



INFLUENCE OF SKY YOGA AND WALKING ON BODY BALANCING

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ABSTRACT

Introduction: Yoga works on a psychological, physical and physiological levels too. In a yoga one should concentrate on the energy and how it flows through out the body. Human should learn how body and mind works together. Practicing yoga ultimately leads towards long-term benefits in health and well-being of a person.

Purpose: This study was conducted to identify the SKY yoga has more impact on Body balance than the Walking practice.

Methodology: For the study 30 middle age women from Tirupur were selected randomly has the subjects and their age range from 28 to 36. The subjects were divided into three groups namely Experimental I & II and Control group with equal members. The experimental group I went on SKY yoga and experimental group II went on Walking group for 12 weeks. Control group were not given any training.

Results: The study shown a significant change in Body balance of the Experimental group subjects than the Control group. The balancing of body and mind that can be seen through this results.

Conclusion: It has been concluded that SKY yoga helps in the body balance and mind controlling helps the subjects in concentration level by own.

KEYWORDS : SKY yoga, Walking, Body balance, Stroke balance test.

INTRODUCTION:

Yoga prepares us for emotional and spiritual awakening and the result is the expansion of awareness. SKY yoga combines simplified physical exercises, kundalini yoga, Kayakalpam and introspection. Yoga gives the capacity to face up life's challenges. When we respect the body, we tend to do things that will enhance its vitality. Part of yoga practice is deep breathing. The regular practice of yoga helps us to accept whatever physical or mental conditions we might be suffering from by increasing our immediate sense of well-being, concentration and calmness. Much healing can be done, but it takes practice and consistency. They need to do exercises regularly to balance the body functions. It is also important to eradicate sinful genetic imprints. Physical exercises make all systems function normally. This helps meditations to get desired results.

OBJECTIVES OF THE STUDY

This study was conducted to find the influence of SKY yoga and Walking among middle age women on Body balance.

STATEMENT OF THE PROBLEM

The way the home and work life of women is organized and run by in a kind of stressful one. Lack of physical exercise led to the imbalance in their body, SKY yoga which helps in supporting in their wellbeing of every individual. SKY yoga is physical and mental exercise which helps in correcting psychologically too. Eventually helps in stress and depression too.

HYPOTHESIS

For the study it is hypothesized that there would be significant difference in the Stroke balance test variable between SKY yoga and walking group than the Control group.

LIMITATIONS

- Economical and cultural background are not considered.
- The factors of heredity, environment, working timing etc., were not consider.
- The food, life style, sleep, working period etc., not controlled.
- Routine works were not taken into the consideration.

SELECTION OF THE SUBJECTS

For study 30 middle age women from Tirupur were selected randomly has the subjects and their age range from 28 to 36. The pre-test of the study has been taken before the training scheduled. The subjects were divided into three groups with 10 subjects in each group, namely Experimental I & II and Control group. The experimental group I went on SKY yoga and experimental group II went on Walking group for 12 weeks, in a week training were conducted for 5 days. Control group were kept in active rest. The post-test has conducted after the training are over.

SELECTION OF VARIABLES:**DEPENDENT VARIABLES****Physical variables****Stroke balance test**

The Stroke balance test requires the person to stand on one leg for as long as possible. The similar Flamingo Balance Test is different as it requires the subject to balance on a board.

Purpose: To assess the ability to balance on the single foot.

Equipment required: Flat, non-slip surface, stopwatch, paper and pencil.

Procedure: Remove the shoes and place the hands on the hips, then position the non-supporting foot against the inside knee of the supporting legs

The subject is given one minute to practice the balance. The subject raises the heel to balance on single foot. The stopwatch is started as the heel is raised from the floor. The stopwatch is stopped if any of the follow occur:

- the hand(s) come off the hips
- the supporting foot swivels or moves (hops) in any direction
- the non-supporting foot loses contact with the knee.
- the heel of the supporting foot touches the floor.

INDEPENDENT VARIABLES

Yoga practices of

i. SKY yoga

ii. Walking

RESULTS AND DISCUSSIONS:

The results of the statistical analysis of the data collected from the pre-test and the post test on general Body balance variable for experimental groups and control group have been presented in Table I

Table - I Analysis Of Covariance On General Body Balance

TEST	SKY Grp	Walking Grp	CNT Grp	df	SS	MOS	F Value
Pre	21.2	22.3	23.8	2	34.06	17.03	3.24*
				27	1493.3	55.307	
Post	37.2	30.1	25.5	2	694.86	347.43	5.38*
				27	1743	64.55	
Adjusted	37.56	30.13	25.09	2	769.04	384.52	6.19*
				26	1614.94	62.11	

In Table I, the obtained F value from the Body balance 6.19 was greater than the table value of 3.37 (from F ratio table for the value 2 and 26) and hence it was accepted that there were significant differences among the groups.

Since to determine the significant differences results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table II.

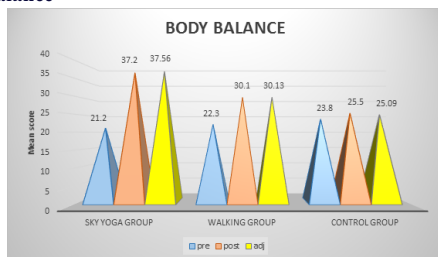
Table II Scheffe's Confidence Interval Test Scores on Body balance

Groups			Mean	CD
SKY yoga Group	Walking Group	Control Group		
37.56	30.13		7.42	2.88*
37.56		25.09	12.46	
	30.13	25.09	5.03	

The post hoc analysis of obtained ordered adjusted means proved that there was a significant differences existed between SKY yoga group and Walking group mean difference is 7.42, there was significant difference between SKY yoga group and control group mean difference is 12.46, there was significant difference between Walking group and control group. mean difference is 5.03.

This proved that SKY yoga has better impact on Body balance level than any other group.

Bar Diagram Showing Pre, Post And Adjusted Post-test Values Of Body Balance



CONCLUSIONS:

Based on the result following conclusions were drawn.

1. There was a significant difference between SKY yoga group and Walking group when compared to the control group on Physical variables of Stroke balance test (Body balance).
2. SKY yoga was found to be better than Walking group and control group in Physical variables of Stroke balance test.

RECOMMENDATIONS:

1. A similar study could be conducted by selecting other Physiological variables as criterion variables.
2. A similar study could be conducted by selecting Performance related variables as criterion variables.
3. A similar study can be conducted for other male age group as subjects.
4. Similar study can be undertaken to analyze the other Psychological and Hematological parameters too.

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