



EFFECTS OF YOGA ON PARTICULAR PHYSIOLOGICAL AND PHYSICAL CHARACTERISTICS IN COLLEGE WOMEN

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Abstract

The purpose of this study was to determine how yoga practices affected several physiological and physical characteristics in college women. The study's goal was to identify thirty college women from MVP Samaj's Arts, Science and Commerce College, Ozarmig, Tal.Niphad, Dist. Nashik (Maharashtra). Their ages ranged from 18 to 25 years old, and they were split into two equal groups of 20. Group II served as the control group while Group I performed the yoga exercises. For a duration of 10 weeks, the experimental group received training three days a week. Other than their usual tasks, the control group received no instruction at all. The dependent's test was used to statistically evaluate the subject data and determine whether there has been any meaningful improvement at the 0.05 level of confidence. The findings suggested that the effects of yoga practices, notwithstanding their limits, have a considerable positive impact on college women's flexibility and breath holding duration.

Keywords: *Yoga practices, flexibility and breath holding time*

1. Introduction :

Optimal human functioning is crucial for learning and intellectual capacity development because it enables people to approach learning with a growth-oriented and optimistic mindset. People are better able to learn, create and accomplish goals, and persevere in the face of difficulties when they are in a condition of equilibrium and harmony with both themselves and their surroundings. Social, emotional, psychological, and physical well-being are all components of our mental health. It is a condition of well-being that permits people to effectively learn and work, accept new ideas, cope with life's difficulties, and give back to their communities. A person's everyday mental activities determine their mental health, and research

indicates that athletes have higher mental health than non-athletes. Athletes make the most of their excellent mental health in all facets of life, including their moral, social, professional, and personal obligations. Having strong mental health is important whether or whether one plays sports. "Mental health is one of the keys to people's general health because it encompasses the full richness of physical, mental, and social concepts of and individual," said the World Health Organisation.

The benefits of yoga are universal and extend to all age groups. Philosophers find yoga, which is described as the total realisation of the inherent character of the Supreme Being through the silencing of the mind's activities, to be a fascinating subject to study. It is a useful, all-encompassing philosophy that considers the human condition as a whole and aims to achieve a profound state. The goal of yoga is to develop strategies for promoting improved mental and emotional focus. When incorporated into our daily lives, yoga—a science of moral living—proves to be effective. It affects a person's physical, mental, emotional, psychic, and spiritual components. The Sanskrit word yuj, which means to unite, is the root of the word yoga, which signifies union or oneness. Only through maintaining practice and detachment, along with control over sense organs, is this kind of endeavour achievable. Yoga is the removal of the sense organs from material objects and their manipulation. India is where yoga first appeared thousands of years ago as a method for assisting individuals in reaching enlightenment on the spiritual level. Students believe that yoga promotes health by changing one's perspective on the world, which lowers tension and relaxes the spirit. This belief stems from the notion that the mind and body are one. People practise yoga today to enhance their mental, emotional, and spiritual health.

2. Methodology

The goal of the study was to determine how yoga practices affected certain physiological and physical characteristics in college women. Forty college ladies were chosen from MVP Samaj's

Arts, Science and Commerce College, Ozarmig, Tal.Niphad, Dist. Nashik (Maharashtra) in order to fulfil the study's objectives. Their ages varied in two equal groups of fifteen each, with an age range of eighteen to twenty-five. Group II served as the control group while Group I performed the yoga exercises. For a duration of 10 weeks, the experimental group received training three days a week. With the exception of their regular tasks, the control group received no instruction whatsoever. The dependent's test was used to statistically evaluate the subject data and determine whether there has been any meaningful improvement at the 0.05 level of

confidence. The experimental group participated in daily routine activities as per the curriculum during the training period, in addition to receiving twelve weeks of instruction in specific yoga practices. For a duration of twelve weeks, the experimental group participated in a three-day-per-week training programme.

