

## **Effect Of Yogic Exercise On Selected Physical Fitness Components Among High School Boys & Girls At Secondary Educational School In Hyderabad District**

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### **Abstract**

Yoga, as it gains popularity from people of all walks of life, is also compared with many movement based practices, especially physical fitness exercises. The apparent similarity of external movements makes one sometimes to equate yoga with exercises. The purpose of the study is to find out the effect of Yogic Exercise on selected physical fitness components i.e speed, agility and endurance of boys and girls at Secondary Educational schools in Telangana state. **Tools Used:** Yogic Exercises – Padmasana – Siddhasana – Pachimottanasana – Bhujangasana – Dhanurasana – Kurmasana - Pranayama exercises Physical Fitness Components are Speed, Agility & Flexibility. The samples were collected from the 100 high school students (50 Boys & 50 Girls) in the age group of 12- 16 years from Govt. High School, Hyderabad. Finding of the study The Hyderabad district secondary boy's students mean value of speed pre - test is 11.32, SD value is 4.659, and for post - test the Hyderabad district secondary boy's students mean value is 08.22 and SD value is 4.421. The Hyderabad district secondary boy's students mean value of agility pre - test is 13.26, SD value is 0.623, and for post - test the Hyderabad district secondary boy's students mean value is 11.12 and SD value is 1.426. The Hyderabad district secondary boy's students mean value of flexibility pre - test is 10.671, SD value is 1.347, and for post - test the Hyderabad district secondary boy's students mean value is 12.32 and SD value is 2.252. The Hyderabad district secondary girl's students mean value of speed pre - test is 11.122, SD value is 3.565, and for post - test the Hyderabad district secondary girls students mean value is 9.212 and SD value is 2.314. The Hyderabad district secondary girl's students mean value of pre - test agility is 12.212, SD value is 2.432, and for post - test the Hyderabad district secondary girls students mean value is 11.122 and SD value is 1.426. The Hyderabad district secondary girl's students mean value of flexibility pre - test is 10.886, SD value is 1.425, and for post - test the Hyderabad district secondary girls students mean value is 12.312 and SD value is 3.421. Conclusion: Hence, it is finally concluded that the Effect of Yogic

Exercises on physical fitness have shown a positive impact among Pre-Test and Post-Test High school boys and girls in Govt. High School, Hyderabad district in relation to their physical fitness components i.e. speed, agility and flexibility. Physically fit people are able to withstand fatigue for longer periods and are better equipped to tolerate physical stress. Physical fitness is considered as one of the most valuable assets and it has received a high priority in all thoughts and actions. Keywords: Yogic Exercises, Physical Fitness, speed, agility & flexibility

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### **Introduction**

Keeping physically fit is now becoming the highest priority on the agenda of the modern man. Conveniences of 20th century living has brought with it marked reduction in physical activity and also there is promotion in sedentary lifestyle. The benefits of regular exercise on psychological health and on people with anxiety and depression have been clearly documented. In fact it is easy to spot a regular exerciser by his improved sense of general wellbeing and enhanced self-image. In a nation's its best assets are fit citizens, therefore it is responsibility of every country to promote physical fitness of its citizens. In daily life an individual has to do many task for that it is necessary to have physical fitness. If an individual body is underdeveloped or there is shortage of power it means that individual is lacking the capacity to think and to do that work, which are most important to his own life and also for the society welfare.

Yoga, as it gains popularity from people of all walks of life, is also compared with many movement based practices, especially physical fitness exercises. The apparent similarity of external movements makes one sometimes to equate yoga with exercises. This article aims at comparing and contrasting yoga with physical exercises from the physiological, psychological, and spiritual perspectives. The very meaning of the word yoga (controlling the mental modifications; communion with the universal) (Iyengar, 2007) signifies the importance it attaches to mental and spiritual well-being, stretching beyond just physical well-being. Though the practice of yoga was in existence from the pre-vedic period, it was around 2500-3000 years ago that it got a structured format when Sage Patanjali consolidated the theory and practical concepts of yoga, assimilating ideas mainly from samkhya and vedic philosophy (Radhakrishnan, 2008).

## **Physical Fitness**

Physical fitness is an individual capacity to carry out various reasonably forms of physical activities without being unduly tired and be ready for unseen emergencies. This includes qualities important to the individual's health and well-being. Many scientific studies over the past twenty years support the value of regular exercise for a healthy lifestyle. Regular participation in vigorous exercise increases physical fitness. Regular vigorous physical activity throughout life significantly reduces the risk for disability and premature death from stroke and heart disease. It can also effectively alter many diseases by lowering body weight and total serum cholesterol levels and promoting the maintenance of normal blood pressure.

## **Objective of the study**

The purpose of the study is to find out the effect of Yogic Exercise on selected physical fitness components i.e speed, agility and endurance of boys and girls at Secondary Educational schools in Telangana state.

