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Effect of Yoga Practice for Weight Control: A 12 Weeks Prospective Study

Physical Education

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ABSTRACT

The aim of this study was to find out the effect of yoga practice for weight control for college women. The study was conducted on thirty two (N=32) college women who were studying Bachelor of Physical Education, H. H The Rajah's College Pudukkottai, Tamilnadu, India. Subjects were randomly assigned equally into two groups, Group –I underwent Yogic Practice Group (n = 16) and Group II (n=16) acted as control Group. The data was collected from the experimental and control groups were statistically examined with Analysis of covariance (ANCOVA). Body Weight was selected as dependent variable and it was assessed through weighing scale. The results showed significant difference between the groups.

INTRODUCTION

Excess weight gain has become a phenomenon in today's age, when lifestyles have become sedentary, and food more liberal with extra calories. Today our children prefer T.V. (any medal) over their friends and play, merely a reflection of their parents who also somewhere prefer T.V. over socializing or even over spending time with their children (if they spend some time surely some running around will help burn some calories). These are only a few factors, which have resulted in increasing amount of people with the problem of excess weight or obesity.

To lose weight, it is important to do so, not just by doing diets, or exercise programs, which are too tedious, which may yield results but which do not keep you that way. Sometimes after sudden loss of weight the skin sags making one feel worse. The best approach is to lose weight gradually and for good. Yoga offers a good solution to this problem. Yoga tones the body in a uniformed manner, unlike any "weight loss program" which claims to decrease ones gluteus by this much inches and waist by this much, leading to side effects. Yoga can be practiced at any age to keep the body supple.

The process of yoga is an ascent into the purity of the absolute perfection that is the essential state of all human beings. This goal requires the removal of our enveloping personal impurities, the stilling of our lower feelings and thoughts, and the establishment of a state of inner balance and harmony. All the methods of yoga are based on the perfection of our personalities and may help to create a new world order (Nagarathna and Nagendra, 1985).

METHODOLOGY

To attained the purpose of the study, thirty two college women who were studying Bachelor of Physical Education, H. H The Rajah's College Pudukkottai, Tamilnadu, India. Subjects were randomly assigned equally into two groups, Group –I underwent Yogic Practice Group (n = 16) and Group II (n=16) acted as control Group. The training period was limited to 12 weeks. All the two groups were tested on selected criterion variable such as Body Weight prior to and immediately after the training programme. Body Weight was assessed by weighting Scale.

Results and Discussion

The data collected from the experimental group and control group prior and after experimentation on selected variables were statistically examined by analysis of covariance (ANCOVA) was used to determine differences, if any among the adjusted post test means on selected criterion variables separately. The level of significance was fixed at .05 level of confidence to test the 'f' ratio obtained by analysis of covariance on selected criterion variables.

Table – I THE SUMMARY OF MEAN FOR THE PRE AND POST TEST DATA ON SELECTED VARIABLES OF YOGIC PRACTICE GROUP AND CONTROL GROUP

Criterion variables	Mean	Yogic Practice Group	Control group
Body Weight	Pre test mean	40.21	40.13
	Post test mean	39.71	40.11

Table – I shows that mean, of Body Weight between the pre and post tests mean of Yogic Practice Group were greater than the Control Group. It was concluded that Yogic Practice Group had significant improvement in the performance of Body Weight. However control group had no significant improvement in the performance of selected variables.

The analysis of covariance of Body Weight of Yogic Practice Group and control group have been analyzed and presented in Table – II.

Table – II ANALYSIS OF COVARIANCE ON CRITERION VARIABLES OF EXPERIMENTAL AND CONTROL GROUPS

Criterion ariable	Adjusted Post Test means		Source of variance	Sum of square	df	Mean squares	'f' - ratio
	Yogic Practice Group	Control group					
Body Weight	39.66	40.15	B	1.89	1	1.89	10.02*
			W	5.47	29	0.19	

*** Significant at .05 level of confident.**
Table value required for significance at .05 level with df 1 and 29 is 4.18

From table – II, the obtained value of 'f' - ratio for Body Weight for adjusted post test means were more than the table value of 4.18 for df 1 and 29 required for significant at 0.05 level of confidence. The results of the study indicated that significant differences exist among the adjusted post test means of experimental and control groups on the control of Body Weight.

Conclusion

From the analysis of the data, the following conclusions were drawn.

The Yogic Practice Group significantly decreases on Body Weight, when compared to the control group.

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