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Yogic practices and combined training on selected physical psychological variables women

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Abstract

Health is wealth; health is real strength and bliss of life. Health is the base upon which the integrated personality with physical, mental, intellectual, moral, social and spiritual aspects stands, health which is considered as the most precious asset of human being, and is determined by the physical fitness status of the individual. According to World Health Organization (1981), "health is a state of complete physical, mental and social well being and not merely the absence of disease or information". The combination of proper diet and a fair amount of physical workout ensure good health. One who fails to do enough exercise to his body, he fails to maintain his fitness. So, it's necessary that the individual has to participate in specific program of exercise to develop the overall fitness.

Keywords: Yogic practices, combined training, physical, psychological variables women

Introduction

The body is the temple of soul and to reach a harmony of the mind, body and spirit, the body must be physically fit (Charles A. Bucher). Throughout the ages, man has had to be physically active in order to procure his daily food to succeed in the battle of survival. For every individual physical activity is essential for harmonious physical and mental development. Keeping physically fit is now becoming the highest priority on the agenda of the modern man conveniences of 20th century living has brought with it marked reduction in physical activity and also there is promotion in sedentary lifestyle. The benefits of regular exercise on psychological health and on people with anxiety and depression have been clearly documented. In fact it is easy to spot a regular exerciser by his improved sense of general wellbeing and enhanced self-image.

Physical Fitness

Physical fitness was the prime objective according to physical education. However when compare to Indian context it was religious with sports. The ancient Indians practiced Yogasanas, Suriyanamaskars, Pranayama and games. Atyapatya for recreation and to become healthy. Tremendous studies had revealed the importance of physical fitness for the better sports performance. When we review the history of physical education there also it was evident, that they insist the fitness for better health and wellbeing. Due to contemporary changes in the field of sports, different training methods to improve the physical fitness were formulated by the scientist and trainers. The sports specific fitness and sports skills were also authored by the expert.

Physical fitness is an individual capacity to carry out various reasonably forms of physical activities without being unduly tried and be ready for unseen emergencies. This includes qualities important to the individual's health and well-being. Many scientific studies over the past twenty years support the value of regular exercise for a healthy lifestyle. Regular participation in vigorous exercise increases physical fitness. Regular vigorous physical activity throughout life significantly reduces the risk for disability and premature death from stroke and heart disease. It can also effectively alter many diseases by lowering body weight and total serum cholesterol levels and promoting the maintenance of normal blood pressure.

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Physical Activity

The purpose of physical fitness is to create a consciousness and enthusiasm amongst the people and to stimulate their interest for physical welfare, which will in turn help them to lead a more healthy living. The physical fitness is also expected to assess factors such as speed, strength, endurance and agility which make a person physically efficient. A physically fit person will have the efficient body movement or neuromuscular co-ordination as it is often called and is also bestowed with the ability to perform a given task with high degree of proficiency.

Physical activity is bodily movement produced by skeletal muscles that results in varying amounts and rates of energy expenditure that are positively related to physical activity such as type, intensity, regularity, and timing of the activity. Physical activity can occur in short bursts of low to high intensity or long sustained periods of lower intensity. Exercise is a specific form of physical activity that is structured and repetitive with the goal of improving or maintaining physical fitness function or health.

Purpose of Sports Training

The purpose of the sports training programme is to produce metabolic, physiological and psychological adaptation that allows the sports person to achieve top level performance. When the training increases the demand for aerobic energy, the number and size of muscle mitochondria will increase so that in these chemical factories where aerobic metabolism takes place becomes larger and more numerous. These will help athletes to provide more energy from aerobic metabolism. There are three steps of adaptation; the first involves creating the need for more aerobic energy. Training must be sufficient in both duration and intensity to accomplish. The second step is to provide nutrients to build and repair mitochondrial tissues. Third is that the athlete must be given enough rest to regain the energy as super compensation. There are different types of training by which one can attain the required development.

