

# A Study of Effects on Flexibility by Yoga and Aerobic Exercises

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## ABSTRACT

The aim of the research is to study the Effects on Flexibility by Yoga and Aerobic Exercises. Total 45 students from Sahyog Vidyalaya, Panchashiya were selected at the subject. These students were divided into three groups i.e. 15 students in Yoga training group, 15 students in Aerobic exercise training group and 15 students in control group. Flexibility were tested by Sit and Reach Test, respectively twice i.e. before and after the particular Six weeks training. Analysis of Covariance (ANCOVA) was applied at 0.05 level of significance to test the hypothesis. It was observed from the result of the study that both the experimental groups improved significantly in Flexibility due to the particular of Yoga Training and Aerobic Exercise Training.

## 1. Introduction

Yoga is a specific type of Science, which goes taking object, life and consciousness together and works as a bridge in the valley of science and spirituality. Yoga is the science of seriousness of human being. It is the science of development of consciousness and such scientific system. This system consists of different approaches, by which yoga can be performed. Karmayoga, Layayoga, Rajyoga, Tantrayoga are such approaches.

To get benefit of aerobic dance, the dance training should be taken for 35 to 40 minutes for four days per week. Since social institutions, colleges, schools and television have started presentation of aerobic yoga, the performance of aerobic dance has become easier. Only pair of canvas shoes and clothes to wear in dance are needed for aerobic dance. Aerobic dance should be performed only on wooden surface as concrete surface may harm the knees while dancing.

The term 'aerobic' means 'to live in air' or 'increase oxygen'. Dr Kinith Kapoor says about aerobic that, "bacteria, which increase oxygen"

## 2. Objectives of Research:

1. To study effects on Flexibility by Yoga and Aerobic training Exercises.

## 3. Criterion Measures:

Hypothesis for selected measuring standards given below:

NO	Test	Measuring standards
1	Flexibility	Sit and Reach Test

## 4. Method and Material:

Total 45 students from Sahyog Vidyalay, Panchashiya were selected at the subject. These students were divided into three groups i.e. 15 students in Yoga training group, 15 students in Aerobic exercise training group and 15 students in control group. Flexibility were tested by Sit and Reach Test Respectively twice i.e. before and after the particular six weeks training.

## 5. Statistical Analysis:

Analysis of Covariance (ANCOVA) was applied at 0.05 level of significance.

## 6. Result of the Study:

The result of the study is presented in following tables.

Table 1  
Means and Analysis of Covariance of Flexibility Test for Yoga, Aerobic and Control Group

Test	GROUP			ANALYSIS OF COVARIANCE TABLE			
	Yoga	Aerobic	Control	Sum of Square	Degree of Freedom	Mean Sum of Square	'F'
Pretest Mean	4.467	3.6	4	5.644	2	2.822	1.125
				105.333	42	2.508	
Posttest Mean	6.533	5.267	4.467	32.578	2	16.289	5.980*
				114.4	42	2.724	
Adjusted Mean	6.12	5.659	4.487	21.155	2	10.577	18477*
				23.471	41	0.573	

\* Sig. Level at 0.05 (2,42) = 3.220 & (2,41) = 3.226

It is observed from table – 1 that the means of Yoga Training Group; Pre-test is 4.467, post-test mean is 6.533 and adjusted mean is 6.12. Aerobic Training Group; Pre-test is 3.6, post-test mean is 5.267 and adjusted mean is 5.659. Control Group; Pre-test is 4, post-test mean is 4.467 and adjusted

mean is 4.487. The calculated 'F' value of pre-test means of all the groups is not significant, calculated 'F' value of post-test means of all the groups is significant and calculated 'F' value of adjusted means of all the groups is significant.

**Table 2**  
**Means and Least Significant Difference of Flexibility Test for Yoga, Aerobic and Control Group**

Mean			Mean Different	Critical Different
Yoga	Aerobic	Control		
6.12	5.679		0.461	0.558
6.12		4.487	1.633*	
	5.659	4.487	1.172*	

\*Sig. Level at 0.05

It is observed from table – 2 that the adjusted means of Yoga Training Group, Aerobic Group and Control Group are 0.461, 1.633 and 1.172 respectively and the Critical Different is 0.558 Mean difference among these groups shows significant difference among Yoga and Aerobic Training Groups, Yoga

Training and Control Group, Aerobic Training and Control Group.

**7. Conclusion:**

It was observed from the result of the study that both the experimental groups improved significantly in Flexibility due to the particular of Yoga and Aerobic Training Exercise.

**References**

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