Original Research Paper

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Physical Education

EFFECT OF YOGIC PRACTICE ON RESTING PULSE RATE AMONG SCHOOL STUDENTS

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ABSTRACT The purpose of the present study was to investigate the effect of yogic practice on Resting pulse rate among school students. To achieve the purpose of the study forty school students were selected from Alagappa Model Her Sec School, Karaikudi, during the year 2019. The subject's age ranges from 14 to 18 years. The selected players were divided into two equal groups consists of 20 men students each namely experimental group and control group. The experimental group underwent a yogic practice programme for six weeks. The control group was not taking part in any training during the course of the study. Resting pulse rate was taken as criterion variable in this study. The selected subjects were tested on Resting pulse rate was measured through to record the pulse rate the fingertips were placed on the radial artery at the thumb side of the wrist about an inch from the base of the thumb. Pre-test was taken before the training period and post- test was measured immediately after the six week training period. Statistical Technique't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to yogic practice given to the experimental group on Resting pulse rate when compared to control group.

KEYWORDS : Yogic practice, Resting Pulse Rate and't' ratio.

INTRODUCTION

Yoga is a system of exercises which helps the mind and body in order to achieve tranquillity and spiritual insight. Yoga is a science practiced in India over thousands of years. It produces consistent physiological changes which have sound scientific basis **(Iyenger, 1968).**

The aim of yoga is not really to unite you with greater self, to make you are already united. It is to make you realize your identity with the greater self, to make you know and tune in with your existing inner nature. **(Swami Satyananda Saraswati, 1969)**. Regardless of this reality, no field is so pitiably misjudged as Yoga in India. In the event that one takes a cross area of the general public and makes a general review of the popular sentiment about Yoga, Yoga offers the promise of remaining centred in the midst of turbulence. **(Chopra and Simon, 2004)**

The applications of yogic techniques are considered for the beneficial of health and cure of certain diseases, for stress management and for improving general efficiency of individual in different fields. **(Gharote, 1999).** One can start practicing Yoga at any given moment of time and you may start with meditation or directly with pranayama without even doing the asanas (postures). Make sure that when you practice yoga asanas, you don't just stretch the body because the mind has to be with the body. You can't be watching television or reading the newspaper because if your awareness isn't there, the asanas won't have much effect on you. But if each stretch is synchronized with the breath and awareness, your practice will become a yogic practice.

METHODOLOGY

The purpose of the study was to find out the effect of yogic practice on resting pulse rate among school students. To achieve this purpose of the study, forty school students were selected as subjects at random. The age of the subjects were ranged from 14 to 18 years. The selected subjects were divided into two equal groups of twenty subjects each, such as a yogic practice group (Experimental Group) and control group. The experimental group underwent yogic practice for three days per week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following physiological variable, namely Resting pulse rate was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable Resting pulse rate was measured through to record the pulse rate the fingertips were placed on the radial artery at the thumb side of the wrist about an inch from the base of the thumb test at prior to and immediately after the training programme. The't' test was used to analysis the significant differences, if any, in between the groups respectively. The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

ANALYSIS OF THE DATA

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent't' test was used with 0.05 levels as confidence.

Table I

Analysis of t-ratio for the Pre and Post Tests of Experimental and Control Group on Resting pulse rate Scoring (Number of Beats/ one minutes)

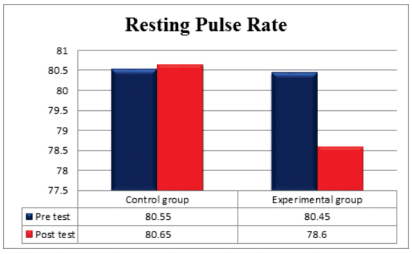
Variables	Group	Mean		SD		Sd Error		df	't' ratio
		Pre	Post	Pre	Post	Pre	Post		
Resting Pulse Rate	Control	80.55	80.65	4.03	4.04	0.90	0.90	19	0.41
	Experimental	80.45	78.6	2.98	3.35	0.67	0.75		5.66*

**Significance at .05 level of confidence.*

The Table-I shows that the mean values of pre-test and post-test of the control group on Resting pulse rate were 80.55 and 80.65 respectively. The obtained 't' ratio was 0.41, since the obtained 't' ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on Resting pulse rate were 80.45 and 78.6 respectively. The obtained 't' ratio was 5.66* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 19 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in resting pulse rate. It may be concluded from the result of the study that experimental group improved in resting pulse rate due to six weeks of yogic practice.

Figure-1

Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Resting Pulse Rate (Score in Seconds per Minute)



DISCUSSIONS ON FINDINGS

The result of the study indicates that the experimental group, namely yogic practice group had significantly improved the selected dependent variable, namely Resting pulse rate, when compared to the

control group. It is also found that the improvement caused by yogic practice when compared to the control group.

CONCLUSIONS

1. There was a significant difference between experimental and control group on Resting pulse rate after the training period.
2. There was a significant improvement in Resting pulse rate. However the improvement was in favour of experimental group due to six weeks of yogic practice.

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