

Effect of Selected Yogic Practices and Aerobics Exercises on Physical, Physiological and Psychological variables among Agriculture Men Students

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Abstract the purpose of the study was to found out the effect of yogic practices on and aerobics exercises on physical, physiological and psychological variables among agriculture men students. To achieve the purpose of this study, 40 male agriculture men students were randomly selected as subjects from the agricultural college students' theni district, Tamilnadu, India. Their age ranged from 18 to 23 years. The selected participants were randomly divided into two groups such as group 'A' yogic practices (n=20) and group 'B' acted as control group (n=20). Group 'A' underwent yogic practices and aerobics exercises for three days per week and each session lasted for an hour for 12 week. Control group was not exposed to any specific training but they were participated in regular activities. physical fitness variables of 50 meter dash, standing broad jump, sit ups and sit and reach, physiological variables of crucial limit, resting heart rate, breath holding time, respiratory rate, systolic pressure and diastolic pressure and psychological variables of mental health, fearlessness and anxiety. Every one of the tests were done with standardized method. The psychological parameters were surveyed through standardized psychological poll. For surveying fearlessness, self-assurance scale poll structured and standardized. The gathered data of experimental and control groups were factually broke down by utilizing mean standard deviation and t-test and displayed in Table 1 and 2. The dimension of hugeness was fixed at 0 .05 dimension of confidence with the table estimation of 2.10. The t-estimations of 2.10 and above were viewed as huge in this investigation. In the tables it was meant by star (*) which demonstrates 0.05 noteworthy dimension.

Key Words: Physical Exercise, Yoga, Aerobics, Fitness, Agriculture Men Students