

EFFECT OF YOGASANAS PRACTICE ON OBESITY OF SCHOOL GOING STUDENTS IN YAVATMAL CITY



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Abstract:

The main objective of the study was to investigate the effect of yogic practices on Effect of Yogasanas Practice on Obesity of School Going Students in Yavatmal City of Maharashtra State. For this study 40 female students were selected randomly from Yavatmal city. Their age ranges from 12-18 years. The yogic practices were employed for 6 weeks, 6 days training in a week for 45 minutes. The BMI test was used assessing lean body mass and skin fold calipers are used for measuring fat percentage. The results of the study revealed that the effect of yogic practices had shows insignificant difference on obesity of school going students.

Keywords: Yogasanas, Obesity & School Students.

Introduction:

The word Yoga is generally associated with the term Yogi, a Hindu Saint and sounds rather religious. However, Hatha yoga which includes Pranayama. It is now being practiced by many people purely as a part of physical exercises devoid of religious or spiritual considerations. It is being used as an additional system to tone up the body and mind. There is no set of physical exercises that can equal yoga.

Yoga is a scientific process to reach the ultimate state of perfection. However, yoga is defined also to be the states of higher powers and potentialities and even as the ultimate state of silence. Further, yoga is also described as the power of creation. In various yoga tests, yoga is defined as a STATE. Through the practice of yoga, man leaps into higher stages of consciousness and learns to stay peacefully and to act tuned to these states.

Yoga means the experience of oneness or unity with inner being. This unity comes after dissolving the duality of mind and matter into the supreme reality. It is a science by which the individual approaches truth. The aim of all yoga practice is to achieve truth where the individual soul identifies itself with the supreme soul or God. The attitude towards Yoga and its acceptance has undergone a sea change over the last twenty years. This is true not only of our country where Yoga originated a thousand years ago, but also of far-flung countries all over the world.

Yoga is capable to bring about natural changes in query signal individual in the world and that would be a great revolution indeed, it offers us a conscious process to solve such problems as depression, unhappiness, restlessness, emotional conflicts, hyperactivity etc, it helps to evoke

the hidden potentialities of human beings in a systematic and scientific way so that the human being can rise intellectually.

New researchers help people to understand yoga in its modern aspects, yoga in general, meditation and pranayama in particular, are providing men a means to reach the subtler layers of mind. It has been shown through experimental results on the pranayama and meditation that knowledge and creative are structured in the subtler layer of mind or deeper state of consciousness (Transcendental State) these creative and critical faculties of mind lay hidden in these higher state of consciousness.

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems.

Objective of the Study:

The main objective of this study was to find out the effect of yogasanas on obesity of school students.

Methodology:

For this study a group of 40 female students from Yavatmal city Maharashtra were randomly selected as subjects, age of subjects was between 12-18 years. Pre and Post tests were administered on the subjects for measuring lean body mass, fat percentage. BMI test is used assessing lean body mass and skin fold calipers are used for measuring fat percentage The yogic practices were employed for the 6 weeks 6 days training in a week and one day rest, 45 minutes of training session. The statistical tools of Mean, Standard Deviation and ‘t’ Test were used for the analysis of the data.

Results:

The below tables shows the analysis of data pertaining to the effect of yoga practices on obesity of school going students.

Table No-I
Mean, Standard Deviation and t -ratio for the Data on Lean Body Weight of School Girls between the Means of Pre and Post-tests Control Group

Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Pre-test	37.120	3.772	0.022	1.200	0.019 [@]
Post-test	37.142	3.819			

@ Not significant at 0.05 level Tabulated $t_{0.05 (19)} = 2.093$

The above Table-I reveal that, Lean Body Weight of School girls mean difference between the pre-test and post-test of control group was not significant, because the calculated t-value of 0.019 is less than the tabulated t-value of 2.093 at 0.05 level of confidence of 19 degree of freedom.

Lean Body Weight of School girls means between the Pre and Post-tests of Control group was graphically shown in figure – I.

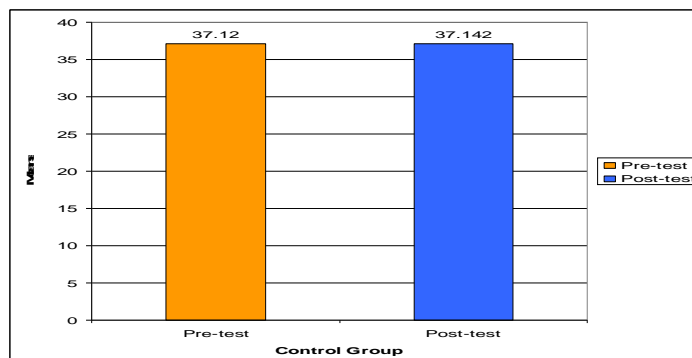


Table No-II

Mean, Standard Deviation and t -ratio for the Data on Percentage of Fat Weight of School Girls Between the Means of Pre and Post of Control Group

Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Pre-test	8.380	2.181	0.022	0.682	0.033 [@]
Post-test	8.358	2.135			

@ Not significant at 0.05 level

Tabulated $t_{0.05(19)} = 2.093$

The above Table II show that, Percentage of Fat Weight of School girls mean difference between the pre-test and post-test of control group was not significant, because the calculated t-value of 0.033 was less than the tabulated t-value of 2.093 at 0.05 level of confidence of 19 degree of freedom.

