

Consequence of Yogic Practice with Interval Training on Fitness Variables among School Boys

Dr. Surabhi Dharma Dheer¹, Dr. N. Kodeeswaran²

¹Assistant Professor, Siddhartha College of Physical Education, Ibrahimpatnam, Telangana, India

²Assistant Professor, Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore, Tamil Nadu, India.

Abstract

Physical fitness is essential for the overall development of school boys. Yogic practices improve flexibility, concentration, and mental well-being, while interval training enhances endurance and physical performance. Combining these methods may effectively improve fitness variables. Therefore, this study aimed to examine the effect of yogic practice with interval training on selected fitness variables among school boys. Yoga with IT Is the Best Way To Get Your Daily Dose of Strength Training, Stretching, and Cardio at the Same Time. Interval training with yoga may seem diametrically opposed, but could these two forms of exercise actually be a great complement to one another? Learn how a yoga practice could enhance and deepen workouts, and give this sample yoga routine designed with police force in mind a try. The purpose of the study was to investigate the effect of yogic practice with interval training on selected physical physiological and psychological fitness variables among school boys. Forty out of school boys were randomly selected from Coimbatore district, the selected players were divided into two groups consisting of 20 school boys. No attempt was made equate the groups. The age of the subjects ranged between 14 to 17 years. The influence of the yogic practice with interval training was assessed on fitness. The training load was increased from the maximum working capacity of the subject doing pilot study. The duration of the training period was restricted to eight weeks and the number of sessions per week was confined to three. The data obtained from all the groups before and after the experimental period were statistically analyzed by dependent 't' test to find out the significant improvement if any, 0.05 level of confidence was fixed to the level of significance between pre and post test means of all groups.

Keywords: Speed, Resting Pulse Rate, Stress, School Boys and Yogic practice with Interval training

INTRODUCTION

The natural activities of catching, pulling, pushing, throwing, running, jumping instinctively to human beings are called into play in the game of Kabaddi. Kabaddi was probably invented to develop defensive responses by an individual against group attacks and a group's responses to an individual attack. Interval training is perhaps the most method for improving endurance of Various types. Interval training is a method of training where you increase and decrease the intensity of your workout between aerobic and anaerobic training. Interval training is a type of discontinuous physical training that involves a series of

low- to high-intensity exercise workouts interspersed with rest or relief periods. Interval training organization of any cardiovascular workout cycling, running, rowing and is prominent in many sports increase and decrease the intensity of workout between aerobic and anaerobic training. Interval training method that in based on the contractions of the body's muscles. Athletes improve their endurance ability, upper body strength, speed and agility. The body to reach its maximum endurance in the smallest amount of time possible. The maximum gains towards their endurances, acceleration, power, strength and agility Yoga is an ancient art based on a harmonizing system of development for the body mind and spirit. It is an art and takes into purview the mind, the body and the soul of the man in its aim of reaching Divinity. The continued practice of yoga will lead to a sense of peace and wellbeing the practice of yoga makes the body strong and flexible. Yoga is the means to control body and mind and has gained world-wide popularity. The key to success in interval training is utilizing the proper intensity of exercise followed by a rest interval (Fox & Mathews, 1974). The rest interval prevents accumulation of fatigue products permitting more intensive workouts with the additional pain of fatigue. The theoretical metabolic profile for exercise and rest intervals stressing anaerobic metabolism, fast glycolysis and phosphogen system is based on the knowledge of which energy systems predominate during exercise and time 9 of substrate recovery. By choosing appropriate exercise intensities, exercise duration and rest interval, the appropriate energy systems can be trained. Interval training is a series of repeated bouts of exercise alternated with period of lighter work or rest (Gray Kumar. 2002)