Meaning of Aerobics

“Aerobic” basically means living or working with oxygen. Aerobics or endurance exercises are those in which large muscle groups are used in rhythmic repetitive fashion for prolonged periods of time. Aerobics refers to a variety of exercises that stimulates heart and lungs activity for a time period sufficiently long to produce beneficial changes in the body. Running, swimming, cycling and jogging are typical aerobic exercises.

Aerobic Exercise

Aerobic exercises refers to various types of exercises eg., swimming, jogging, running, cycling etc which stimulate heart & lung for a longer duration of period to produce beneficial changes in the body. Any changes induced by exercise in our body system are called the training effect. An exercise cannot be classified as aerobic exercise unless it is of sufficient intensity & duration to produce a training effect.

Aerobic Training

The mechanics of aerobic exercise requires that oxygen be brought in by the lungs and transferred to the blood vessels. Oxygen rich blood is then pumped by the heart to muscles. The muscles utilize oxygen for muscle contraction. In aerobic exercises your body's oxygen carrying capacity can completely burn the energy (food) needed which you work

out. Aerobic is generally interpreted to mean with oxygen and aerobic, "to mean without oxygen". Although both process is oxygen. Aerobic capacity is a valuable component of most fitness programmes the amount of work that can be accomplished using the oxidative system converting nutrients in to energy. It is evident that aerobic energy is the prime source of energy for any sport, the game is no exceptional. To find out this effect of aerobic exercise on playing is my intention.

Floor Aerobics

Aerobic dance consists of mixture of running, hopping, skipping, jumping, sliding, and swimming moments and a variety of dance steps set to music. During performance of these dance routines there is suspension phase of the body during which both feet are momentarily off the floor. This type of a modification of traditional aerobic dance has evolved called “high impact” aerobic dance. Recently, a modification of traditional aerobic dance has evolved called “low impact” aerobic dance. In this approach, one foot maintained contact with the floor at all times. There by eliminating the suspension phase of the activity thus the incidence of impact type of influence should be lessened with low impact dance.

Benefits of Floor Aerobics

Benefits of aerobic exercise include the ability to utilize more oxygen during exercise, a lower heart rate at rest, the reduction of less lactic acid, greater endurance. Exercise physiologists have found that it reduces blood pressure and changes blood chemistry. It also improves the efficiency of the heart. More evidence is needed to substantiate the belief by some persons that aerobic exercise is reasonable for the development of supplemental blood vessels to heart which would be held in the event of the heart attack, and also that such exercise results in increasing the size of coronary arteries and thus assisting the flow of blood to the heart if the artery is narrowed by a clot.

Physiological Changes on Aerobics

There is normally an increase in the number of red blood cells, but not in the concentration of haemoglobin in the blood. Some of the benefits of aerobic exercises include the productivity of less lactic acid and greater endurance. Physiologists have found that it reduces blood pressure and change blood chemistry. It also improves the efficiency of the heart. Also in the increased number and size of mitochondria, increased muscle glycogen, reduction in triglycerides, increased activity of enzymes of involved in fatty acid activation, transport and oxidation.

Yoga

According to the saint Patanjali. Yoga is defined as "the stilling of mental agitation". Yoga, as it depicted in the Upanishads appears to be a constant application of the powers of the mind and body along recommended methods such as pranayama of the breath. These practices aim to control and perfect both the physiological and the psychological process and function. Yoga is a way of life. It is predominantly concerned with maintaining a state of equanimity at all costs. It is the result of human wisdom and insight on physiology, psychology, ethics and spirituality collected together and practiced over thousands of years for the well being of humanity. The basic idea of yoga is to unite the atma or individual soul with the paramatma or the Universal Soul.

According to Yoga philosophy, by cleansing one's mind and controlling one's thought processes one can return to that primeval state, when the individual self was nothing but a part of the Divine Self.