## **Hypotheses**

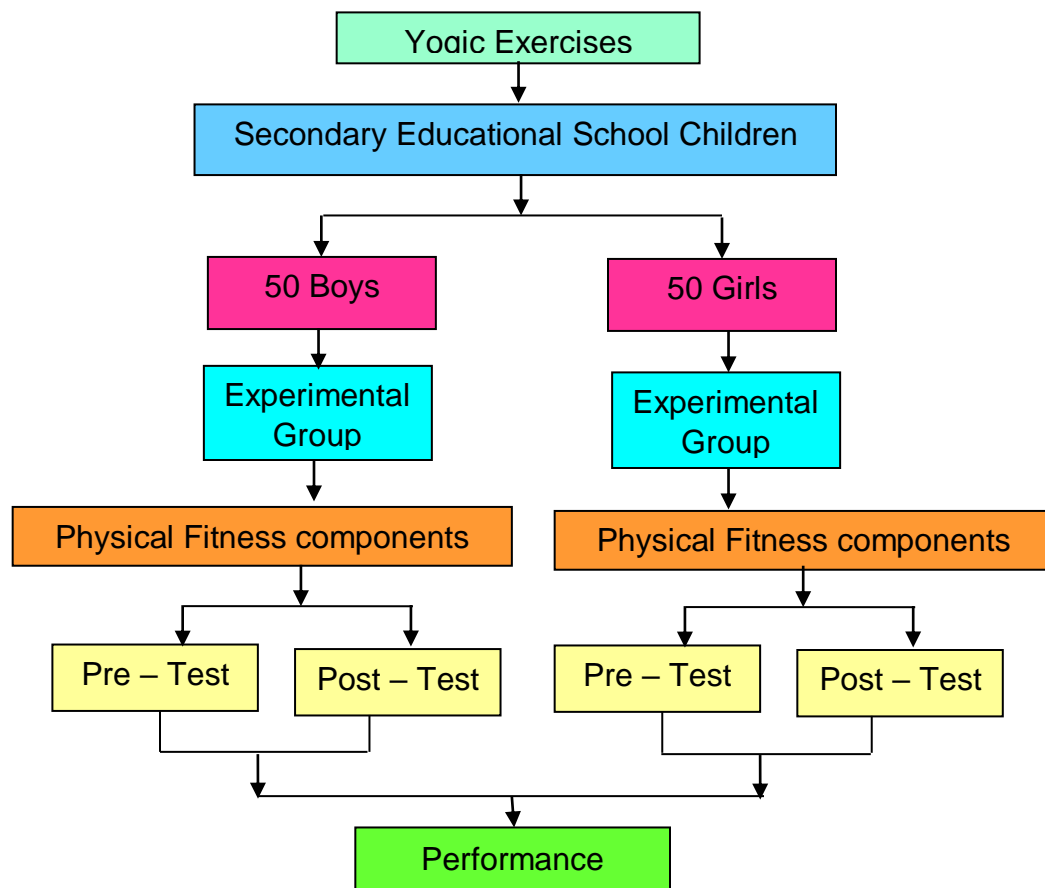
The following hypotheses are formulated for the study.

- There may not be any significant difference the effect of Yogic exercise between pre-test and post-test of boys Secondary Educational School in Telangana state in relation to their speed.
- There may not be any significant difference the effect of Yogic exercise between pre-test and post-test of boys Secondary Educational School in Telangana state in relation to their agility.
- There may not be any significant difference the effect of Yogic exercise between pre-test and post-test of boys Secondary Educational School in Telangana state in relation to their endurance.
- There may not be any significant difference the effect of Yogic exercise between pre-test and post-test of girls Secondary Educational School in Telangana state in relation to their speed.

- There may not be any significant difference the effect of Yogic exercise between pre-test and post-test of girls Secondary Educational School in Telangana state in relation to their agility.
- There may not be any significant difference the effect of Yogic exercise between pre-test and post-test of girls Secondary Educational School in Telangana state in relation to their endurance.

### Design of the Study

The diagrammatic presentation was presented hereunder.



### Sample Of The Study

The study was formulated based on the simple random sampling. The samples were collected from the 100 high school students (50 Boys & 50 Girls) in the age group of 12- 16 years from Govt. High School, Hyderabad.

**Tools Used**

**Physical Fitness Components**

The following physical fitness components are Speed, Agility & Flexibility. During the training period the subjects will undergo their respective training programme i.e. yogic exercises of 45 minutes a day for 6 days a week for 12 weeks. **Yogic Exercises** - Padmasana – Siddhasana – Pachimottanasana – Bhujangasana – Dhanurasana – Kurmasana - Pranayama exercises

**Data Collection Procedure**

The subjects of the study consisting 100 high school students (50 Boys & 50 Girls) in the age group of 12- 16 years from Govt. High School, Hyderabad has been selected for the study and they have undergone Yogic exercises for 45 days. Physical Fitness components test was administrated and the pre- test was taken, and then the post test was administrated after the systematic training of Yogic exercises from Govt. High School, Hyderabad.

