



Effect of Asana Practices and Physical Exercises on Health Related Physical Fitness

KEYWORDS

Asana, Physical training, Health related physical fitness, Women.

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ABSTRACT *The purpose of the study was to find the comparative effect of asana practices and physical exercises on health related physical fitness among the middle aged women, For this research purpose 75 subjects were taken as women age ranged 35 to 45 years. Thus, the pre test was administered and health related physical fitness components (12min run/walk, sit & reach, sit ups, body composition) were as criterion measures variables. This is to find out pre test performance of the subjects. The data measured was into three homogenous equal groups (A- asana practices),(B- physical exercises),(C- control group).There was immediate implementation of six weeks training programme of the both experimental groups, after that post test was conducted. ANCOVA as well as on Scheffe's post HOC test was employed assesses the significant difference. The significant difference was found among asana practices group in terms of flexibility and abdominal strength. Physical exercises group was more significant difference in cardiovascular endurance, and no change was found in body composition among all subjects.*

INTRODUCTION

As per new research in health related physical fitness is very essential or basic need. It is also related to ability to meet the demands of the environment specifically to preserve, to withstand stress, to resist fatigue and to possess the energy for a plentiful life (Bera T. K, 2002). During studies, researcher have found that health related physical fitness may enhance in asana practices and physical exercise program done by improving and develop their daily routine activities (Singh. A. & others, 2006)). Additionally previous investigations done related to this study (T.A. Barton 1963, Sharkey B.J, (2003) investigated the effects of asana practices and physical exercises on health related physical fitness improves. The purpose of the current study was compare the pre and post exercises standard of health related physical fitness of asana practices and physical exercises of middle aged women from Cuddalore district, Tamilnadu.

METHODOLOGY

The present investigation was conducted on 75 women subjects, of Cuddalore district, Tamilnadu. They were divided into three equal groups of 25 subjects of each. The students were between 35 to 45 years of age group. Cardiovascular efficiency, Muscular Strength & endurance, Flexibility and Body composition were delimited variables of the study. Independent variables in training programme

indicate that the asana practices and physical exercises training was accepted in the training schedule. Cardiovascular endurance was assessed with the help of field event i.e, 12 min run-walk test and the scores were recorded in nearest 0.5 meter. Flexibility was measured by sit and reach box method the score was recorded nearest to 0.5 inch. Strength and endurance of abdominal muscles efficiency was measured by using sit ups test and score was recorded in number of sit up performed in one minute. Body fat was measured by skin fold caliper, body fat weight measured by four different sites of body of subject (Biceps, Triceps, Sub scapular, Suprailiac) and score was recorded in skin fold thickness 0.05 mm. The researcher first administered the pre test. Pre test performances of the subjects was converted into composite scores and divided into three different and equal homogenous groups. Experimental groups were trained for asana practices and physical exercises. Further control group was not included for the training. The duration of the training programme was six weeks. After completion of the training programme, the post test was administered. The data obtained was analyzed with the help of statistical software (SPSS 11.5). The researcher compared the performances on post test of three groups with the help of ANCOVA followed by Scheffe's Post Hoc Test was employed to between group difference.

RESULTS

TABLE

ANCOVA AND SCHEFFE'S POST HOC TEST ON SELECTED HEALTH RELATED PHYSICAL FITNESS COMPONENTS

Variables	AG	PTG	CG	'F'	AG vs PTG	AG Vs CG	PTG Vs CG	CI
	Mean				Mean Difference			
CRE	1860	1920	1715.5	6.774*	60	144.5*	205.5*	107.19
Flexibility	9.88	8.42	7.13	6.86*	1.48	2.75*	1.29*	1.46
Muscular Strength & endurance	21.10	18.10	16.95	9.02*	2.90*	1.25	4.15*	1.542
Body Composition	249.80	237.62	213.45	2.20	1.17	36.35*	24.17*	1.208

*Significant at 0.05 level of confidence, Tabulated value F (0.05) (2, 72) = 3.168

(AG – Asana Group, PTG- Physical Training Group, CG – Control group, CI - Confidence interval)

DISCUSSION OF FINDING

The study of comparative effect of selected asana practices and physical exercises on health related physical fitness among the middle aged women. Finding of the study indicated that, the significance between 12min run /walk, sit and reach and sit-ups are significantly at 0.05 level of confidence with 72 degree of freedom. There was no significant difference in the fat weight of asana practices, physical exercise and control groups.

CONCLUSION

Body composition shows no significant improvement of both experimental groups. Asana practices fast improved the Health Related Physical Fitness Components. Physical exercises shows fast and (significant) improvement in cardiovascular endurance. Asana practice shows significant improvement in flexibility.

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