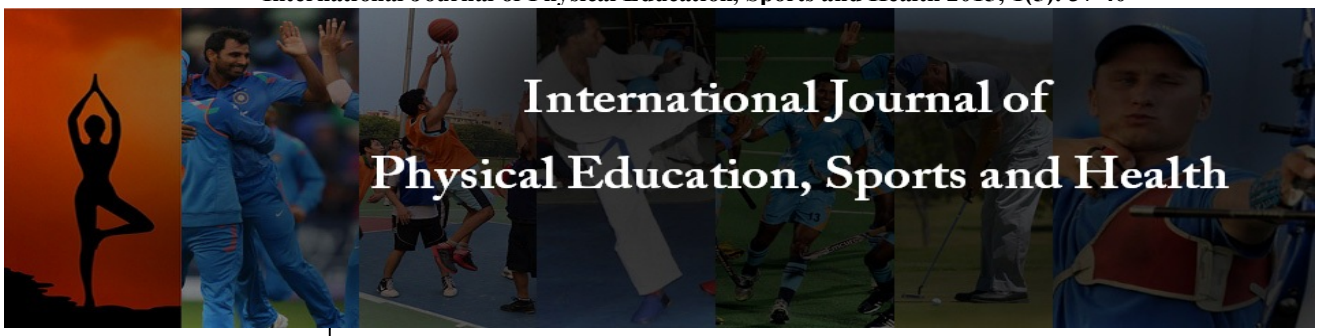

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Effects of yoga training on low level physical fitness secondary school boys

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Abstract
The purpose of the present study was to find out the effects of yoga training on low level physical fitness secondary school boys. The subjects were selected from the Shree Ganeshdas Rathi Vidyalaya, Amravati district. Forty boys were selected as subjects for this study. All the subjects were divided into two groups, one groups is low physical fitness (A) and tow group normal physical fitness (B) consisting of 20 subjects each. The subjects were selected by using simple random sampling method. Pull-ups, sit-ups, shuttle run, 50 yard dash, standing broad jump and 600 yard run/walk were selected as variables for this study. All the variables measured in during school session with the help of standard scientific instruments and techniques. All the subjects were divided into two groups 'A' Low physical fitness and 'B' normal physical fitness. Each group consists of 20 subjects and all the subjects were having regular fitness. The groups 'A' acted as experimental group and group 'B' acted as control group. Group 'A' underwent a specific yoga training programme for the duration of six weeks. The data collected on 40-male subjects before and after six week yoga training program on pull-ups, sit-ups, shuttle run, 50 yard dash, standing broad jump and 600 yard run / walk was analyzed by comparing the means of pre and post test of experimental and control groups and again statistically analyzed by applying 't'-test to check the significant difference among selected variables. The results and findings can be discussed with the help of the following points: There is significant difference in pull-ups, sit-ups and standing broad jump of experimental group between pre and posttest. Six week yoga training programme shows positive effects on some physical fitness variables. There is no significant difference in shuttle run, 50 yard dash and 600 yard run / walk of experimental group between pre and posttest. There is no significant difference in all physical fitness variables of control group between pre and posttest.

Keywords: Yoga Training, Low Level Physical Fitness, Secondary School Boys.

1. Introduction
Yoga is a unique Indian tradition of ancient origin for health and happiness. It imparts both sound body and sound mind to the practitioner. Yoga is a Sanskrit term. It represents Yoke, which symbolically means to join or to unite. Yoga is intended for union or harmony of mind and the body. Yoga is the science of physical and mental health. It synchronizes the functions of the muscle and the mind. It is the only path that can lead to holistic health [4]. Yoga eliminates stress and strain which improves physical and mental fitness. Physical fitness prepares the body to perform strenuous activity without getting fatigue. Mental fitness prepares the mind to face tough task and challenges [5].
Fitness is the ability to live a full and balanced life. The totally fit person has a healthy and happy outlook on life. Fitness is the young man's absolute necessity. It breeds self- reliance and keeps man mentally alert. Physical fitness is essential for human beings to adjust well with his environment as his mind and body are in complete harmony. Clarke *et al*. (1989) [1] found that physical fitness is not a static factor and it varies from individual to individual and in the same person from time to time depending on factors [1].

