana training on physical fitness variables.

## 3. Research Methodology:-

## Selection of the subject

For the present study 50 male students of 9<sup>th</sup> to 12<sup>th</sup> classes from Govt. Senior Secondary School, Ugalan (Hisar), Haryana were selected by purposive sampling as the subjects of the study and they were divided into two groups randomly. Each group has 25 subjects. Group-I for Yoga Asana training group and Group- II treated as a Control Group. Physical fitness test were conducted of the both groups before the of Yoga Asana training program. Group-I given six weeks, five days a week training program of Yoga Asana whereas Control group was not participated any type of specific training program, those given only general exercises. At the end of six weeks training program physical fitness test components were conducted on both groups.

## Selection of test

The purpose of this study was to test the effect of Yoga Asana on physical fitness, the following test items was selected to measure the physical fitness components.

1. Speed – 50 meter dash running
2. Strength – Standing broad jump
3. Endurance - 12 Minutes walk /run
4. Flexibility – Sit and Reach
5. Agility – Shuttle run

## Experimental design and training Schedule

This is an experiment design study. In this study pre test were conducted prior to Yoga Asana training program of six weeks, five day in a week and post tests were conducted after the training program. Each training session was 50 minutes duration. Each session had 10 minutes warming up and 10 minutes cooling down exercises. Total 10 Asanas were includes in this training program. Each asana was repeated by three times. The name of Asana is as follows



**Statistical procedure**

For analyzed the effects of Yoga Asana training on Physical Fitness components a descriptive study analysis and

t- test were used at level of significance 0.05. The result was showed in table.

**4. Results of the Study:-**

**Table 2**  
**Comparison of physical fitness level of Pre and Post results of experimental group and control group.**

	Variable	Mean	Std. Deviation	Std. Error Mean	Std. Error Mean	T
Pre Experiment	50 Mts Dash (N=25)	8.1292	.72414	.14483	.20129	.238
		8.1772	.74263	.14853		
Post Experiment	50 Mts Dash (N=25)	7.6880	.73787	.14757	.20974	2.245
		8.1588	.75829	.15166		
Pre Experiment	Standing Broad Jump (N=25)	1.7176	.20809	.04162	.06151	1.262
		1.7952	.22420	.04484		
Post Experiment	Standing Broad Jump (N=25)	1.8580	.19719	.03944	.05571	.962
		1.8044	.22875	.04575		
Pre Experiment	Shuttle Run (N=25)	11.6508	.56512	.11302	.18113	1.976
		12.0088	.68820	.13764		
Post Experiment	Shuttle Run (N=25)	11.0360	.61417	.12283	.18728	4.912
		11.9560	.69973	.13995		
Pre Experiment	Sit and Reach (N=25)	7.2800	4.43959	.88792	1.27541	1.255
		5.6800	4.44147	.88829		
Post Experiment	Sit and Reach (N=25)	9.4800	4.21426	.84285	1.35366	2.719
		5.8000	4.65475	.93095		
Pre Experiment	12 minutes run/walk (N=25)	1852.0000	236.36131	47.27226	49.66447	1.240
		1790.4000	167.14465	33.42893		
Post Experiment	12 minutes run/walk	1913.6000	253.09550	50.61910	50.91012	2.499
		1786.4000	157.02654	31.40531		

The table showed the mean and SD and t value of physical fitness level of Experimental group and control group. The results of the data showed that pre experiment t value of 50 meters, Standing Broad jump Sit and reach and 12 minutes run/walk not significant, whereas t value of post experiment of 50 meters, Standing Broad jump Sit and reach and 12 minutes run/walk significant, the results of shuttle run is showed significant difference, but t value of post test almost double Which showed the there is significant improvement in physical fitness after 6 weeks Yoga Asana training and Yoga Asana

recommended exercise for improvement of Physical fitness of school going students.

## 5. Conclusion

The results of the study clearly showed that the effects of yoga asanas training on school level students were positively significant. The results proved that yoga asanas are very helpful to improve physical fitness of the students.

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