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Effects of yogic practices on blood pressure and resting pulse rate among college women

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Abstract

The study's goal was to discover the effects of yogic practises on blood pressure and resting pulse in college women. Thirty female students from the Alagappa University College of Physical Education in Karaikudi, Tamil Nadu, India were chosen at random as subjects for this study. The subjects were divided into two equal groups of fifteen each, such as yogic practises and the control group. For twelve weeks, the group I followed a yogic practises programme three days per week. Group II served as the control group, with no special training programmes other than their regular physical education exercises as prescribed by their curriculum. The subjects ranged in age from 18 to 24 years old. The following are examples Blood pressure and resting pulse rate were used as examples. Prior to and immediately following the training programme, all subjects were tested on selected criterion variables. The analysis of covariance was done to determine whether or not there was a significant difference between the groups. The level of significance for testing the 'F' ratio produced from analysis of covariance was set at .05, which was deemed suitable.

Keywords: Yogic practices, blood pressure, resting pulse rate and ANCOVA

Introduction

Evolution of human life start in the movement. Human beings are very active and creative by nature and physical activity is the part of their life all among since evolution for primitive man, scared for food and shelter was the first activity. This first physical activity was the first mode of communication and also a means of expression. Human beings are evolved culturally, emotionally and socially including physical activity.

Methodology

The purpose of the study was to find out the effects of yogic practices on blood pressure and resting pulse in college women, to achieve his purpose of study, thirty men students in the Alagappa University College of Physical Education, Karaikudi, Tamil Nadu, India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as yogic practices and control group. The group I underwent yogic practices programme for three days per week for twelve weeks. Group II acted as control group which did not participate any special training programmes apart from their regular physical education activities as per their curriculum. The age groups of the subjects were ranged from 18 to 24 years. The following variables such as blood pressure and resting pulse were selected. All the subjects were tested on selected criterion variables at prior to and immediately training programme. The analysis of covariance was used to analyse the significant difference, if any among the groups. The level of significance to test the 'F' ratio obtained by the analysis of covariance was tested at .05 level of confidence, which was considered as an appropriate.

Analysis of the Data

The influence of the effects of yogic practices on blood pressure and resting pulse, each criterion variables were analysed separately and presented below.

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Blood Pressure

The analysis of covariance of blood pressure of the pre and

post test scores of yogic practices group and control group have been analyzed and presented in Table 1

Table 1: Analysis of Covariance of the data on Blood Pressure of Pre and Post testes Scores of Yogic Practices Group and Control Groups

Test	Yogic practice Group	Control group	Source of Variance	Sum of Squares	df	Mean squares	Obtained 'F'
Pre test							
Mean	136.33	136.60	Between	0.180	1	0.180	0.016
S.D	5.99	5.717	Within	31.64	28	1.13	
Post test							
Mean	133.87	138.13	Between	4.424	1	4.424	4.609*
S.D	5.97	4.853	Within	26.88	28	0.96	
Adjusted post test							
Mean	133.985	138.015	Between	8.767	1	8.767	43.836*
			Within	5.4	27	0.20	

* Significant at .05 level of confidence

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 4.20 and 4.21 respectively)

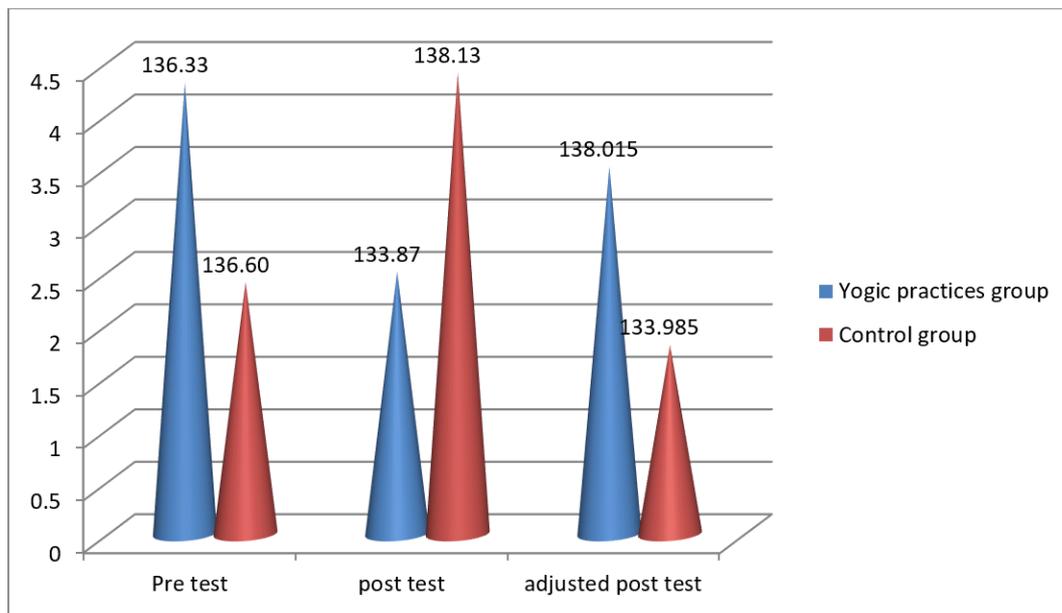


Fig 1: Bar Diagram Showing the Mean Difference among blood pressure yogic practices group and control group