Yogic practices give sufficient exercises to the internal organs of the body. Yoga practices have a greater impact on the mind and control the senses. Yogic practices make possible not only physical and mental development but also intellectual and spiritual development. Yoga practices are called a 'non-violent activity' (Sharma. 1984). So this yogic exercise might have influence on the sports activities too. The intention of the researcher was to trace the effect on the games.

Benefits of Yogic Practices

Many world class sportsmen have found that the practice of yoga helps them to achieve greater skills in their sports. This is because yoga not only works on the physical level but also has benefits for the mental, emotional and energy levels. It enables them to realize that 'winning is not everything' and that there is 'more to life' than sporting 'high' and 'lows'.

- At the physical level asanas, kriyas, mudras and pranayama stabilize and balance the lop-sided physical drills necessary for sporting activity.
- Yoga helps to develop all system of human body such as cardiovascular, respiratory, digestive, eliminative, endocrine, nervous and muscle-skeletal system thus strengthening, cleansing and purifying the body so that it is brought under our conscious will.
- Yoga is isometric and internal. It is content between our inherent inertia and the power of the will. Parts of the body are pitted against one another and a unique harmony of body, mind and breath is developed. This infernal struggle when handled successfully deepens the consciousness of not only the working of the body but also of mind and emotion. Yoga reduces anxiety, aggression, egric tension, ego weakness, guilt feelings, frustration (Iyengar, 2001). It brings complete changes in body and mind so that the practitioner feels fresh remarkably, relaxed and full of vitality.
- Yoga especially prayanama causes expansion of consciousness. This helps to attain mental clarity, awareness and creativity. As a result it improves concentration, attention, memory, etc. Lung functions can be improved as a result of yogic exercise. Yoga is also useful for improving the breath holding time.
- Yogic exercises are beneficial in removing postural defects and physical disabilities. Yogic training is a useful therapeutically system in managing chronic diseases.

Yogic Practices and Physical Exercises

It is necessary to note that the nature of all yogic practices is psychological and physiological. Some exercises emphasizing the control of mental processes directly are more psychological. Other exercises are more physical or physiological. It is this later part of yogic practices that has become more popular and is being extensively used for the development and promotion of health and fitness. The yogic exercise in general differs from the physical exercises and the important differences are:

- The physical exercises are repetitive in character and utilize a lot of energy whereas yogic exercise helps to conserve energy. The caloric requirement of yogic exercises is only 0.9 to 3 calories per minute depending upon the severity of exertion.

- Relaxation forms the most important aspect of yogic exercise unlike physical exercises, during the practice of asana, muscles which do not support weight or which are not actively involved are relaxed. With relaxation, the muscles return to normality after contraction and therefore yogic exercises keep the body more flexible. Physical exercises improve the circulation of blood in voluntary system, thereby resulting in better muscular development as a result of improved function of the muscles. Yogic exercises aim at improving blood circulation to the entire vital organism thus improves their function.
- Unlike physical exercises, in yogic exercises spine has been given an important place and various exercises for the spine aim at keeping the spine flexible and joints supple

Yogic exercises influence both mind and body whereas physical exercises have their effect mainly on the body. They have more positive reaction to stress, thus minimizing its ill effects.

Conclusion

Anaerobic interval training with yogic practices improved agility, cardiovascular endurance, reduced the level of anxiety and aggression. Aerobic interval training with yogic exercises group was better than anaerobic interval training with yogic practices in speed, and cardiovascular endurance. Anaerobic interval training with yogic exercises group was better than aerobic interval training with yogic practices group in reducing anxiety. Aerobic interval training with yogic practices and anaerobic interval training with yogic practices significantly improved speed, compared to control group. Aerobic interval training with yogic practices and anaerobic interval training with yogic practices did not alter the anaerobic power of the subjects compared to control group. Physical, physiological and psychological variables players. Hence it was recommended that physical educationists, coaches, sports administrators and teacher training institute students to include suitable aerobics and anaerobic interval training with yogic practices to improve their physical, physiological and psychological levels.

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