METHODOLOGY

In order to address the hypothesis presented herein, we selected 40 school boys from Ramakrishna Mission Vidyalaya, Coimbatore district. Their age ranged from 14 to 17 years. The subjects were randomly assigned in to two equal groups namely, yogic practice with interval training Group (YWIG) (n=20) and Control Group (CG) (n=20). The respective training was given to the experimental group the 3 days per weeks (alternate days) for the training period of twelve weeks. The control group was not given any sort of training except their routine. The evaluated parameters were speed was assessed by 50mt dash test, resting pulse rate was assessed by radial pulse test, and Stress was assessed by questionnaires. The parameters were measured at baseline and after 12 weeks of yogic practice with interval training were examined. The intensity was increased once in two weeks based on the variation of the exercises

TABLE - I
COMPUTATION OF 'T' RATIO ON SPEED ON EXPERIMENTAL GROUP AND CONTROL GROUP

(Scores in Numbers)

GROUPS	PRE TEST	POST TEST	SD	"T" RATIO
Experimental Group	7.10	6.89	0.036	12.96*
Control Group	7.12	7.20	0.44	0.76

*significant level 0.05 level (degree of freedom 2.09, 1 and 19)

Table I reveals the computation of mean, standard deviation and 't' ratio on selected variables namely speed of experimental group. The obtained 't' ratio on speed were 12.96 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and 't' ratio on selected variables parameters namely speed of control group. The obtained 't' ratio on speed were 0.76 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were lesser than the table value it was found to be statistically not significant.

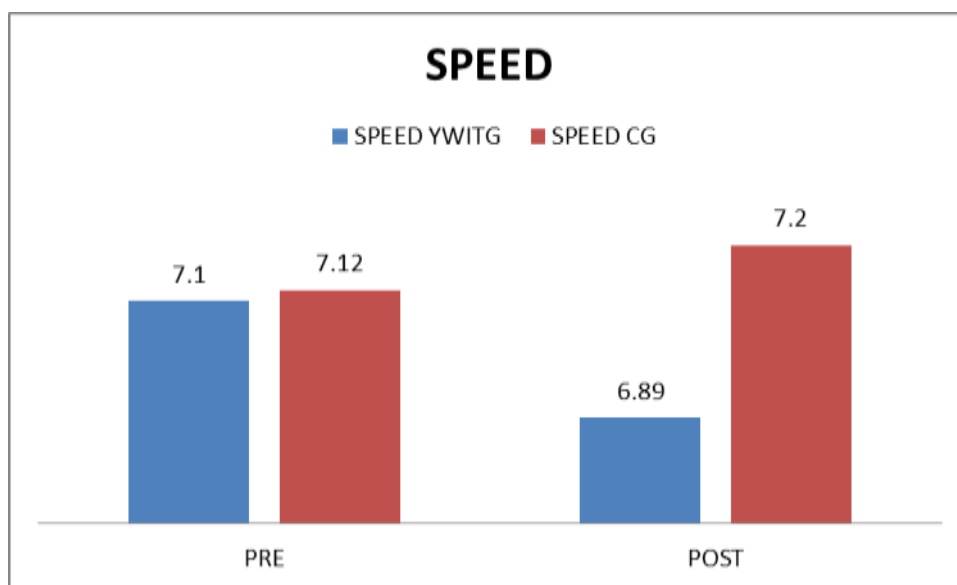


FIGURE- I

BAR DIAGRAM SHOWING THE MEAN VALUE ON SPEED ON EXPERIMENTAL GROUP AND CONTROL GROUP

TABLE – II

COMPUTATION OF 'T' RATIO ON RESTING PULSE RATE ON EXPERIMENTAL GROUP AND CONTROL GROUP

(Scores in Numbers)

GROUPS	PRE TEST	POST TEST	SD	"T" RATIO
Experimental Group	76.67	74.13	1.53	6.56*
Control Group	76.53	76.67	0.88	1.07

*significant level 0.05 level (degree of freedom 2.09, 1 and 19)

Table I reveals the computation of mean, standard deviation and 't' ratio on selected variables namely resting pulse rate of experimental group. The obtained 't' ratio on resting pulse rate were 6.56 respectively. The required table value was 2.14 for the degrees of freedom 1 and 19 at the 0.05 level of

significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and 't' ratio on selected variables parameters namely resting pulse rate of control group. The obtained 't' ratio on resting pulse rate were 1.07 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were lesser than the table value it was found to be statistically not significant.

