



## An Impact of Yogic Practices and Nature Cure Therapy on Breath Holding Time Among Men Soccer Players

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### ABSTRACT

*Aim of the study was designed to find out the effect of yogic practices and nature cure therapy on Breath Holding Time among men Soccer players. For this study, thirty (N=30) men Soccer players from various Colleges in Pudukkottai, Tamilnadu were selected as subjects at random and they will be divided randomly into two groups of fifteen each (n=15) namely Group-I underwent yoga practices and group-II underwent nature cure therapy treatment (Hydrotherapy). The training period was limited to eight weeks and for three days per week. Breath Holding Time was selected as dependent variable and it was assessed by Manual abdominal touch method. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variable. The data obtained from the Experimental groups before and after the experimental period were statistically analyzed Analysis of covariance (ANCOVA). Whenever the 'F' ratio for adjusted post test means was found to be significant, the Scheffe's test was applied as post-hoc test to determine the paired mean differences. The level of confidence was fixed at 0.05 level for all the cases. The results revealed that there was significant difference among the selected groups.*

**KEYWORDS :** Yogic Practices, Nature Cure Therapy, Breath Holding Time, Soccer

### INTRODUCTION

Yoga is the oldest known science of self-development, originated in ancient India. Yogic practice is a physical and mental exercises practiced throughout the world. Many research studies of the past report that yogic training improves the physical & mental fitness level as well as the performance of sports persons in various sports disciplines.

Yoga is an ancient physical and spiritual discipline and branch of philosophy that originated in India reportedly more than 5,000 years ago. The word yoga comes from the Sanskrit word *yuj*, which means to yoke, join, or unite. The Iyengar School of yoga defines *yuj* as the "joining or integrating of all aspects of the individual—body with mind and mind with soul—to achieve a happy, balanced and useful life." The ultimate aim of yoga, they claim, is to reach *kaivalya* (emancipation or ultimate freedom) (**Mira-Mehta, 1994**).

Yoga has a hoary past. The importance for the spiritual attainment has been recognized throughout the ages by all the systems of Indian philosophy. There is no doubt that the essence of yoga has been considered in the spiritual upliftment of man. One may question as to how then yoga is related to the physical education and whether yoga will not be pulled down from its highest pedestal in doing this. It is necessary, therefore, to clear the concepts of yoga and physical education first (**Gharote, 1976**).

A Naturopath is a health practitioner who applies natural therapies. Her/his spectrum comprises far more than fasting, nutrition, water, and exercise; it includes approved natural healing practices such as Homeopathy, Acupuncture, and Herbal Medicine, as well as the use of modern methods like Bio-Resonance, Ozone-Therapy, and Colon Hydrotherapy.

At a time when modern technology, environmental pollution, poor diet, and stress play a significant role in the degradation of health, a Naturopath's ability to apply natural methods of healing is of considerable importance. By using natural therapies he or she is able to treat both acute and chronic ailments successfully. Frequently, a Naturopath is the last resort in a patient's long search for health. Providing personalized care to each patient, the naturopath sees humankind as a holistic unity of body, mind, and spirit.

### METHODOLOGY

For this study, thirty (N=30) men Soccer players from various Colleges in Pudukkottai, Tamilnadu were selected as subjects at random and they will be divided randomly into two groups of fifteen each (n=15) namely Group-I underwent yoga practices and group-II underwent nature cure therapy treatment (Hydrotherapy). The training period was limited to eight weeks and for three days per week. Breath Holding Time was selected as dependent variable and it was assessed by Manual abdominal touch method. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variable and it was assessed by Manual abdominal touch method. Yogic training programmes includes:

- Padmasana
- Vajrasana
- Halasana
- Kurmasana
- Tolasana
- Utkatasana
- Vrksasana
- Pawan muktasana
- Sarangasana
- Nadisudhi
- Ujjayi and
- Sarvangasana.

### ANALYSIS OF THE DATA

The data collected from the experimental groups and control group on 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. Whenever they obtained f-ratio value in the simple effect was significant the Scheffe's test was applied as post hoc test to determine the paired mean differences, if any. In all the cases 0.05 level of significance was fixed.

The Analysis of covariance (ANCOVA) on Breath Holding Time of yoga practices group and nature cure therapy group, have been analyzed and presented in Table -I.

**Table - 1**  
**ANALYSIS OF COVARIANCE ON CRITERION VARIABLE OF YOGIC PRACTICES GROUP AND NATURE CURE THERAPY GROUP**

Criteri- on Variable	Adjusted Post Test Means		Source of vari- ance	Sum of Square	df	Mean Squares	f' - ratio
	Yogic Prac- tices Group	Nature Cure Therapy Group					
Breath Hold- ing Time	26.14	24.21	B	105.03	1	105.03	122.13*
			W	23.17	27	0.86	

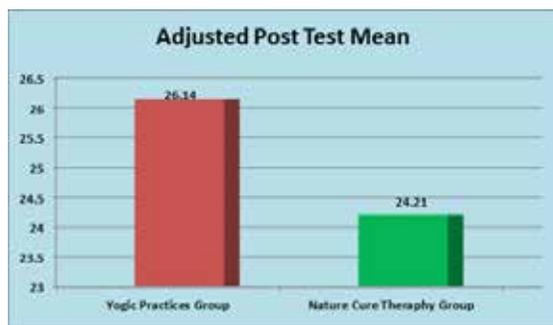
**\* Significant at .05 level of confident.**  
**Table value required for significance at .05 level with df 1 and 27 is 4.21**

Table-I shows that the adjusted post test mean values of Breath Holding Time for yoga practices group and nature cure therapy group are 26.14 and 24.21 respectively. The obtained F-ratio of 122.13 for adjusted post test mean is more than the table value of 4.21 for df 1 and 27 required for significant at 0.05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post test means of yoga practices group and nature cure therapy group on the development of Breath Holding Time.

It may also be concluded that yoga practices group is better than nature cure therapy group in improving Breath Holding Time.

The adjusted post test mean values of yoga practices group and nature cure therapy group on Breath Holding Time are graphically represented in the Figure -I.



**FIGURE-I: THE ADJUSTED POST TESTS MEAN VALUES OF YOGA PRACTICES GROUP AND NATURE CURE THERAPY GROUP ON BREATH HOLDING TIME (Numbers)**

#### CONCLUSION

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

The Experimental groups namely, yoga practices group and nature cure therapy group had significantly improved in Breath Holding Time.

Significant differences were also noted between yoga practices group and nature cure therapy group in Breath Holding Time.

The yoga practices group was found to be better increase of Breath Holding Time than the nature cure therapy group.

#### REFERENCES

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