

EFFECT OF SELECTED YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES OF WORKING POPULACE

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ABSTRACT: The purpose of the study was to find out the Effect of Yogic exercise on selected physiological variables such as pulse rate and breath holding time and blood pressure of working populace. Twenty working populace from Thiruvallur district were selected as subjects at random and their age was between 30 and 40 years .The selected Asanas were Padmasana, Gomukasana, Paschimottanasana, Matsyasana, Bhujangasana, Salabasana, Uttanapadasana, Savasana. The pre-test was taken. The yogic intervention was introduced and practicing was given to 12 weeks to the group. After the 12 weeks of yogic Practices post test was taken. For statistical analysis t- ratio was applied to find out the effect of selected Yogic Practices on Selected Physiological Variables of working populace in Thiruvallur District. The 0.05 level of confidence was applied to find out the significant level difference. The final result shows, the physiological variables pulse rate and breathe holding time was insignificant, and the physiological variable systolic blood pressure was significant.

Keyword: yoga, pulse rate, breathes holding time, blood pressure.

1. INTRODUCTION

Yoga practice is altogether different from different types of activity in which an individual may partake, for instance, sports, vigorous exercise, or gymnastic exercises. Most types of physical activities require an overwhelming and frequently serious utilization of the body to expand the pulse and accomplish a cardiovascular exercise. Such exercise frequently leaves the individual perspiration, depleted and hard and fast of breath. Yoga is something else. It is performed gradually and with incredible familiarity with the breath control. After yoga class the individual may feel unwind as opposed to tired. Yoga will likewise require to see how an individual feels both intellectually and truly and to know about the advancement. The point isn't to create muscles, yet to advance wellness, great wellbeing and the prosperity of brain, body and soul.

Geetha (1983) expressed that god made people as equivalent accomplices to share life, its prizes and loads, delights and distresses. On the off chance that life can be contrasted with a chariot, at that point people are its two wheels. The material and profound weights of life fall similarly on the shoulders of people. They want great wellbeing, mental harmony and balance throughout everyday life. Yoga is valuable to the two people. Ladies need yoga much more than men as the duties push onto them ordinarily. At the point when we read of the conditions that won in those days we get the feeling that ladies were pre prominent in numerous fields. It was the Goddess Parvathi who originally picked up information on yoga by giving Lord Shiva to educate her. The status of working individuals today has impressively improved. They sparkle in different fields, for example, knowledge and innovativeness. In life people to perform numerous jobs, job of a little girl, sister, spouse, husband, mother, father and companion. They need to give their best in every one of these jobs.

Aside from the customary jobs referenced over, a lady has an extra part to play in the public eye. Right now rivalry, she turns into a specialist, legal advisor, lawmaker, educator, typist, instructor, nurture, phone administrator and so forth and has cleared herself commendably. However, when the battle debilitates even the furthest reaches of her understanding, her body and brain stand out enough to be noticed towards her family and youngsters exercises. These outcomes in carelessness and disappointment.

2. Review of Related Literature:

Janice Hanks (1996) says work can affect the working people in two ways – physically and mentally. The physical environment in which they work, the location, furniture, equipment, heating air conditioning etc. and the actual physical nature of their work for example, sitting, standing, repetitive, strenuous of whatever, can all affect working people. The teachers and professors are always standing at the time of class hours. The telephone operators, typist and record clerks are always sitting. So they can suffer directly physical symptoms such as back aches, pains, discomfort and injury and also mentally by being under stress. If they suffer from mental stress over a period of time, like pressures of the work, cutoff time of work , excess outstanding task at hand, this also can show itself to physical and mental issue, for models, migraines, dozing disarranges and stomach issues. In the primary occasion they will be influenced intellectually, for instance they may feel pressurized, on edge panicky, loathing or furious, these sentiments can again take the stage for physical and physiological issues.

Madanmohan (1992) there is proof that the act of yoga improves physical and mental execution. The present examination was embraced to contemplate the impact of yoga preparing on visual and sound-related response times (RTs), 40 mm Hg test, breath holding time after termination (BHT exp), breath holding time after motivation (BHT exp), and hand grasp quality (HGS).

Raju et.al. (1994) the impact of yoga breathing practice on practice tests was considered in competitors in two stages: sub-maximal and maximal exercise tests. Results: At the finish of stage I (one Year) the two gatherings (control and trial) accomplished essentially higher work rate and decrease in oxygen utilization per unit work. There was a noteworthy decrease in blood lactate in the test gathering, very still. Toward the finish of stage II (two years) the oxygen utilization per unit work was seen as essentially decreased and the work rate altogether expanded in the test gathering. Blood lactated diminished fundamentally very still in the trial bunch as it were.

