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EFFECT OF PRANAYAMA AND ASANAS ON PULSE RATE OF NON-SPORTSMEN OF JHARGRAM

Physical Education

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ABSTRACT

The aim to the study is to found out the effect of asana and pranayama on Pulse rate of non- sportsmen of Jhargram. To achieve the purpose Fifty (N = 50) students of Seva Bharati Mahavidyalaya, Kapgari, Jhargram were selected randomly from 200 voluntaries as subjects. Their aged ranged from 19 to 25 years. They were divided into two equal groups (n=25). Group A underwent pranayama and asanas and Group B act as a Control group, alternate session's practices – 40 to 60 min/session/6 days/week for 16 weeks. The data were recorded before and after the experimental period. Control group was not exposed to Pranayama and Asanas programme. In order to determine the significant difference between experimental group and control group after administering the treatment, the pre and post test score were collected, the initial and final test score has been analyzed using "t" ratio at 0.05 level of significance. The result of present study demonstrated that twelve week of pranayama and Asanas practices were significantly increase in pulse rate of the non- sports men. The results indicate that there was significant difference in the initial means and the final means of the exercise after training programme was found to be effective on pulse rate for experimental group.

KEYWORDS

Pranayama, Asanas, Pulse rate etc.

INTRODUCTION

Health, which is considered as the most precious asset of human being, is highly determined by the physical fitness status of the individual. Fitness is optimized in the present day societies with a focus on two goals; health and performance. Lifestyle affects people health, with eating habits and regular physical activity being the two influenced factor irrespective of sex, age or country of residence.

An appropriate way to assess health in apparently healthy people is measure their health related fitness, defined as the dynamic state of energy and vitality that allows people to perform daily tasks, enjoy active leisure and cope with unexpected emergencies with out fatigue. At the same time, health-related fitness helps in the prevention of hypokinetic diseases, in maximum development of intellectual capacity, and in full enjoyment of life. Although regular physical exercise has a positive influence on health, a high level of fitness related health has a greater influence.

Low physical fitness is associated with a higher mortality rate, a higher risk of certain forms of concern, obesity, decreased mental helath,diabetes, hypertension and a lower quality of life. Everybody desires a long and healthy life and exercise has a greater part to play in this. In one aspect, the body can be said to commence ageing from the moment it is born, although it is usual to say it really begins in about the mid-thirties.

Pulse rate is frequently used as a measure of a person's physical fitness. A low resting pulse rate is usually taken as an indication that the person is physically fit. A person's pulse rate increases with physical activity, and this increase is often monitored during exercise to ensure that he or she is working out at the correct level of exertion.

The study was delimited to sedentary individuals between the chronological age 19- 25 years of males of Seva Bharati Mahavidyalaya, Kapgari, Jhargram. The study was further delimited to the pulse rate only. Certain factors like life style, routine work, diet etc. may have affected the results of this investigation acted as limitation for the study.

Objective:

The objective of the study was to determine the effect of Pranayama and Asanas on Pulse rate of non-sportsmen of Jhargram.

Methodology

To achieve these purpose sixty (N = 50) Students of Seva Bharati Mahavidyalaya, Kapgari, Jhargram were selected randomly from 200 voluntaries of as subjects. Their aged ranged from 19 to 25 years. They were divided into two equal groups (n=25). The subjects of Group A underwent pranayama (Nodisodhana, Bastrika, Ujjayi, Kapalabhati and Bharamari) and asanas (Suryanamaskar, Sarvangasanas, Hastapadasanas, Halasanas, Danurasanas, Bhujangasanas and Paschimothanasana) and Group B act as control group. Alternate sessions practices – 40 to 60 min/ session/6days/week for 16 weeks.. The data were recorded before and after the experimental period. Pulse rate were administrated at the standardized gym. of Seva Bharati Mahavidyalaya, Kapgari, Jhargram. Pulse rate was measured by qualified person. The subjects were performed pranayama and asanas programme in gym. Control group was not exposed to any training programme.

Results:

The data was collected on pulse rate for both the groups under similar conditions. In order to determine the significant difference between experimental group and control group after administering the treatment, the pre and post test score were collected.
The initial and final test score has been analyzed using "t" ratio at 0.05 level of significance.

Table 1: Pre-test And Post-test Means Of Experimental And Control Group In Pulse Rate

Number of Subjects	Variables	Mean Pre-Test	Mean Post Test	S.D. Difference	Cal. Value	Tab. Value
25	Experimental Group	79.80	74.80	3.53	5.65*	2.145
25	Control Group	73.60	72.80	.761	0.799	

*Significant difference at 0.05 level of significance, t.05 = 2.145

Table-1 revealed that there was significant difference in the initial means and the final means of the Pranayama and Asanas after training programme as the obtained t- ratio (5.56) was greater than the tabulated "t" value (2.145) at 0.05 level of significant. It is also evident from same table that there was no significant difference in the control group were obtained "t" value (.799) which is lesser than the tabulated 't' at 0.05 level of confidence.

DISCUSSION:

On the basis of the findings the sixteen weeks Pranayama and Asanas programme was found to be effective on pulse rate for experimental group. Table-1 showed that the Pranayama and Asanas programme had positive effect on Resting Pulse rate. Through the programme the subject improves cardiovascular system which helps to pump more blood from the heart per beat. The recovery rate becomes quicker and the number of capillaries may increases as a result the heart becomes stronger and larger, therefore it could pump more blood through the heart with every beat and sustain its maximum level with less strain. Due to this the pulse rate becomes lower.

CONCLUSION:

On the basis of result obtained it was concluded that there was a significant improvement of Pulse rate in the experimental group after the sixteen weeks of pranayama and asanas practice on non-sportsmen of Jhargram.

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