The post-test means on blood pressure of yogic practices group, and control group are 133.015 respectively. The obtained 'F' ratio of 43.836 for adjusted post-test means is greater than the table value of 4.20 for df 1 and 27 required for significance at .05 level of confidence on blood pressure. The result of the study indicated that there was significant difference the pre and post-test means of yogic practices and

control group on blood pressure.

Resting Pulse Rate

The analysis of covariance on resting pulse rate of the pre and post test scores of yogic practices group and control group have been analyzed and presented in Table 2.

Table 2: Analysis of Covariance of the Data on Resting Pulse Rate of Pre and Post tests Scores of Yogic Practices Group and Control Groups

Test	Yogic practice Group	Control group	Source of Variance	Sum of Squares	df	Mean squares	Obtained 'F'
Pre test							
Mean	83.40	83.00	Between	0.59	1	0.59	0.231
S.D	2.59	1.93	Within	31.64	28	1.13	
Post test							
Mean	81.53	83.53	Between	17.66	1	17.66	3.479*
S.D	3.482	2.264	Within	63.04	28	0.96	
Adjusted post test							
Mean	81.361	83.706	Between	19.40	1	19.40	8.323*
			Within	5.4	27	0.20	

* Significant at 0.05 level for confidence for 1 and 28 and 1 and 27 are 4.20 and 4.21 respectively)

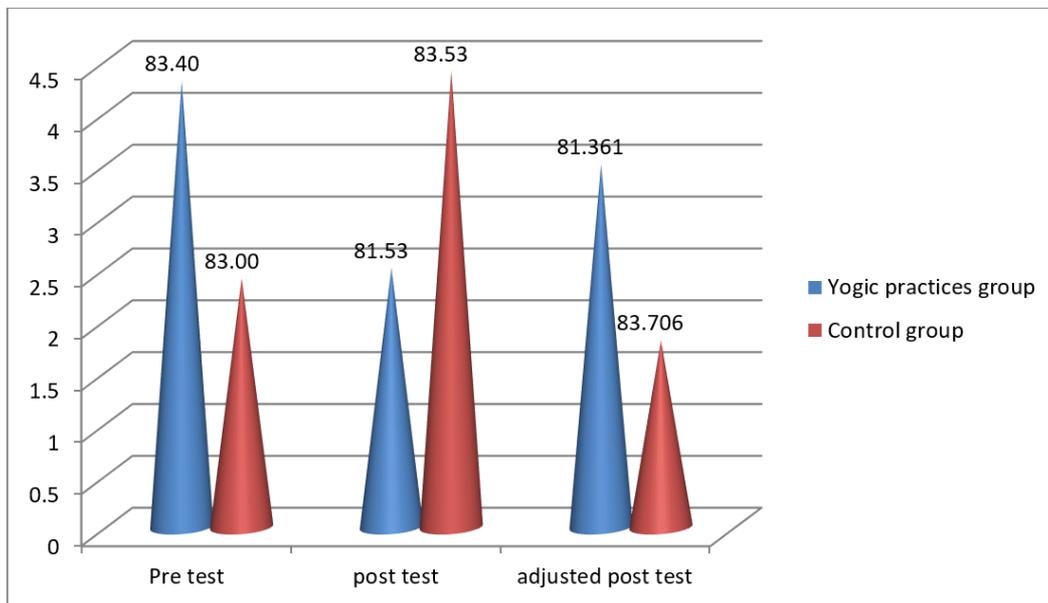


Fig 2: Bar Diagram Showing the Mean Difference among Resting pulse rate of yogic practices group and control group

The post-test means on blood pressure of yogic practices group, and control group are 81.361 and 83.71 respectively. The obtained 'F' ratio of 8.323 for adjusted post-test means is greater than the table value of 4.20 for df 1 and 27 required for significance at 0.05 level of confidence on resting pulse rate.

The result of the study indicated that there was significant difference the post-test means of yogic practices and control group on resting pulse rate.

Result and Discussion

There was a significance difference between yogic practices group and control group on blood pressure and resting pulse and also it was found there was a significant improvement on selected criterion variable such as blood pressure and resting pulse due to yogic practices group.

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