



Effect of Yoga Asana Practice on Obesity of Junior College Students

Dr. V. N. Ganacharya

Director of Physical Education and Sports

B. Raghunath College Parbhani. (M.S)

Abstract:

The present study is stated as Effect of Yoga asana Practice on obesity of junior college Students of Nanded City. The research scholar selected this problem because of fast life style and hostelling, which may result increasing obesity in school students and increasing obesity means there are more chances of diseases. So the scholar wants to know the effect of yoga asana practice on obesity of junior college students. The main source of data for the present study was forty (40) girl students of different junior college students of Nanded district. The subjects were selected randomly and have divided into two equal groups namely control group and experimental group. Each group is of twenty (20) students. The study was delimited to female students up to the age group of 15-18 years. The basic aim of the study was to improve the physical fitness of students. The training program of yoga was given to the experimental group. The duration of training programme was six weeks. From the findings it was observed that insignificant difference between pre and post test of Experimental group.

Keywords: Yoga, Obesity, Physical Fitness

Introduction:

No one can deny this fact that yoga helps in releasing tensions generated from repetitive mundane activities that make daily tasks unbearable. The suppleness and flexibility of the body can be restored with regular practice of Yoga. Now a day's yoga is becoming more and more popular. It attracts the attention of the whole world. Towards of individuals both men and ladies who are conscious of the importance of private growing has adopted yoga as a neighborhood of their life. Gradually, yoga is becoming a life style, almost fashion of the modern world. People adopted yoga as a tool to keep the body and mind fit, to cure diseases by improving the functions of vital organs of the body. Yoga is practiced for peace of mind and also to improve beauty. 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, obesity etc, it helps to evoke the hidden potentialities of human beings in systematic and scientific way so that the human being can rise intellectually. It makes the mind and the body so disciplined that one can



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effectively face the challenges of the modern technologically era with its hectic speed and live happily without frustrations. Nowadays obesity becomes a huge problem among the youths particularly the school going students. Obesity may be a medical condition during which excess body fat has accumulated to the extent that it's going to have an adverse effect on health, resulting in reduced anticipation and/or increased health problems. People are considered as obese when their body mass index (BMI), a measurement obtained by dividing an individual's weight in kilograms by the square of the person's height in meters, exceeds 30 kg/m2.

Material and Methods:

The purpose of the present study was Effect of yoga asana practice on obesity of junior college students in Nanded city. The study was carried out with a simple of forty (40) girl school students. The researcher divided the forty (40) girl junior college students into two equal groups on the basis of the mean performance of pre-test score. The groups were equated and distributed into two homogeneous groups namely; 1) Experimental Group 2) Control Group. A pre-test was conducted before training programme on all subjects of control group and experimental group. After the conduction of pre-test six weeks yoga asana training were given to the subjects of experimental group. The duration of training was half an hour and five days in a weak in morning session. After the completion of six weeks yoga asana training, the post test of control group and experimental group was conducted on all 40 subjects. The test was administered to the subjects in the morning period. For the effective administration of test all the subjects were briefed about the purposes of the study and the test to be administered was clearly explained and then the data was collected. For analyzing the data that' test was employed on the ratio of 0.05 level of significance.

Interpretation of Data:

To determine the significant difference in the means of Percentage of Fat Weight of girl students between the two groups as well as between the pre-test and post test means of experimental and control group t-test was employed.

Table-1.1

Mean Standard Deviation and t -ratio for the Data on Percentage of Fat Weight of junior college students (Girls) Between the Means of Post-tests of Control and Experimental Group.

Groups	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Control	8.358	2.135	0.145	0.636	0.229 @



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Experimental	8.503	1.881			
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@ Not significant at 0.05 level

Tabulated $t_{0.05(38)} = 2.024$

The above Table 1.2 show that, Percentage of Fat Weight of School girls mean difference between the post-test of Control and Experimental group is not significant, because the calculated t-value of 0.229 is less than the tabulated t-value of 2.024 at 0.05 level of confidence of 38 degree of freedom.

Findings and Recommendation:

From the above tables researcher observed findings are-

Insignificant difference examined between post test of Control and Experimental group in Percentage of Fat Weight ($t = 0.229$), are less than the tabulated t-value of 2.024 at 0.05 level of confidence of 38 degree of freedom. Now it is recommended that:

- 6 weeks training programme was not effective on the obesity.
- If the duration of training programme increases may gives significant effect on obesity.
- Similar study may be conducted on the boys.
- Similar study may be conducted on the large number of subjects.

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