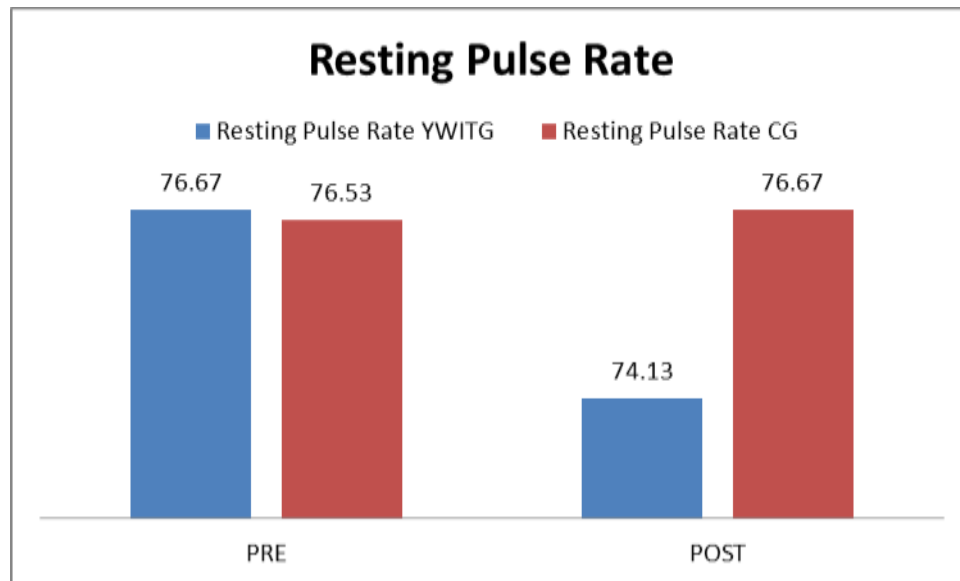


FIGURE- II

BAR DIAGRAM SHOWING THE MEAN VALUE ON RESTING PULSE RATE ON EXPERIMENTAL GROUP AND CONTROL GROUP

TABLE – III

COMPUTATION OF 'T' RATIO ON STRESS ON EXPERIMENTAL GROUP AND CONTROL GROUP

(Scores in Numbers)

GROUPS	PRE TEST	POST TEST	SD	"T" RATIO
Experimental Group	28.40	23.43	1.92	13.69*
Control Group	28.10	26.87	2.37	1.23

*significant level 0.05 level (degree of freedom 2.09, 1 and 19)

Table III reveals the computation of mean, standard deviation and 't' ratio on selected variables namely stress of experimental group. The obtained 't' ratio on stress were 13.69 respectively. The required table value was 2.14 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and 't' ratio on selected variables parameters namely stress of control group. The obtained 't' ratio on stress were 1.23 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were lesser than the table value it was found to be statistically not significant.