Throughout the training programme, every participant in this study was closely observed, and none of them reported experiencing rips or soreness in their muscles. To determine whether there had been a substantial improvement between the pre- and post-test, the data was statistically analysed using the dependent's test. Every instance had a 0.05 level of confidence as the threshold for statistical significance.

3. Results

Table 1: Analysis of T Ratio for Flexibility and Breath Holding Time

Variables	Group	Test	Mean	Pre SD	Post SD	t-ratio
Flexibility	Experimental Group	Pre test	24.25	5.12	5.29	14.82*
		Post test	28.10			
	Control Group	Pre test	21.05	3.25	3.87	2.49
		Post test	21.58			
Breath Holding Time	Experimental Group	Pre test	24.29	4.78	4.69	19.27*
		Post test	28.47			
	Control Group	Pre test	25.14	2.11	2.85	2.47
		Post test	25.68			

(*Significant level at 0.05)

According to Table I, the experimental group and control group had pre-test mean values of 24.25, 21.05, and 24.29 and 25.14, respectively, and post-test mean values of 28.10, 21.58, and 28.47, 25.68, respectively. 14.82* and 19.27* is the necessary table value for a significant difference with 14 degrees of freedom at the 0.05 level of confidence. The test result for the experimental group was higher than the value in the table. The outcomes amply demonstrated how the college women's yoga practices enhanced the experimental group's flexibility and breath holding duration.

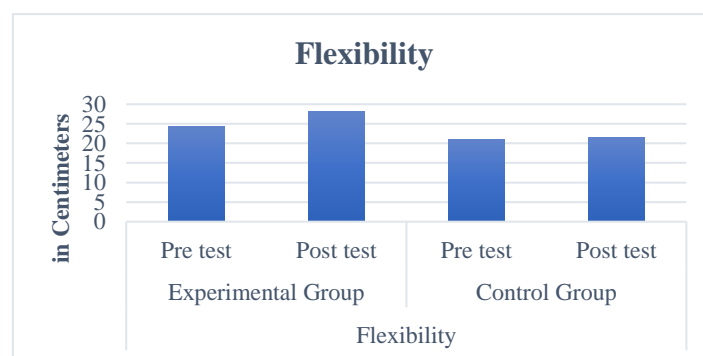


Figure 1: Showing Flexibility for the Experimental and Control Groups

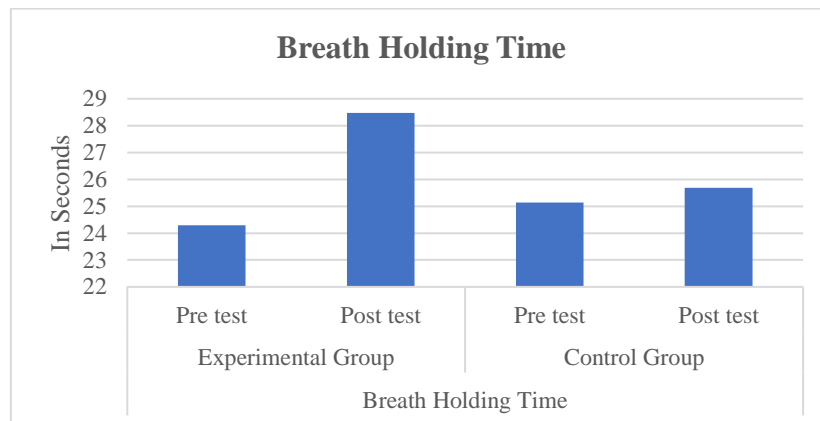


Figure 2: Showing the experimental and control groups breath holding times.

4. Discussions on findings

The experimental group (yoga practices) significantly improved following the yoga practices, according to the study's findings on a few physical and physiological indicators. In line with the mean, the experimental group outperformed the control group in terms of increased flexibility (Jothimani, 2020) and breath holding time (Saravanan et al., 2011).

5. Conclusion

According to the study's findings, the yoga practice group significantly outperformed the control group in terms of flexibility and breath holding time.

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