



Physical Education

IMPACT OF ASANA PRANAYAMA AND COMBINED EFFECT ON MOTOR FITNESS BODY COMPOSITION AND EMOTIONAL INTELLIGENCE AMONG HIGH SCHOOL GIRLS

S. Saritha

Phd – Research Scholar, Alagappa University College Of Physical Education, Alagappa University, Karaikudi - 630 004, Tamil Nadu, India.

Dr. D. Rajalakshmi*

Associate Professor, Alagappa University College Of Physical Education, Alagappa University, Karaikudi - 630 004, Tamil Nadu, India. *Corresponding Author

ABSTRACT The purpose of the study was to investigate the impact of asana pranayama and combined effect on motor fitness body composition and emotional intelligence variables of the govt high school girls. The subjects for this study were sixty girls randomly selected from data Karaikudi Taluk, Sivagangai District, Tamil Nadu. The age limit of the subjects was ranged from 12 to 14 years the selected subjects were randomly divided into three experimental groups and one control group. The experimental groups underwent the training for a period of 12 weeks for 5 sessions per week. The subject pre-test and post-test data of the selected variables were analyzed using 't' test and analysis of covariance (ANCOVA) at the 0.05 level of significance.

KEYWORDS : Motor Fitness, Body Composition, Emotional Intelligence.

INTRODUCTION

The word yoga comes from the Sanskrit word 'yuj' which means to unite or join together. A 3,000 year old tradition, yoga, is now regarded in the Western world as a holistic approach to health and is classified by the National Institutes of Health as a form of Complementary and Alternative Medicine (Raub JA, 2002). Regular practice of yoga promotes strength, endurance, flexibility and facilitates characteristics of friendliness, compassion, and greater self-control, while cultivating a sense of calmness and well-being (Williams K, et al., 2003). Yoga is a system of exercises which helps the mind and body in order to achieve tranquillity and spiritual insight (Alaguraja, K. et.al, 2019)⁵. Make sure that when you practice yoga asanas, you don't just stretch the body because the mind has to be with the body. (Alaguraja, K. et.al, 2019)⁵. 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). (Alaguraja, K. et.al, 2019)³.

Today, sports have become a part and parcel of our culture. It is being influenced and does influence all our social institutions including education, economics, arts, politics, law, mass communication and even international diplomacy (Alaguraja, K. et.al, 2019)¹. 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 (Alaguraja, K. et.al., 2017)¹. In the sports world, physical education is the most essential aspect due to the fact physical schooling increases the performance and the effectiveness of the sports (Alaguraja, K. et.al., 2018)².

Obesity and excessive body weight is associated with various diseases particularly cardiovascular diseases, diabetes mellitus, hypertension, hyperlipidemia, osteoarthritis, certain types of cancer etc. in reality, a major cause of all these diseases was found to be improper lifestyle and stress (Shephard RJ, et al., 1968). Yoga exercises do not consume much energy and many of them accompany isometric contractions. These contractions do not increase energy consumption much comparing with rest time (Robin M, 2002-2010). Today's there is an escalating emphasis on appearing smarter, feeling better and living longer. In order to achieve these ideals as, scientific evidence tells us that one of the keys is high fitness and exercises (Alaguraja, K. et.al, 2019)⁷. When consciousness is operating with the intellect and with all the senses, by making an individual think that he or she is awake and aware, but the mind is actually less receptive and more critical (Yoga, P. et. al., 2019)¹⁰.

In Present day yoga is respected around the world and accepted as a life style practice. Today government schools as prepare to enter the 21st century, a student's body fitness improve to the is being reclaimed of which yoga practice is very much a part. Researchers a carried out in the Past have proved beyond doubt that yoga has improved not only the physical body but also the mind. While yoga central theme remains the highest goal of the health path, yogic practices give direct and tangible

benefits to everyone of student aims. While yoga central theme remains the highest goal of the physical, mind path, yogic practices give direct and tangible benefits to everyone of student physically, mentally, emotionally strong aims. Yoga is a practical aid, not a religion and its techniques may be practiced by Buddhist, Jews, Christians, Muslims, Hindus and Atheist alike. Yoga is union for all. (Selvakumar, K. et.al, 2019)⁹.

The research scholar study, government high school girl's students could enjoy of the benefits of asana pranayama that practice, such as, improved body fat and stress relief. Regular yoga practice is definitely a grown up activity, but yoga is speed, agility, flexible enough to accommodate young student as well, when the teaching is approached in the right way.

Government schools can be dynamic settings for promoting health, for enabling children to grow and mature onto healthy adults. Yet the potential of the school to enhance health is often underutilized. "School Health" has largely remained confined to medical checkups of children or some hours of health instruction including yoga in the curriculum (Dr.Deba Prasad Sahu, 2016). Yoga is a form of complete education that can be used with all students because it develops biceps, hip, waist, waist to hip ratio variables and intellectual and creative talents. In this study a sincere effort has been made to investigate the impact of asana pranayama and combined effect on motor fitness body composition and emotional intelligence among high school girls.

OBJECTIVE OF THE STUDY

The purpose of the study was to find out the impact of asana pranayama and combined effect on motor fitness body composition and emotional intelligence among high school girls.

HYPOTHESIS

It was hypothesized that there would be significant changes in the selected motor fitness related body compositions and emotional intelligence of the subject, who were sedentary in nature, after the training of twelve weeks.

METHODOLOGY

The purpose of the study was to investigate the impact of asana pranayama and combined effect on motor fitness body composition and emotional intelligence. The investigator was more interested to find the effect of asana pranayama particularly on the girls who had not been taking part in any other physical activity.

