

Effect of yogic exercises on physiological and psychological variables among college men

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Received : 12.03.2012; Revised : 29.06.2012; Accepted : 03.07.2012

■ ABSTRACT

The purpose of the study was to find out the effect of yogic exercise on physiological and psychological variables among college men. To achieve this purpose, 30 male students studying diploma courses in Yoga from the Centre for Yoga studies, Annamalai University were randomly selected as subjects. The age of the subjects ranged from 18 to 25 years. The subjects were further classified at random into two equal groups of 15 subjects each. Group - I underwent yogic exercise for five days per week for eight weeks and group - II acted as control. The selected criterion variables namely, vital capacity, resting pulse rate, self-confidence and stress were assessed before and after the training period. The collected data were statistically analysed by using Analysis of Covariance (ANCOVA). From the results of the study, it was found that there was a significant change on vital capacity, resting pulse rate, self-confidence and stress among the yogic exercise group when compared with the control group.

■ **Key Words** : Yogic exercise, Physiological and psychological variables, Vital capacity, Resting pulse rate

■ **How to cite this paper** : Thillaigovindan, C., Subramanian, A. and Sivaraman, P. (2012). Effect of yogic exercises on physiological and psychological variables among college men. *Internat. J. Phy. Edu.*, **5** (2) : 129-131.

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The concept of physical fitness in general athletic terms means the capability of the individual to meet the varied physical and physiological demands made by a sporting activity without reducing the person to an excessively fatigued state (Boucher and Malina, 1993). Physical training is any bodily activity that enhances or maintains physical fitness and overall health and wellness (Singh, 1991). Athletes are facing with many challenges and it includes their physical, physiological, technical, tactical and psychological skills. The elite level of sports performance requires complete physical, physiological and psychological preparation. The athletes became mentally strong to face any challenges on field. Athletes should have strong psychic power to overcome many psychological obstacles during match. Each day player work hard to improve these skills by many means and methods. Yoga training has become an accepted part of the training regimen to improve psychic powers as well as physical and

physiological skills. Yoga is the science of right living as such, is intended to be incorporated in daily life. It works in all aspects of the person: physical, mental, emotional, psychic and spiritual. Yoga aims at bringing the different functions into perfect coordination so that they work for the good of the whole body (Norris, 1991). Yoga focuses on harmony between mind and body. The fundamental purpose of Yoga is to foster harmony in the body, mind and environment. The ultimate aim of Yoga is to strike a balance between mind and body and attain self enlightenment. Yoga is becoming a common part of the preparation and workout routines in all the sports and games. The sports coaches are considering psychological factors while imparting training to the athletes and also giving psychological tonic during training and also during competition (Myers, 2001). For improving psychological factors the coaches applying many methods and Yoga is one of the training procedures to improve psychic