2. Physical Fitness
It is generally agreed that physical fitness is an important part of the normal growth and development of a child, a generic definition regarding the precise nature of physical fitness has not been universally accepted. Through research and scholarly inquiry, it is clear that the multi-dimensional characteristics of physical fitness can be divided into two areas: health related physical fitness and skill related physical fitness [2].
Physical fitness is probably the most popular and frequently used term in physical education.

The United States president's Council on physical fitness and sports defined the terms "physical fitness as the ability to carry out daily task with vigor and alertness, without undue fatigue, with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies" (Clarke, 1971). General fitness implies the ability of a person to live most effectively with his and her potentials, which depend upon the physical, mental, emotional, social and spiritual components of fitness which are highly interrelated. The primary components of physical fitness identified by the president's council on physical fitness and sports were muscular strength, muscular endurance and cardio respiratory endurance. However, later on the president council also included some other motor performance components namely agility, speed, flexibility and balance in physical fitness. But keeping in view the general opinion of the majority of the researchers, the author has not included the components such as speed, agility, power and balance (which are more important for success in specified sports) as essential components of basic physical fitness. However, the author defines physical fitness by group of five components, namely muscular strength, muscular endurance and cardio respiratory endurance, flexibility and body composition. It is important to mention here that some experts (e.g. Clarke, Clarke, 1987; AAHPERD, 1980, 1984) call such fitness tests which include the measurement of percentage body fat, as health related physical fitness tests [3].

3. Methodology

The subjects were selected from the Shree Ganeshdas Rathi Vidyalaya, Amravati district. Forty boys were selected as subjects for this study. All the subjects were divided into two groups, one groups is low physical fitness (A) and tow group normal physical fitness (B) consisting of 40 subjects each. The subjects were selected by using simple random sampling method. Pull-ups, sit-ups, shuttle run, 50 yard dash, standing broad jump and 600 yard run/walk were selected as variables for this study. All the variables measured in during school session with the help of standard scientific instruments and techniques as presented in Table -I.

4. AAHPER youth fitness test

The researcher will use the following apparatus and equipments for collection of data during the test:

Table I: Selected Variables their Tests of Measurement

Variables
Pull Ups
Sit Ups
Shuttle Run
Standing Broad Jump
50 Yard Dash
600 Yard Run/Walk

(a) Stop Watch: To record the time of shuttle men, 50 yard dash, 600 yard men walk and time of flexed arm hang.
(b) Measuring Tape: To measure the distance of standing broad jump and the length of shuttle run, 50 yards dash and 600 yard run walk distance.
(c) Bank board: To help the subjects return in shuttle run.
(d) Lime powder: To mark times for starting and ending for the lanes.
(e) Clapper: To start the runners.

5. Training Programme

All the subjects were divided into two groups 'A' Low physical fitness and 'B' normal physical fitness. Each group consists of 20 subjects and all the subjects were having regular fitness. The groups 'A' acted as experimental group and group 'B' acted as control group. Group 'A' underwent a specific yoga training programme for the duration of six weeks. Training programme as presented in Table -II.

Table II: Yoga Training Programme

Sr. No.	Name of the practice	Duration		
		1 to 2 Weeks	3 to 4 Weeks	5 to 6 Weeks
		30 minutes	45 minutes	60 minutes
1	Pawanmuktasana	3	5	10
2	Surya Namaskara	3	4	5
3	Ardha Padma Paschimottanasana	2	4	4
4	Ardha Matsyendrasana	2	4	4
5	Bhujangasana	2	2	3
6	Sarvangasana	2	4	4
7	Halasana	2	4	4
8	Matsyasana	2	2	3
9	Shavasana	2	2	3
10	Kapalbhati	2	4	5
11	Yoga Nidra	8	10	15

6. Observations and Discussion

The data collected on 40-male subjects before and after six week yoga training program on pull-ups, sit-ups, shuttle run,50 yard dash, standing broad jump and 600 yard run / walk was analyzed by comparing the means of pre and posttest of experimental and control groups and again statistically analyzed by applying 't'-test to check the significant
Difference among selected variables. Therefore separate table-III has been presented for each variable as follows.

