

A Study of Effects on Flexibility and Lungs Capacity by Yogasana Training

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Abstract: The aim of the research is to study the A Study of Effects on Flexibility and Lungs Capacity by Yogasana Training. Total 30 students from Shree Vijapur Vidyasankul, Sidsar were selected at the subject. These students were divided into Two groups i.e. 15 students in Yogasana training group and 15 students in control group. Flexibility and Lungs were tested by Sit and Reach Box and Spirometer, respectively twice i.e. before and after the particular Four weeks training. Analysis of Covariance (ANCOVA) was applied at 0.05 level of significance to test the hypothesis. It was observed from the result of the study that the experimental group improved significantly in Flexibility and Lungs Capacity due to the particular of Yogasana Training.

Key Words: Flexibility, Lungs Capacity, Yogasana Training.

1. INTRODUCTION:

The term 'yoga' has been derived from Sanskrit root word 'Yuj'. Yuj means to join, to apply, to use, to unite or to co-ordinate. The coordination of our desire with the God's wish is the real unity. Shri Mahadevbhai Desai writes in the preface of "Gandhiji's Thoughts on Gita" that "Yoga means to fasten the entire force of mind, body and soul in God. Yoga means to mortify on mind, intelligence, feelings and desires. It is the primary need for yoga. Yoga means stability of soul, by which anyone can see all sides of life."

2. Objectives of Research:

1. To study effects on Flexibility by Yogasana Training Exercises.
2. To study effects on Lungs Capacity by Yogasana Training Exercises.

2.1 Criterion Measures:

Hypothesis for selected measuring standards given below:

NO	Test	Measuring standards
1	Flexibility	Sit and Reach Box
2	Lungs Capacity	Spirometer

3. Method and Material:

Total 30 students from Shree Vijapur Vidyasankul, Sidsar were selected at the subject. These students were divided into Two groups i.e. 15 students in Yogasana training group and 15 students in control group. Flexibility and Lungs Capacity, were tested by Sit and Reach Box and Spirometer, Respectively twice i.e. before and after the particular six weeks training.

4. Statistical Analysis:

Analysis of Covariance (ANCOVA) was applied at 0.05 level of significance.

5. Result of the Study:

The result of the study is presented in following tables.

Table 1
Means and Analysis of Covariance of Flexibility Test for Yogasana and Control Group

Test	GROUP		ANALYSIS OF COVARIANCE TABLE			
	Yogasana	Control	Sum of Square	Degree of Freedom	Mean Sum of Square	'F'
Pretest Mean	5.067	4.267	4.8	1	4.8	1.980
			67.867	28	2.423	
Posttest Mean	6.8	5	24.3	1	24.3	9.947*
			68.4	28	2.443	

Adjusted Mean	6.557	5.243	12.100	1	12.100	7.530*
			43.389	27	1.607	

* Sig. Level at 0.05 (1,28) = 4.196 & (1,27) = 4.210

It is observed from table – 1 that the means of Yogasana Training Group; Pre-test is 5.067, post-test mean is 6.8 and adjusted mean is 6.557. Control Group; Pre-test is 4.267, post-test mean is 5 and adjusted mean is 5.243. The calculated ‘F’ value of pre-test means of all the groups is not significant, calculated ‘F’ value of post-test means of all the groups is significant and calculated ‘F’ value of adjusted means of all the groups is significant.

Table 2
Means and Analysis of Covariance of Lungs Capacity Test for Yogasana and Control Group

Test	GROUP		ANALYSIS OF COVARIANCE TABLE			‘F’
	Yogasana	Control	Sum of Square	Degree of Freedom	Mean Sum of Square	
Pretest Mean	43.733	42.933	4.8	1	4.8	0.093
			1445.867	28	51.638	
Posttest Mean	51	45.867	197.633	1	197.633	3.429
			1613.733	28	57.633	
Adjusted Mean	50.608	46.259	141.373	1	141.373	17.092*
			223.324	27	8.271	

* Sig. Level at 0.05 (1,28) = 4.196 & (1,27) = 4.210

It is observed from table – 2 that the means of Yogasana Training Group; Pre-test is 43.733, post-test mean is 51 and adjusted mean is 50.608. Control Group; Pre-test is 42.933, post-test mean is 45.867 and adjusted mean is 46.259. The calculated ‘F’ value of pre-test means of all the groups is not significant, calculated ‘F’ value of post-test means of all the groups is not significant and calculated ‘F’ value of adjusted means of all the groups is significant.

6. CONCLUSION:

It was observed from the result of the study that the experimental group improved significantly in Flexibility and Lungs Capacity due to the particular of Yogasana Training Exercise.

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