Percentage of Fat Weight of School girls means between the Pre and Post-tests of Control group was graphically shown in figure - II.

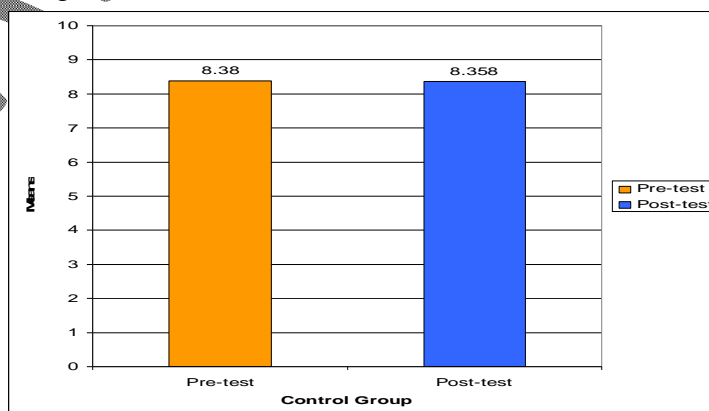


Table No-III

Mean, Standard Deviation and t -ratio for the Data on Lean Body Weight of School Girls between the Means of Pre and Post-tests of Experimental Group

Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Pre-test	37.637	3.845	0.090	1.171	0.077 [@]
Post-test	37.547	3.557			

@ Not significant at 0.05 level

Tabulated $t_{0.05(19)} = 2.093$

The above Table III reveal that, Lean Body Weight of School girls mean difference between the pre-test and post-test of Experimental group was not significant, because the calculated t-value of 0.077 was less than the tabulated t-value of 2.093 at 0.05 level of confidence of 19 degree of freedom.

Lean Body Weight of School girls means between the Pre and Post-tests of Experimental group was graphically shown in figure - III.

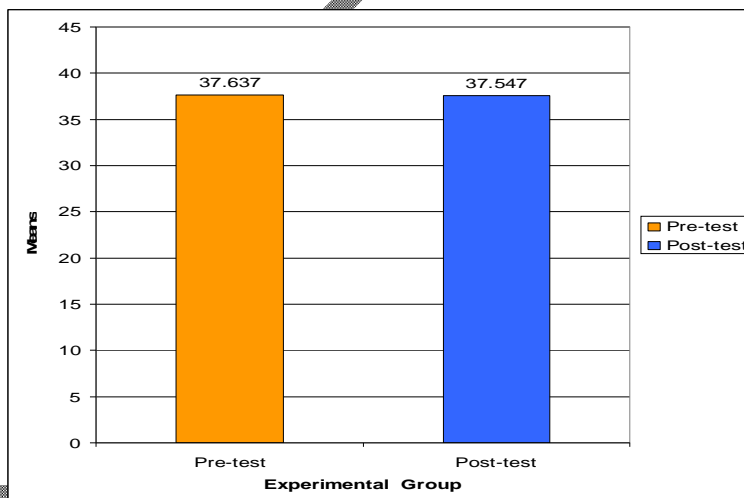


Table No-IV

Mean, Standard Deviation and t -ratio for the Data on Percentage of Fat Weight of School Girls Between the Means of Pre and Post-tests of Experimental Group

Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Pre-test	8.513	1.947	0.010	0.605	0.016 [@]
Post-test	8.503	1.881			

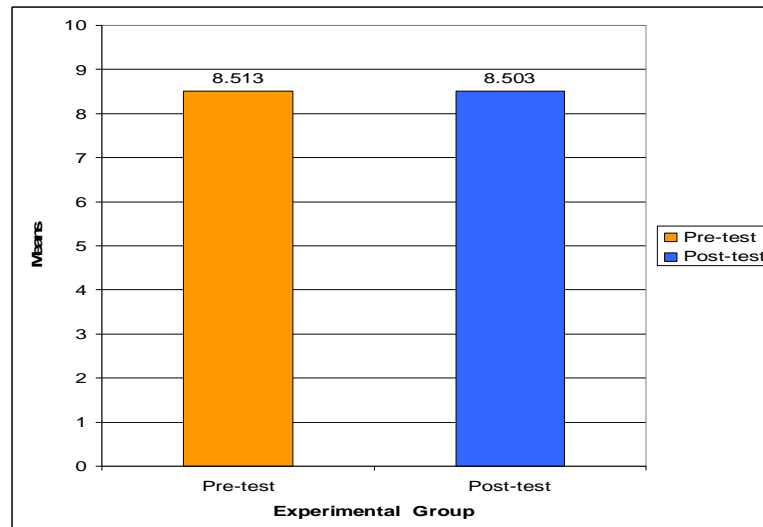
@ Not significant at 0.05 level

Tabulated $t_{0.05(19)} = 2.093$

The above Table IV show that, Percentage of Fat Weight of School girls mean difference between the pre-test and post-test of Experimental group was not significant, because

the calculated t-value of 0.016 was less than the tabulated t-value of 2.093 at 0.05 level of confidence of 19 degree of freedom.

Percentage of Fat Weight of School girls means between the Pre and Post-tests of Experimental group was graphically shown in figure – IV.



Conclusion:

On the basis of finding following conclusion was drawn:-

- Insignificant difference found between pre and post test of Control group in Percentage of Fat Weight and Lean Body Weight because there was no training provided to control group

References:

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