**Results & Discussions**

**The table showing significant difference of the effect of Yogic exercise between pre-test and post-test of boys Govt. High School, Hyderabad in relation to their physical fitness components i.e. Speed, Agility & Flexibility**

SL. NO	Parameters	N	Pre Test		Post Test		‘t’ value
			Mean	SD	Mean	SD	
1.	Speed	50	11.32	4.659	08.22	4.421	0.436
2.	Agility	50	13.26	0.623	11.12	1.426	0.476
3.	Flexibility	50	10.671	1.347	12.32	2.252	0.364

**The table showing significant difference of the effect of Yogic exercise between pre-test and post-test of Girls Govt. High School, Hyderabad in relation to their physical fitness components i.e. Speed, Agility & Flexibility**

SL. NO	Parameters	N	Pre Test		Post Test		‘t’ value
			Mean	SD	Mean	SD	

1.	Speed	50	11.122	3.565	9.212	2.314	0.342
2.	Agility	50	12.212	2.432	11.122	1.426	0.235
3.	Flexibility	50	10.886	1.425	12.312	3.421	0.245

### Finding of the study

The Hyderabad district secondary boy's students mean value of pre - test is 11.32, SD value is 4.659, and for post - test the Hyderabad district secondary boy's students mean value is 08.22 and SD value is 4.421. The t-value is 0.436 and Sig. (2-tailed) is 0.000. It is very clear that a significant difference was found between the pre - test and post - test at Hyderabad district secondary educational boys students on effect of Yogic exercise in relation to their selected physical fitness variable i.e speed. The Hyderabad district secondary boy's students mean value of pre - test is 13.26, SD value is 0.623, and for post - test the Hyderabad district secondary boy's students mean value is 11.12 and SD value is 1.426. The t-value is 0.476 and Sig. (2-tailed) is 0.000. It is very clear that a significant difference was found between the pre - test and post - test at Hyderabad district secondary educational boys students on effect of Yogic exercise in relation to their selected physical fitness variable i.e agility. The Hyderabad district secondary boy's students mean value of pre - test is 10.671, SD value is 1.347, and for post - test the Hyderabad district secondary boy's students mean value is 12.32 and SD value is 2.252. The t-value is 0.364 and Sig. (2-tailed) is 0.000. It is very clear that a significant difference was found between the pre - test and post - test at Hyderabad district secondary educational boys students on effect of Yogic exercise in relation to their selected physical fitness variable i.e flexibility. The Hyderabad district secondary girl's students mean value of pre - test is 11.122, SD value is 3.565, and for post - test the Hyderabad district secondary girls students mean value is 9.212 and SD value is 2.314. The t-value is 0.342 and Sig. (2-tailed) is 0.000. It is very clear that a significant difference was found between the pre - test and post - test at Hyderabad district secondary educational girls students on effect of Yogic exercise in relation to their selected physical fitness variable i.e speed. The Hyderabad district secondary girl's students mean value of pre - test is 12.212, SD value is 2.432, and for post - test the Hyderabad district secondary

girls students mean value is 11.122 and SD value is 1.426. The t-value is 0.235 and Sig. (2-tailed) is 0.000. It is very clear that a significant difference was found between the pre - test and post - test at Hyderabad district secondary educational girls students on effect of Yogic exercise in relation to their selected physical fitness variable i.e agility. The Hyderabad district secondary girl's students mean value of pre - test is 10.886, SD value is 1.425, and for post - test the Hyderabad district secondary girls students mean value is 12.312 and SD value is 3.421. The t-value is 0.245 and Sig. (2-tailed) is 0.000. It is very clear that a significant difference was found between the pre - test and post - test at Hyderabad district secondary educational girls students on effect of Yogic exercise in relation to their selected physical fitness variable i.e flexibility.

### **Conclusion**

Hence, it is finally concluded that the Effect of Yogic Exercises on physical fitness have shown a positive impact among Pre-Test and Post-Test High school boys and girls in Govt. High School, Hyderabad district in relation to their physical fitness components i.e. speed, agility and flexibility. Physically fit people are able to withstand fatigue for longer periods and are better equipped to tolerate physical stress. Physical fitness is considered as one of the most valuable assets and it has received a high priority in all thoughts and actions. Therefore it is the responsibility of every country to promote physical fitness for its citizens, because physical fitness is the basic requirement for most of the tasks to be undertaken by an individual in his/her daily life.

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