



ISSN: 2456-0057

IJPNPE 2023; 8(2): 646-647

© 2023 IJPNPE

[www.journalofsports.com](http://www.journalofsports.com)

Received: 08-07-2023

Accepted: 12-08-2023

**Dr. K Kavitha**

Director of Physical Education,  
Navarasam Arts and Science  
College for Women, Arachalur,  
Tamil Nadu, India

## Effect of yogic practices on muscular strength of college women

**Dr. K Kavitha**

### Abstract

This study was investigated the impact of yoga practice on selected physical fitness of college women. To achieve the purpose of the study 40 school students were selected from Navarasam College. The subjects were randomly assigned to two equal groups (n=20). Group- I underwent yogasana (YG) and group - II was acted as control group (CG). The yogasana was given to the experimental group for 3 days per week (Monday, Wednesday and Friday) for the period of twelve weeks. The control group was not given any sort of training except their routine work. The physical parameters of muscular strength (modified setups) before and after training period. The data collected from the subjects was statistically analysed with 't' test to find out significant improvement if any at 0.05 level of confidence. The result of the present study yoga practices significantly improved selected physical fitness of college women.

**Keywords:** Yogasana, muscular strength, college women

### Introduction

#### Yoga

The meaning of the Sanskrit word asana is 'a study and comfortable posture'. The postures performed in all yoga practices (Hatha Yoga and Astanaga Yoga) are called asana. Although many people believe that they are physical exercises, it does not convey their full significance. 'Asana aim at influencing the body, mind and consciousness, molding and yoking them into one harmonious whole'. The practice of asanas requires active involvement of one's entire being as fully as possible. In other words, try not to think about work or friends or food while performing them. The prime aim of asana is to help us tread the path to higher consciousness so we can begin to understand and know our relationship with existence. We cannot even consider attaining higher awareness if we are ill with disease, aches and pains or mental depression. Therefore, the initial purpose of practicing asana is to eliminate these disturbances and afflictions. A regular practice of asana makes us acquainted with the way our body is, and we then begin to understand the importance of breathing and staying still. The opening up of the body that results after a regular practice gives us a sense of freedom not only in the body, but more importantly in the mind driving us to come to terms with whatever is happening in our mind. Yoga aims at bringing the different bodily function in to perfect co-ordination so that they work for the good of the whole body. Swami Satyananda Saraswathi (2002) Suriya namaskar integrate and harmonize all aspects of the physical, intellectual, and spiritual body. Positions are related to energize pituitary, pineal and thyroid gland, liver solar pineal, blood flow to organ and glands efficacious for the neck, chest, abdomen and sexual gland. The regular performance of Suriya namaskar is intended to raise one's state of conscious to higher level of realization. Suriya namaskar are mostly more popular in older men than young wrestlers. They strengthen body without strain in bones and organs of the body. Suriya namaskar are not vigorous, but they are practiced to maintain physique.

### Methodology

In this study the selected 40 school students selected from Navarasam College. The subjects were randomly assigned in to two equal groups namely, yoga Practices group (YP) (n=20) and Control group (CG) (n=20). The respective training was given to the experimental group the 3 days per weeks (alternate days) for the training period of twelve weeks.

**Corresponding Author:**

**Dr. K Kavitha**

Director of Physical Education,  
Navarasam Arts and Science  
College for Women, Arachalur,  
Tamil Nadu, India

The control group was not given any sort of training except their routine. The evaluated physical parameters were muscular strength was assessed by modified sit-ups and the unit of measurement was in counts. The training programme was lasted for 60 minutes for session in a day, 3 days in a week for a period of 12 weeks' duration. These 60minutes included 10 minutes warm up, Yoga practice for 45 minutes and 5minutes warm down. The equivalent in yoga is the length of the time each action in total 3 days per weeks

(Monday, Wednesday and Friday).