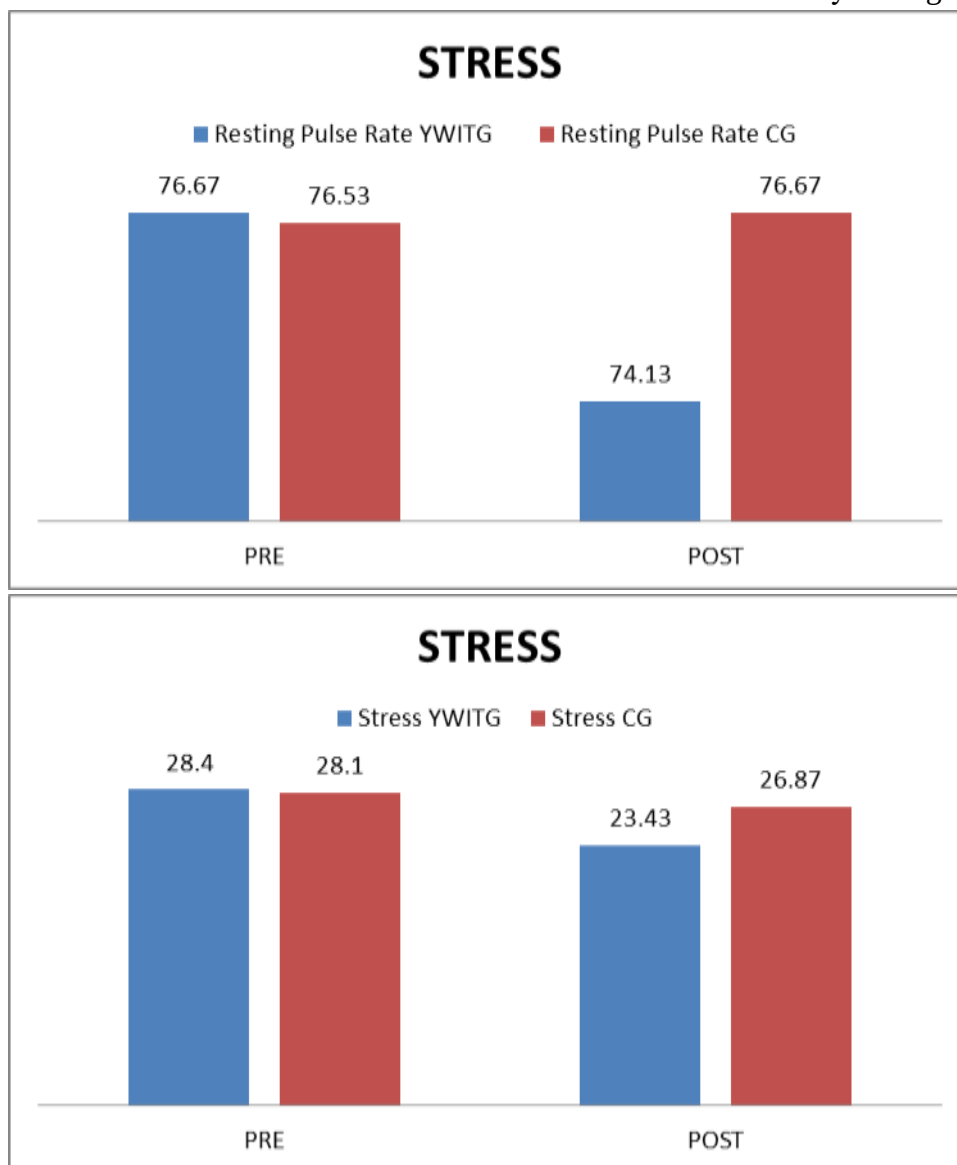


FIGURE- III

BAR DIAGRAM SHOWING THE MEAN VALUE ON STRESS ON EXPERIMENTAL GROUP AND CONTROL GROUP

DISCUSSION AND FINDINGS

The present study experimented the influence of twelve weeks yogic practice with interval training on the selected parameters of armed school boys. The results of this study indicated that yogic practice with interval training is more efficient to bring out desirable changes over the speed, resting pulse rate and stress of police men.

Yallappa, M et al., (2018). The effect of aerobic and anaerobic interval training combined with yogic practices on selected physiological variable of inter-University Kabaddi players. **Shenbagavalli, A., et al., (2012).** The effect of specific yogic exercises and combination of specific yogic exercises with

autogenic training on selected physiological, Psychological and biochemical variables of college men students.

Hence, it concluded that for speed, resting pulse rate and stress improvement of school boys.

CONCLUSIONS

From the results of the study and discussion the following conclusions were drawn.

1. From the result of the study it was concluded that the 12 weeks training of yogic practice with interval training have been significantly improved speed of school boys.
2. The twelve weeks training of yogic practice with interval training have been significantly improved resting pulse rate of school boys.
3. The twelve weeks training of yogic practice with interval training have been significantly improved stress of school boys.

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