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## Impact of yoga practices on selected physical and physiological variables among college women

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### Abstract

This study was designed to impact of yoga practices on selected physical and physiological variables among college women. To achieve the purpose of the study 30 college women were selected from Bharathiar University Department, Coimbatore. Their age ranged between 20 and 25 years and they were divided into two equal groups consists of 15 each. Group I underwent the Yoga Practices and Group II acted as control group. The training was given to the experimental group for 3 days per week for the period of 12 weeks. The control group was not given any sort of training except their routine work. The data were collected from the subjects was statistically analyzed with dependent's test to find out significant improvement if any at 0.05 level of confidence. The results speculated that the Flexibility and breath holding time of college women are improved significantly due to the impact of yoga Practices with the limitations.

**Keywords:** Yoga practices, flexibility and breath holding time

### Introduction

Yoga is universally benefiting all people of all ages. The study of Yoga is fascinating to those with a philosophical mind and is defined as the silencing of the mind's activities which lead to complete realization of the intrinsic nature of the Supreme Being. It is a practical holistic philosophy designed to bring about profound state as well an integral subject, which takes into consideration man as a whole. The aim of Yoga is to devise ways and means of helping the better emotional and intellectual concentration. Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means unity or oneness and is derived from the Sanskrit word yuj which means to join. This type of effort is possible only through the control over sense organs and through continued practice and detachment. The withdrawal of sense organs from the worldly objects and their control is Yoga. Yoga originated thousands of years ago in India as a technique to help people achieve spiritual enlightenment. Based on the idea that the mind and body are one, students believe that Yoga improves health by improving how you see the world, which calms the spirit and decreases stress. Today, people practice Yoga to improve their physical, mental and spiritual wellbeing.

### Methodology

Purpose of the study was to find out the impact of yoga practices on selected physical and physiological variables among college women. To achieve the purpose of the study 30 college women were selected from Bharathiar University Department, Coimbatore. Their age ranged between 20 and 25 years and they were divided into two equal groups consists of 15 each. Group I underwent the Yoga Practices and Group II acted as control group. The training was given to the experimental group for 3 days per week for the period of 12 weeks. The control group was not given any sort of training except their routine work. The data collected from the subjects was statistically analyzed with dependent's test to find out significant improvement if any at 0.05 level of confidence. During the training period the experimental group underwent the training of selected yoga Practices for twelve weeks of period in addition to their daily routine activities as per the curriculum. Experimental group underwent training program on three days per week for twelve weeks period.

All the subjects involved in this study were carefully monitored throughout the training program, none of the reported with tear and muscle soreness. The data was statistically analyzed with dependent's test to find out the

significant improvement between pre and post-test. In all cases the criterion for statistical significance was set 0.05 level of confidence.

## Results

**Table 1:** Analysis of T Ratio for Flexibility and Breath Holding Time

Variables	Group	Test	Mean	Pre SD	Post SD	t-ratio
Flexibility	Experimental Group	Pre test	22.20	4.82	4.48	28.99*
		Post test	26.65			
	Control Group	Pre test	22.25	4.98	5.03	1.83
		Post test	22.10			
Breath Holding Time	Experimental Group	Pre test	26.10	2.26	2.45	34.61*
		Post test	29.15			
	Control Group	Pre test	26.55	1.95	1.98	1.45
		Post test	26.45			

(Significance at 0.05 level of confidence for D.F. of 14 is 2.14)

Table I shows that the pre-test mean values of experimental group and control group 22.20, 26.10 and 22.25, 26.55 respectively and the post-test mean values are 26.65, 29.15 and 22.10, 26.45 respectively. The obtained dependent t-test between the pre and post-test means on flexibility and breath holding time of experimental group and control group are 28.99 and 34.61 respectively. The table value required for significant difference with degrees of freedom 14 at 0.05 level of confidence is 2.14. The obtained test value of experimental group was greater than the table value. The results clearly indicated that the flexibility and breath holding time of the experimental group improved due to the yoga Practices among college women.

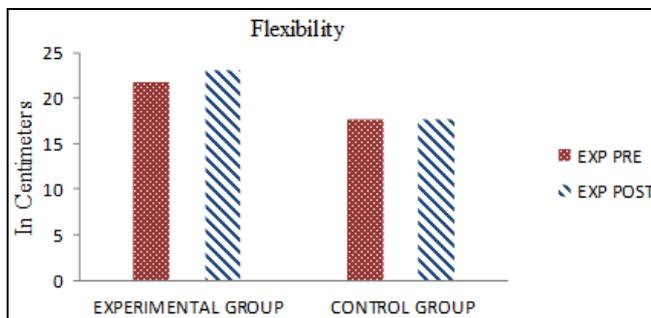
practices. Supported the mean, the experimental group was found in better increasing on flexibility (Jothimani, 2020) [1] and breath holding time (Saravanan *et al.*, 2011) [9] when compared to the control group.

## Conclusion

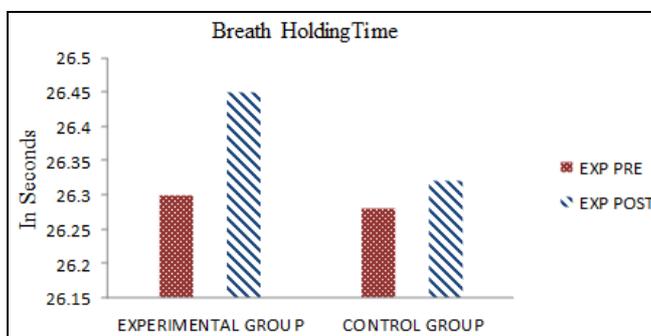
The results of the study yoga practices group had significant improvement on flexibility and breathe holding time when compared to the control group.

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**Fig 1:** Bar Diagram of Experimental and Control Group on Flexibility



**Fig 2:** Bar diagram of experimental and control group on breath holding time

## Discussions on findings

The results of the study on selected physical and physiological variables indicates experimental group (yoga practices) caused significant improvement after the yoga