Table III: Effect of yoga training on physical fitness components

Variable	Group	Test	Mean	SD	SE	MD	Ot
Pull-Ups	Experimental	Pre	2.556	0.922	0.335	1.333	3.977*
		Post	3.889	1.183			
	Control	Pre	3.667	1.645	0.514	0.222	0.432
		Post	3.889	1.605			
Sit-Ups	Experimental	Pre	19.556	5.873	1.799	4.556	2.532*
		Post	24.111	5.497			
	Control	Pre	23.5	8.347	2.653	0.278	0.105
		Post	23.778	8.434			
Shuttle Run	Experimental	Pre	10.633	0.514	0.161	0.033	0.206
		Post	10.6	0.506			
	Control	Pre	10.828	0.536	0.165	0.022	0.135
		Post	10.806	0.505			
Standing broad Jump	Experimental	Pre	4.711	0.577	0.175	0.382	2.177*
		Post	5.093	0.531			
	Control	Pre	5.789	0.858	0.273	0.067	0.244
		Post	5.856	0.867			
50 Yard Dash	Experimental	Pre	9.111	1.521	0.471	0.067	0.141
		Post	9.044	1.46			
	Control	Pre	9.761	0.813	0.256	0.039	0.152
		Post	9.722	0.808			
600 Yard Run / Walk	Experimental	Pre	2.635	0.584	0.187	0.144	0.771
		Post	2.491	0.6			
	Control	Pre	2.732	0.499	0.154	0.049	0.317
		Post	2.683	0.475			

Level of Significance = 0.05 Tabulated't' 0.05 (38) = 2.02

Table-III reveals that there is significant difference in pull-ups of experimental group between pre and posttest. The obtained t-value of 3.977 is more than the table value of 2.02.

Table-III shows that there is no significant difference in sit-ups of control group between pre and posttest. The obtained t-value of 0.432 is less than the table value of 2.02.

Table-III reveals that there is significant difference in sit-ups of experimental group between pre and posttest. The obtained t-value of 2.532 is more than the table value of 2.02.

Table-III shows that there is no significant difference in sit-ups of control group between pre and posttest. The obtained t-value of 0.105 is less than the table value of 2.02.

Table-III reveals that there is no significant difference in shuttle run of experimental group between pre and posttest. The obtained t-value of 0.206 is less than the table value of 2.02.

Table-III shows that there is no significant difference in shuttle run of control group between pre and posttest. The obtained t-value of 0.135 is less than the table value of 2.02.

Table-III reveals that there is significant difference in standing broad jump of experimental group between pre and posttest. The obtained t-value of 2.177 is more than the table value of 2.02.

Table-III shows that there is no significant difference in standing broad jump of control group between pre and posttest. The obtained t-value of 0.244 is less than the table value of 2.02.

Table-III reveals that there is no significant difference in 50 yard dash of experimental group between pre and posttest. The obtained t-value of 0.141 is less than the table value of 2.02.

Table-III shows that there is no significant difference in 50 yard dash of control group between pre and posttest. The obtained t-value of 0.152 is less than the table value of 2.02.

Table-III reveals that there is no significant difference in 600 yard run / walk of experimental group between pre and posttest. The obtained t-value of 0.771 is less than the table value of 2.02.

Table-III shows that there is no significant difference in 600 yard run / walk of control group between pre and posttest. The obtained t-value of 0.317 is less than the table value of 2.02.

The analysis of data and the results indicate that there is significant difference in pull-ups, sit-ups and standing broad jump of experimental group between pre and posttest. Six week yoga training programme shows positive effects on some physical fitness variables.

7. Conclusion

The results and findings can be discussed with the help of the following points:

1. There is significant difference in pull-ups, sit-ups and standing broad jump of experimental group between pre and posttest. Six week yoga training programme shows positive effects on some physical fitness variables.
2. There is no significant difference in shuttle run, 50 yard dash and 600 yard run / walk of experimental group between pre and posttest.

3. There is no significant difference in all physical fitness variables of control group between pre and posttest.

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