Swamy Kuvalyananda Salabhasana, Vipartithakarani practices lower parts and nerves of lower parts and nerves of lower furthest points are actuated. Hence asana are discovered equipped for safeguarding wellbeing of the cerebrum and spinal strings, yet in addition of all head and spinal anxious lecturing thought body.

3. METHODOLOGY:

Statement of the Problem: The purpose of the study was to find the Effect of Yogic exercise on selected physiological variables such as pulse rate and breath holding time and blood pressure of working populace in Thiruvallur District, Tamilnadu.

Hypothesis:

There will be a significant effect of yoga on working people in pulse rate.

There will be a significant effect of yoga on working people in breath holding time.

There will be a significant effect of yoga on working people in blood pressure.

Selection of Subjects: Twenty working populace from Thiruvallur district region were selected as subjects at randomly and their age was between 30 to 40 years. : The researcher reviewed the available scientific evidence the most physiological variables such as pulse rate, breath holding blood pressure were selected. The standard test and equipment sphygmomanometer was used to evaluate the Blood pressure and manual methods use were employed to find out the Breath holding time and pulse rate. The initial test was taken before the treatment and the final test was taken after eight weeks.

The Selected Yogasanas

Padmasana, Gomukasana, Paschimottanasana, Matsyasana, Bhujangasana, Salabhasana, Uttanapadasana, Padahasthasana, Savasana.

4. RESULT AND DISCUSSION

Table –I

The Mean, Standard Deviation, the Scores in Breath Holding Time Pre- Test and Post- Test in Working Populace

Group	Mean	Standard deviation	Standard error	Mean Difference	t-ratio	t-value
Pre test	29.4	3.96	0.87	1.87	1.29	2.10
Post test	31.27	4.18	0.94			

* Insignificant at 0.05 level of confidence, DF 19.

t-ratio required for significant at 0.05 level was 2.10 for a degree of freedom 19. Table shows the mean, SD, standard error of the mean of pre and post test difference between mean, standard error of difference between mean, obtained t-ratio, table t values. The table value at 0.05 level of confidence is 2.10 the obtained value is 1.29 is lesser than the table value. Hence, the formulated alternative hypothesis was rejected.

Table –II

The Mean, Standard Deviation, the Scores in Pulse Rate Pre- Test and Post- Test in Working Populace

Group	Mean	Standard deviation	Standard error	Mean Difference	t-ratio	t-value
Pre test	119	2.76	0.61	6.2	3.36	2.10
Post test	112	4.81	1.09			

t-ratio required for significant at 0.05 level was 2.10 for a degree of freedom 19. Table shows the mean, SD, standard error of the mean of pre and post test difference between mean, standard error of difference between mean, obtained t-ratio, table t values. The table value at 0.05 level of confidence is 2.10 the obtained value is 3.36 is greater than the table value. Hence, the formulated alternative hypothesis was accepted.

Table –III

The Mean, Standard Deviation, the Scores in Diastolic Blood Pressure Pre- Test and Post- Test in Working Populace

Group	Mean	Standard deviation	Standard error	Mean Difference	t-ratio	t-value
Pre test	83.4	2.55	0.561	1.1	0.67	2.10
Post test	84.5	3.94	0.880			

t-ratio required for significant at 0.05 level was 2.10 for a degree of freedom 19. Table shows the mean, SD, standard error of the mean of pre and post test difference between mean, standard error of difference between mean, obtained t-ratio, table t values. The table value at 0.05 level of confidence is 2.10 the obtained value is 0.67 is lesser than the table value. Hence, the formulated alternative hypothesis was rejected.

5. CONCLUSION

Based on the result the physiological variables pulse rate and breath holding time was not significant. But, the mean scores value of the post test scores is lesser than the mean value of pre-test. It shows there would be a difference between pre-test and post test due to twelve weeks of yogic Practices on pulse rate. The physiological variables breath holding time was not significant. But the mean value of the post test is greater than the mean value of pre-test. It point outs that there would be a difference between pre-test and post test after twelve weeks of yogic Practices on breath holding time. The yogic exercises influence the physiological variables systolic blood pressure was significant at 0.05 level. The influence of yogic exercise on the other two variables like pulse rate and breath holding the were not significant level of difference, even though it insignificant. But mean difference shows the moderate changes in the variables, pulse rate and breath holding time.

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