



ORIGINAL RESEARCH PAPER

Arts

THE INFLUENCE OF MANAVALAKALAI YOGA, MEDITATION AND GYMING ON STORK BALANCE TEST

KEY WORDS: Manavalakalai yoga, meditation, Gyiming, Stork balance test.

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ABSTRACT

Introduction:

Yoga is a way to achieve total health, peace, bliss and wisdom. Physical, mental and spiritual aspects, yoga help to make one's life purposeful, useful and noble. Thus Yoga is an art, science and philosophy, which influence the life of man at each level. Therefore, the effect of yoga must be felt in every movement of our day-to-day lives.

Purpose:

This study was conducted to view that Manavalakalai yoga with meditation has more impact on Stork balance test than the Gyiming practice.

Methodology:

For the study 45 working men from Thirupur were selected randomly as the subjects and their age range from 25 to 45. The subjects were divided into three groups with 15 number of subjects in each group namely Experimental I & II and Control group. The experimental group I went on Manavalakalai yoga with Meditation and experimental group II went on Gyiming training for 10 weeks. Control group were under active rest.

Results:

The study shown significant change in Stork balance test of the Experimental group subjects than the Control group. The level of balancing of their body that can be seen through results without controlling other things.

Conclusion:

It has been concluded that Manavalakalai yoga with meditation helps in the Stork balance and helps the subjects to know their body level by own.

INTRODUCTION:

As we live in the age of modern science and technology, our lifestyle has become very fast. It is also becoming very hard and difficult to live a natural and normal life because of the changing scenario of the world. The very air is becoming unfit for human consumption. Our cities are growing noisier, dirtier and congested. All these do create tension. The mind is always under strain due to various social evils. When we are under stress, we may suffer from many problems inside our system and yoga comes to our rescue at this juncture. Yoga can assist in a big way, when practiced along with other streams of treatment. The key to the whole problem is "self-help" through yoga we can become resilient. We can acquire the energy to overcome the pressures and survive in the stressful conditions. Therefore, yoga teaches us how to be one with the world by being one with ourselves.

OBJECTIVES OF THE STUDY

This study was conducted to find the influence of Manavalakalai yoga with meditation and Gyiming among men on Stork balance test.

STATEMENT OF THE PROBLEM

The way the home is organized and run by the kind of socialization facilities, and care taken as per their objectives largely affect, mould and reflect the intimacy. Lack of physical exercise which will supports the quality of wellbeing of every individual. Yoga the positive manner of physical exercise which correct them and guide throughout life.

HYPOTHESIS

There was a significant difference in the Stork balance test variable in-between Manavalakalai yoga with Meditation and Gyiming practicing group than the Control group.

LIMITATIONS

- Economic and cultural background were not considered.
- The factors like heredity, environment, working circumstance etc., were not consider.
- The food habits, life style, sleep, working period etc., were not controlled.
- Their routine works were not taken in consideration.

SELECTION OF THE SUBJECTS

For the study 45 working men from Thirupur were selected randomly as the subjects and their age range from 25 to 45. The pre-test of the study has been taken before the training scheduled. The subjects were divided into three groups with 15 number of subjects in each group namely Experimental I & II and Control group. The experimental group I went on Manavalakalai yoga with Meditation and experimental group II went on Gyiming training for 10 weeks. Control group were under active rest. The post-test has been conducted after the training are over.

SELECTION OF VARIABLES:

DEPENDENT VARIABLES

Physical variables

Stork balance test

The stork 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 ball of the 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 the ball of the 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. Manavalakalai yoga exercises
 - ii. Meditation

iii. Gyiming

RESULTS AND DISCUSSIONS:

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

TABLE - I ANALYSIS OF COVARIANCE ON GENERAL STORK BALANCE TEST

TEST	Exp Grp 1	Exp Grp 2	Cnt Grp	df	SS	MOS	F Value
Pre	25	25.66	27.66	2	57.77	28.88	4.65*
				42	5648.66	134.49	
Post	39.13	33.53	25.73	2	1358.8	679.4	7.63*
				42	3736.4	88.96	
Adjusted	39.64	33.73	25.01	2	1608.35	804.17	12.97*
				41	2541.19	61.98	

*Significant at 0.05 level of confidence and table value of F-ratio for 2 and 42 (df)=3.22 and 41 (df)=3.23

In Table I, the obtained F value on general Stork balance test 12.97 was greater than the table value of 3.23 and hence it was accepted that there were significant differences among the treated groups.

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

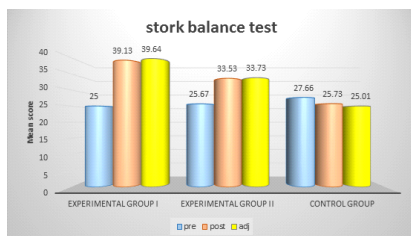
Table II Scheffe's Confidence Interval Test Scores on General Stork balance test

Groups			Mean	CD
Exp Group1	Exp Group2	CNT Group		
39.64	33.73		-5.9*	3.34*
39.64		25.01	-14.62*	
	33.73	25.01	-8.71*	

The post hoc analysis of obtained ordered adjusted means proved that there were significant differences existed between Manavalakalai yoga with Meditation group and Gyiming group (MD: 5.9). There was significant difference between Manavalakalai yoga with Meditation group and control group (MD: 14.62). There was significant difference between Gyiming group and control group. (MD: 8.71).

This proved that Manavalakalai yoga with Meditation has better impact on Stork balance test level than other group.

BAR DIAGRAM SHOWING PRE, POST AND ADJUSTED POST-TEST VALUES OF STORK BALANCE TEST



CONCLUSIONS:

Based on the result of the study the following conclusions were drawn.

1. There was a significant difference between Manavalakalai yoga with Meditation group and Gyiming practice group when compared to the control group on Physical variables of general Stork balance test.

2. Manavalakalai yoga with Meditation practice was found to be

better than Gyiming practice group and control group in Physical variables of general Stork balance test.

RECOMMENDATIONS:

1. A similar study may be conducted by selecting other Physical variables as criterion variables.

2. A similar study may be conducted by selecting Performance related variables as criterion variables.

3. A similar study can be conducted for other female age group as subjects.

4. Similar study can be undertaken to analyze the other Psychological and Hematological parameters.

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