SUBJECTS

Sixty girls selected from govt high school, Karaikudi Taluk, Sivagangai District, and Tamil Nadu. The age of the subjects ranged between 12 to 14 years. Each group consists of 15 subjects and named as Experimental group I, II, III and control group. Experimental group I underwent asana, Group II underwent pranayama, Group III underwent combined asana pranayama and Group IV served as control group.

EXPERIMENTAL TREATMENT

The training schedule was prepared for twelve weeks. The practice schedule included 20 asana and 4 pranayama for group initiated and ended with combined asana pranayama were selected who plays direct role on the speed, agility, flexibility, biceps circumference, hip circumference, waist circumference, waist hip ratio circumference, emotional intelligence. The experimental treatments were employed for 60 minutes a day in five days a week for the period of twelve weeks. The fourth group served as control groups.

COLLECTION OF DATA

Speed, agility, flexibility, biceps circumference, hip circumference, waist circumference, waist hip ratio, emotional intelligence variables selected for the study. Standard test and measurement procedures were adopted to collect data for the study. The speed was measured with the help of 50 meters run. The agility was measured with the help of Illinois agility test. The Flexibility was measured with the help of sit and rich test and biceps circumference, hip circumference, waist circumference; waist hip ratio circumference was measured with the help of Measuring Tape and emotional intelligence was measured with the help of Mayer-Salovey- Caruso Emotional Intelligence Test (MSCEIT). The Pre and post test data of all the subjects from four groups were collected before and after the experimental period of twelve weeks. The data was analyzed by employing analysis of covariance at the 0.05 level of significance.

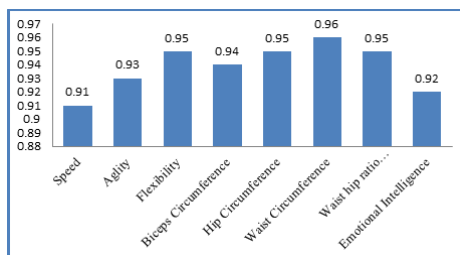
FINDINGS OF THE STUDY

The primary objective of the using 't' ratio was to describe the differences between the pre-test and post-test mean of govt high school girls.

Table -I Reliability Co-Efficient of Correlation of Test-Retest Scores

S. No.	Test Variables	Co-efficient of correlation (N=10) Test – Retest Scores
1.	Speed	0.91
2.	Agility	0.93
3.	Flexibility	0.95
4.	Biceps Circumference	0.94
5.	Hip Circumference	0.95
6.	Waist Circumference	0.96
7.	Waist hip ratio Circumference	0.95
8.	Emotional Intelligence	0.92

Figure I



DISCUSSION OF FINDING

The study of combined effect of selected asana pranayama practices on motor fitness body composition and emotional intelligence among the age of the subjects ranged between 12- 14 years. Finding of the study in dictated that, the significance between 50 meters run, Illinois agility test, sit and rich test, measuring tape and mayer-salovey-caruso emotional intelligence test are significantly at 0.05 level of confidence.

CONCLUSION

Combined asana pranayama show significant contributing role over the motor fitness body composition emotional intelligence of subjects as a result of twelve weeks yogic training.

It can be said that the effect of twelve weeks practice of asana and pranayama was significant enough to bring about the change in the vital capacity.

REFERENCES

1. Alaguraja, K., & Yoga, P. (2017). Influence of yogasana practice on flexibility among obese adolescent school boys. *International Journal of Yoga, Physiotherapy and*

- Physical Education, 2(7), 70-71.
2. Alaguraja, K., & Yoga, P. (2018). Effect of core stability training on dynamic strength among college male students. *International Journal of Yogic, Human Movement and Sports Sciences*, 3 (2), 436-437.
3. Alaguraja, K., & Yoga, P. (2019). Effect of yogic practice on resting pulse rate among school students. *Indian Journal of Applied Research*, 9, (7), 17-18.
4. Alaguraja, K., Yoga, P., Balamuralikrishnan, R., & Selvakumar, K. (2019). A scientific study on efficacy of yogic package on resting pulse rate among obese school students. *Journal of Information and Computational Science*, 9(8), 483-487.
5. Alaguraja, K., & Yoga, P. (2019). Effect of yogic practice on resting pulse rate among school students. *Indian Journal of Applied Research*, 9, (7), 17-18.
6. Alaguraja, K., & Yoga, P. (2019). Analyze of pranayama technique on physiological parameter among rural school students. *Journal of Information and Computational Science*, 9(8), 545-550.
7. Alaguraja, K., Yoga, P., James Rathinaraj, S., R., & Selvakumar, K. (2019). A study on yoga intervention on maximal oxygen uptake among stress patient. *Indian Journal of Applied Research*, 9, (9), 38-39.
8. Alaguraja, K., & Yoga, P. (2019). Effect of yogic practice on resting pulse rate among school students. *Indian Journal of Applied Research*, 9, (7), 17-18.
9. Selvakumar, K., & Yoga, P. (2019). Influence of yogic practice on flexibility among college students. *Indian Journal of Applied Research*, 9, (7), 45-46.
10. Yoga, P., Balamuralikrishnan, R., & Alaguraja, K. (2019). Influence of cyclic meditation on selected physiological parameter. *International Journal of Advanced Education and Research*, 4(1), 17-18.
11. Jackson C. Healing ourselves, healing others: first in a series. *Holistic Nursing Practice*, 2004; 18(2): p. 67-81.
12. Strukic, P.J. *Basic Physiology*, New York: Spring Ervellong Inc. 1981; p.23.
13. Farhi D.,(2005). *Bringing Yoga to Life: The everyday practice of Enlightened Living*. HarperCollins Publisher, Australia.
14. Sunil(2014). The importance of yoga in daily Life. [https:// www. Researchgate.net/publication/ 278673574](https://www.Researchgate.net/publication/278673574), accessed. 2015, 2017.