

The effect of Yoga on health related to physical fitness programme on the female of Amravati town

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ABSTRACT

This study was aimed to see the effect of Yoga practices on the 50 female of mean age 38.3 years of Amravati town. The physical variables on which the effect of Yoga practices observed were flexibility of abdominal muscles, abdominal muscle endurance, cardiovascular endurance, waistline and body mass index (BMI). The participants were female of Amravati town. Programme of Yoga health related was given to these participants for 14 weeks. 5 days a week and one hour daily from 7 a.m. to 8 a.m. pre-training and post training tests were conducted. The results were analyzed by T-Test of SPSS which was based on the basis of $p = 0.05$. It showed the significant differences ($p < 0.01$) between before and after being trained by this programme by focusing the effect of Yoga on (1) Flexibility, (2) Abdominal muscles, (3) Abdominal muscle endurance, (4) Cardiovascular endurance, (5) Waist line and (6) Body mass index. These noticeable differences revealed that Yoga training is fit for female and worth waste promising everywhere.

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Looking forward to the twenty first century, the demand of health resource goes higher and higher although the working hours are cut down, the past time is increased and the average of life span is prolonged for the coming of hi-tech era. It is prevalent to see over weight students on campus caused by lack of exercising, the percentage of the public's civilization disease breaks the new record each year.

According to the numerous documents, regular and proper exercising strengthens people's figures and body functions and improves people's quality of working efficiency and recreation at the same time (Allson *et al.*, 1993). Furthermore the exercise physicists also evidenced that steady and well planned exercise can improve and prevent hyperkinetic disease (Hsich, 1999). Every college and university continually released new researches about the health related physical fitness and that's what motivated the scholar to undertake a research on female of Amravati town and effects of Yoga health related fitness programme on female of Amravati town.

The purpose of this study was to see the effect of Yoga health related physical fitness programme of the physical parameter of female. (Flexibility, abdominal muscles, abdominal muscle endurance, cardiovascular endurance, waist line, body mass index)

METHODOLOGY

Thirty female whose average age was 38.3 years

were selected as participants in the study. The Yoga health related programme was designed for one hour daily in the morning from 7 a.m. to 8 a.m. in the Town Hall of Amravati. The programme was given for 14 weeks and 5 days a week. Pre-tests of height, weight, flexibility, abdominal muscles (sit up times/30 seconds), abdominal muscles endurance (sit up times/60 seconds), cardiovascular endurance, waist line and body mass index (BMI) were conducted. The cardio-vascular endurance was tested by the step test for 3 minutes, the formula to calculate P.E.I. (Physical Efficiency Index) is as follows:

$$\frac{\text{Time of exercising sustainability (Sec.)}}{1 + 2 + 3 \# 2} = \text{PEI}$$

$$\frac{\text{Weight (kg)}}{(\text{Height}^2) \text{ m}} = \text{Body Mass Index (BMI)}$$

After the training of 14 weeks of Yoga, health related physical fitness frame final post-tests of physical variable were conducted and data were collected. The result of the training was obvious and effective examined by T-test of SPSS which was based on the basis of ($p < 0.05$). It showed great differences ($p < 0.01$) between before and after being trained by this Yoga health related physical fitness programme by focusing the effects of Yoga.

The result of the effect was analyzed and recorded computerized. The result of the training was obvious and