### Statistical analysis

The collected data before and after training period of 12 weeks on the above said variables due to the effect of yogasana was statistically analyzed with 't' test to find out the significant improvement between pre and posttest. In all cases the criterion for statistical significance was set at 0.05 level of confidence. ( $p < 0.05$ )

**Table 1:** Computation of 't' ratio on selected parameters on experimental group and control group (Scores in numbers)

Group	Variables	Mean	N	Std. Deviation Pre	Std. Deviation Post	T ratio	
Muscular Endurance	Experimental Group	Pre test	23.73	20	0.85070	0.89443	18.00*
		Post test	26.53	20			
	Control Group	Pre test	23.73	20	16.3111	17.34139	1.37
		Post test	23.66	20			

\*significant level 0.05 level degree of freedom (2,09,1 and 19)

Table 1 reveals the computation of mean, standard deviation and 't' ratio on selected Muscular strength experimental group. The obtained 't' ratio on Muscular strength were 18.00 respectively. The required table value was 2.09 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and 't' ratio on Muscular strength control group. The obtained 't' ratio on Muscular strength were 1.37 respectively. The required table value was 2.09 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained 't' values were lesser than the table value it was found to be statistically not significant.

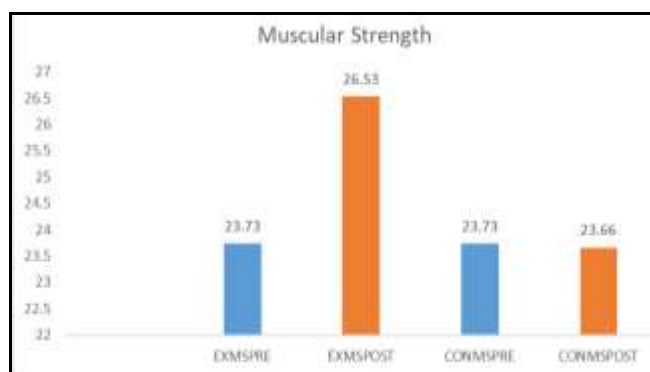
However, there was a significantly changes of subjects in the present study the Muscular strength was significantly improved of subject in the group may be due to the in yogasana.

### Conclusions

It was concluded that 12 weeks twelve weeks yogasana significantly improved the Muscular strength of college women.

### References

- Halder S, Das DP, Ghosh A. Effect of yogic practices on selected fitness components of college men. Age (Years). 2019;25:2-38.
- Malipatil RP. Effect of asana on physical fitness variables among government residential school students. 2018.
- Polsgrove MJ, Eggleston BM, Lockyer RJ. Impact of 10-weeks of yoga practice on flexibility and balance of college athletes. Int J Yoga. 2016;9(1):27.
- Nayek B, Chatterjee K. Effect of 6-weeks yoga and aerobic exercise on muscular strength and flexibility of pre-adolescence students. Int J Yogic Hum Mov Sports Sci. 2016;1(1):12-16.
- Kodeeswaran N, Murugavel K. Influence of Silambam Practices after Yogic Practices on Selected Physical Fitness Variables of College Students. Bharathiar Natl J Phys Educ Exerc Sci. 2020;11(3):01-06.
- Selvam M. Influence of silambam practices and yogic practices on speed and flexibility among U-17 female sprinters; c2016.
- Sahu DP. Effect of yogic practice on selected motor fitness components of college students; c2019.
- Giridharaprasath RG, Anandh K. Effect of Yoga Practices on Selected Health Related Physical Fitness Components among Assistant Conservator of Forests Trainees Players. Bharathiar Natl J Phys Educ Exerc Sci. 2019;10(1):28-33.
- Rayat S. Effect of yoga on selected physical and physiological variables of physical education students. IOSR J Sports Phys Educ. 2015;2(4):18-24



**Fig 1:** Bar diagram showing the mean value on muscular strength and of school students on experimental and control group (Scores in numbers)

### Discussion and Findings

The present study experimented the effect of yogasana on physical parameters of college women. The result of the study shows that the yoga Practice improved the Muscular strength. The findings of the present study had similarity with the findings of the investigations referred in this study. Rayat, S. (2015) [9]. Effect of yoga on selected physical and physiological variables of physical education students. Effect of selected yogic practices and aerobics exercises on physical, physiological and psychological variables among agriculture men students. Giridharaprasath, R. G (2019) [8]. Effect of Yoga Practices on Selected Health Related Physical Fitness Components among Assistant Conservator of Forests Trainees Players. Bharathiar National Journal of Physical Education and Exercise Science (ISSN: 0976-3678) e-ISSN Applied (International Peer-Reviewed Journal), 10(1), 28-33.