



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 4.69  
IJPESH 2016; 3(3): 101-102  
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www.kheljournal.com  
Received: 15-03-2016  
Accepted: 16-04-2016

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## Effect of hatha yoga exercise on physical fitness

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#### Abstract

The purpose of the study was to find out the effect of Hatha Yoga on physical fitness of boys. A sample of fifteen boy students age group of 14-16 years were randomly selected and given the treatment of Hatha Yoga. The hatha yoga included pranayama and asanas. The eight weeks training of pranayama and asanas performing. The data of pre test and post test were obtained through the AAHPERD Youth Fitness test battery, and statistically analysed. t-test were used for comparing the pre and post result of the test. At the we found that there were Significant difference in physical fitness components i.e. strength, endurance, and speed etc. of boys.

**Keywords:** Hath yoga, pranayama, asanas

#### Introduction

Human Life on earth a matter, fundamentally, of misery and sorrow. This is a problems which seems to have engaged the minds of the Indian thinkers since ancient times. The answer to this question, as most of them appear to believe, is in the affirmative. It is an important business of philosophy, according to the Indian tradition, to seek to attain a state which is completely free from the clutches of misery and sorrow. This state has been variously spoken of as moksha, mukti, kaivalya, apavarga, nirvana, and so on by the adherents of various schools of philosophy in India, and philosophy is therefore, truly called tatvajnana, or darshan. Whether all these words signify one and the same state, many be a moot point. But the fact of a complete cessation of suffering applies equally to all of them.

The concept of fitness has a long and wide history. According to Plato "sound mind in the sound body" proved that the fitness concept came from ancient time. Always the word fitness suggests the ability of an animal or a human to work and play with a maximum degree of physical efficiency and to be prepared to meet unforeseen danger or destruction.

It is therefore, the responsibility of each nation to promote physical fitness of everybody. It is a basic requirement of the task performs by an individual in daily life. Physical fitness is one component of total fitness of an individual. Total fitness is a result of the genetic make up and the interaction with the environment. The totally fit individual is psychological stable, mentally alert, emotionally balanced and socially adjustable to different circumstances prevailing in the society. However, a few researches have focused on the use of yoga as a means to improve physical fitness. Since yoga has become a mainstream format for group exercise classes in the fitness industry, it is crucial that research focus on the effectiveness of yoga in improving fitness levels in the general population. The ancient science of yoga which has been practiced and passed on in the East for thousands of years has in recent years been widely developed in the West as a fitness regime. The benefits of yoga, however, are not merely physical but also Yoga improves the quality of life on the emotional, mental and spiritual levels.

Those who practice the physical postures or asanas of yoga will observe in addition to an improvement in their physical well-being; feelings of stability, clarity and a greater capacity for concentration.

#### Objective of the Study

The objective of the study was the analysed to effects of hath yoga on physical fitness of boys.

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**Methods**

In the present study a purposive sampling plan were used for the selection of sample. A total 20 boy of age group of 14-16 years were selected and performing different asanas and pranayama for eight weeks and four day per week. The asanas consist of dhanurasana, bhujangasana, chakrasana, paschimottanasana, shalabhasana, and Pranayama consist of anulom-vilom, kapalbhathi, brahmari.

The physical fitness were measured through AAHPER Youth Fitness. Mean SD and t-test were used for statistical treatment. After the statistical analysis at .05 level of significance. The results were presented in the table and graphs.

**Results of the Study**

**Table 1:** Comparison of pre test and post test results of boys after Hath yoga practices

Variable	Pre test mean	Post test mean	SED	t-value
Pull Ups	6.4	8.2	.76	3.05
Sit ups	25.9	30.5	1.69	3.23
Shuttle Run	12.2	11.62	.26	1.50
Standing Broad Jump	6.73	6.97	.11	2.57
50 Yards Dash	6.58	6.72	.07	1.84
1.5 mile Run/walk	6.56	6.07	.11	3.27

\*significance difference at .05 level of significant.

The analysis of data showed that mean of pre-test of Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, 50 Yards Dash and 1.5 mile run/walk were 6.4, 25.9, 12.2, 6.73, 6.58, and 6.56 respectively where as mean of post-test of Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, 50 Yards Dash and 1.5 mile run/walk were 8.2, 30.5, 11.62, 6.97, 6.72 and 6.07 respectively. The t-value of Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, 50 Yards Dash and 1.5 mile run/walk were 3.05, 3.23, 1.50, 2.57, 1.84 and 3.27 which showed that there were significance improvement in physical fitness variables of ull Ups, Sit Ups, Standing Broad Jump, 50 Yards Dash and 1.5 mile run/walk. And there was no significance difference found in shuttle run.

**Conclusion**

After obtaining the result of pre- test and post- test, it was found that the Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, 50 Yards Dash and 1.5 mile run/walk improved in a significant manner after eight week hath yoga practices. And there was no significance improvement in shuttle run after hath yoga practices. The results of study proved that Yogic life style is better than normal life style. Asana and Pranayam help in improving the physical components like strength endurance, speed, and explosiveness.

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