

Effect of Selected Yogasanas on Body Weight and body fat of higher secondary school obese boys

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Abstract

The selected yogasanas practices were designed to facilitate development and integration of the human body, mind, and breath to produce structural and physiological effects. The body is the temple of soul and to reach a harmony of the mind, body and spirit, the body must be physically fit. Aims of the study: The purpose of this study was to examine the Effect of Selected Yogasanas on Body Weight and body fat of higher secondary school obese boys. Design: This study comprised of six weeks randomized controlled trial. Methods: A total of forty higher secondary school obese boys were participated in this study voluntarily. They were randomly divided into two groups' namely experimental group and control group each group consists of twenty subjects (n=20) and their age ranged between 15 and 18 years. The experimental group underwent yogasanas and pranayama for two hour per day, three days per week for six weeks and a control group did not participated any experimental treatment. The Baseline and after completion of the yogasanas and pranayama for six weeks vital capacity and breath holding time were done by using standard techniques.. Statistical analysis: Data were analyzed by applying ANOVA statistical technique. Significance level was set at $P < 0.05$. Results: After the six weeks of the Effect of Selected Yogasanas on Body Weight and body fat brought significant reduced in the body fat in the experimental group ($p < 0.05$). There were no significant differences in the control group. Conclusion: The Effect of Selected Yogasanas on Body Weight and body fat of higher secondary school obese boys words: yogasanas, Body Weight, and body fat.

Keywords: *yogasanas ,Body Weight, body fat.*

Introduction

Asanas are an integral part of yoga. Yoga uses the body to exercise and controls the mind so that at a later stage the body and the mind together may harmonize with the soul. The yogasanas affect and penetrate every single cell and tissues making them come to life.

Pranayama, the yogic art of breathing, comes from the root words prana and ayama. Prana means "life force" and ayama means "expansion, manifestation, or prolongation." The practice of pranayama therefore is the practice of expanding our own prana so that it harmonizes with the universal prana. This results in oneness or merging of a person's own consciousness with universal consciousness. It is in this union that we realize we are not simply a limited physical body, but are, in fact, an immortal spirit.

Yoga is defined as a practice consisting of three components, gentle stretching; exercises for breath control; and meditation as a mind-body intervention (Ernst, 2001). The version used mainly in the West is hatha yoga, which consists of an integration of asana (postures), pranayama (breathing exercise), and meditation (Riley, 2004).

All the orthodox systems of Indian Philosophy have one goal in view, the liberation of the soul through perfection. The method is by Yoga (Swami Vivekananda (2007).

Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. It is long popular practice in India that has become increasingly more common in Western society. "Yoga" means union of our individual consciousness with the Universal Divine Consciousness in a super-conscious state known as Samadhi (Swami Vivekananda (2007).

Material and Methods

The aim of the study was to determine the Effect of Selected Yogasanas on Body Weight and body fat of higher secondary school obese boy's words. Fourty college men students were selected from ambattur in Tamil Nadu and their ages ranged between 15 to 18 years. The subjects (N= 40) were randomly assigned to two equal groups of twenty men in each. The groups were assigned as selectedyogasanas and group and control group. Before the administration of the test, all the subjects were oriented for the purpose of the experimental treatments and the tests. They were made known about the importance of the treatment and tests. All the subjects whole heardly co- operated for this study. Pre tests were conducted for all the subjects Body Weight and Body Fat. The experimental groups participated in their respective experiments, namely, selected yogasanas for a period of three days for twelve weeks. Selected Yogasanas program consisted of 60 minutes with 10 minutes warm up, 35 minutes on yogasanas and pranayama practices and 10 minutes cool down. The intensity of practices was then increased by 5% every 2 weeks. The duration was also increased 5 minutes per session every 2 week. After the experiment, post test scores were obtained and compared with using Analysis of covariance (ANOVA) statistical technique was used to test the differences among the experimental groups. The significance level of this study was set at $p < 0.05$.

Results On body weight

The following tables illustrate the statistical results on the Effect of Selected Yogasanas on Body Weight of higher secondary school obese boys

Table I: Computation Of Analysis Of Covariance On Body Weight (Scores in litter)

S.No	Name of the Test	Mean	SD	MD	T.Ratio
1	Pre – test	52.40	7.17	1.15	2.10*
2	Post – test	51.25	7.14		

*Significant at 0.05level

The statistical analysis from the table I show that the pre, post and adjusted post test means of Selected Yogasanas practices group and control. In the above table, the results clearly notice that Selected Yogasanas practices group responded with more positive influences body weight when compared with the control group.

Results on Body fat

The results on the Selected Yogasanas practices on body fat of higher secondary school obese boys is Presented in table II.

Table II Computation of Analysis of Covariance on Body Fat

S.No	Name of the Test	Mean	SD	MD	T.Ratio
1	Pre – test	51.70	8.11	0.10	0.282*
2	Post – test	51.60	8.17		

(Scores in Seconds)

Significant at 0.05 level

The statistical analysis from the table II shows that the pre, post and adjusted post test means of Selected Yogasanas group and control group. From that it can be clearly noticed that Selected Yogasanas group responded to the training with more positive influences of body fat when compared with the control group.

Discussion On Findings

Our culture is becoming more and more health conscious and realizing that taking care of the external form, helps with the health and healing of the internal systems. Yoga has become increasingly popular among people from all walks of life. Yoga means union, the union of masculine and feminine energy, the union of strength and flexibility. The word asana means pose in the ancient Indian language of Sanskrit. It is through combining special breathing body fat with asana that begin to tap into the power of the practice.

The analysis of covariance on Body Weight and body fat indicated that the there was significant improvement due to Selected Yogasanas practices in higher secondary school obese boys. Hence, it was proved that there were significant differences among the experimental and control groups in post experimental scores. The findings are in conformity with the observations of other researchers in their recent studies. Madanmohan, et al.,(1992) reported that 12 weeks of yoga practice results in a significant increase in maximum expiratory pressure, maximum inspiratory pressure, breath holding time after expiration, breath holding time after inspiration. Joshi et al., (1992) have also demonstrated

that 6 weeks of pranayama breathing course resulted increases in the forced vital capacity and prolongation of breath holding time. In the present study, similar findings were also noted and reported that vital capacity and breathe holding time improved significantly due to yogasanas and pranayama practice when compared to baseline data of the subjects.

References

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