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Effect of Asanas and Yogic Relaxation Techniques on Physiological Variables Among Inter Collegiate Athletes

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The purpose of the study is to find out the effect of asanas and yogic relaxation techniques on physiological variables such as pulse rate, vital capacity, percent body fat of the inter collegiate athletes. Sixty Men athletes in the age group of 18 to 25 years from the Selvam College of Physical Education, Namakkal were randomly selected and served as the subjects for the purpose of this study. The study was formulated as a random group design consisting of asanas and yogic relaxation techniques groups. The subjects (N=60) were at random divided into three equal groups. Experimental group I - was administered asanas group, Experimental group II- underwent yogic relaxation techniques group and control group. All the groups were subjected to pre-test prior to the experimental treatment. The criterion variables such as pulse rate assessed with manual method, vital capacity assessed wet spirometer manual method and percent body fat assessed with skinfold caliper. The experimental groups participated in their respective duration of 12 weeks, six days in a week throughout the study. Analysis of Co- variance (ANCOVA) was applied to determine the significance of mean difference between the three groups. When F-ratio was found to be significant, the Scheffe's Post Hoc test was applied to test the significance of pairs of the adjusted final group means. The results shows that practice of the asanas and yogic relaxation techniques is significantly effective in promoting desirable changes in the dependent variables.

Key Words: Pulse rate, Vital capacity, Percent body fat