

Effect of yoga on physical fitness of nurses

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■ **ABSTRACT**

The purpose of the study was to examine physical fitness of nurse's. The present study was conducted on 50 nurses from private Hospitals, Amravati city, respectively. Nurse age ranging from 30 to 40 year The randomly selected. The necessary data were collected by various instruments. On the basis of result, it is revealed that should beneficial on selected physical fitness components of different age group 'F' test was applied for analyzing the data. Positive effect among the Nurses was observe after yoga training.

■ **KEY WORDS** : Asana, Pranayam, B.M.I., Fat cardio-vascular capacity, Agility, Strength

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Physical fitness has been acclaimed one of the essential requirements of personality development. It is also highly required for the sportsman of caliber. Physical fitness is on individual matter, It implies the ability of each person to live most effectively within his potentialities. To day we live in a civilization where lack of physical exercise good nutrition and life style is not well planned. Because of this, we become less physically fit and here by injuring one's own health and damaging the strength of the nation as a whole. Well planned physical exercise nutrition and life style substantially reduces the risk of dying of country heart diseases decreases diabetes and high blood pressure. Physical fitness is a topic of great national interest and holistic life to people today.

Yoga practices particularly the as are also employed for developing physical fitness and building health of the individual.

Statement of the problem :

The present study was entitled effect of yoga on

physical fitness of nurses working in privet Hospital of Amravati city.

Purpose of the study :

The main purpose of this study was to find out expert of yoga on physical fitness of nurses working in privet Hospital also find out any effect on their working in Hospital.

■ **METHODOLOGY**

The subject of the present study was selected by Simple Random Sampling method. 50 nurses were selected as a excremental material and 50 were kept of control for this study from Boned Hospital, Barbed Hospital and Murky Hospital Amravati. The age of nurses ranged from thirty to forty years.

Criterion measures :

- Fat Percentage - Skin fold caviar (mm/cm)
- B.M.I.- Speedometer (high) sleighing machine (weight)

- Explosive strength agility – J.C.R. Test
- Cardio-vascular capacity – Hayward step test

Administration of the test :

I have been given six month yoga training to the experimental group and then analyzed the result. Again six month training was arrange for same group and then analyzed the result. Before enrolling their training programmer pre and post 1 and post 2 test were administered to measure physical fitness and physiological variable.

Justification of hypothesis :

It was hypothesized that there will be significant effect of yoga exercise on physical fitness of nurses. On the basis of present study, it is clear that one year training programmed is effective. Therefore, the hypothesis is accepted.

■ OBSERVATIONS AND DISCUSSION

The calculated value 0.30 is less than tabulated value

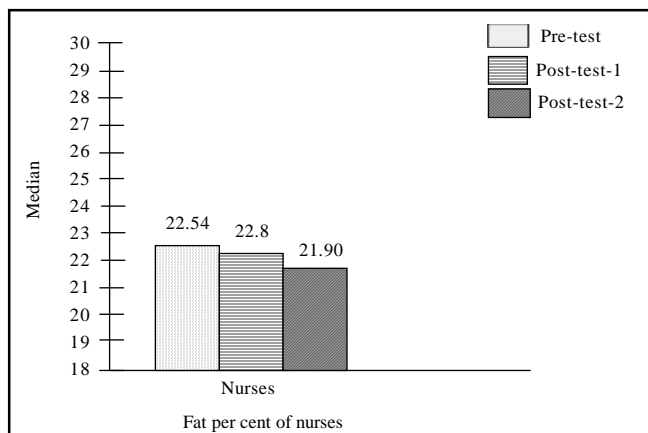


Fig. 1: Pre-test and post 1 and 2 of fat per cent of nurses

3.06 at the level of significance at the 149 degree of freedom (Table 1 and Fig. 1).

Kundu (2014), in the present study no significant difference was found in case of body fat per cent after administrating the Asana, pranayamas training programmes.

The calculated value 0.21 is less than tabulated value 3.06 at the level of significance at the 149 degree of freedom (Table 2 and Fig. 2).

Satyanarayan (2013) these results suggest that there is significance reduction in BMI after yoga practice.

The calculated value 0.54 is less than tabulated value 3.06 at the level of significance at the 149 degree of freedom (Table 3 and Fig. 3).

Gaurav (2011), 8 week of Hatha yoga training programmed show no significant improvement in muscular strength and agility at (p<0.01) level.

The calculated value 1.37 is less than tabulated value 3.06 at the level of significance at the 149 degree of freedom (Table 4 and Fig. 4).

Susan (1970) various training programmed is

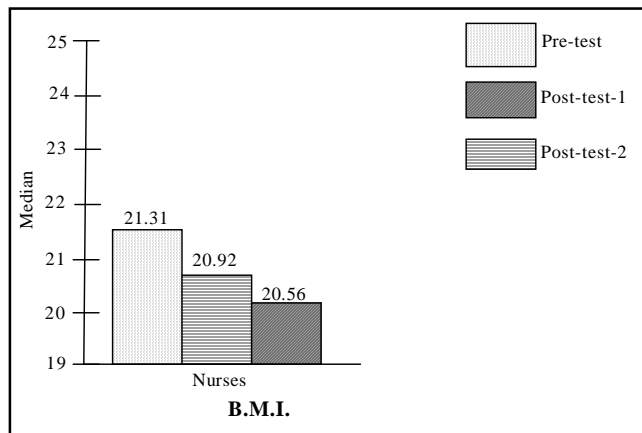


Fig. 2: Pre-test and post 1 and 2 of B.M.I.

Table 1 : Fat per cent of nurse (Pre, Post-1 and Post-2)				
Sources of variance	Sum of squares	D.F.	Mean squares	F
Between groups	10.96	2	5.48	-
Within groups	2689.53	147	18.30	0.30
	2700.49	149	27.78	

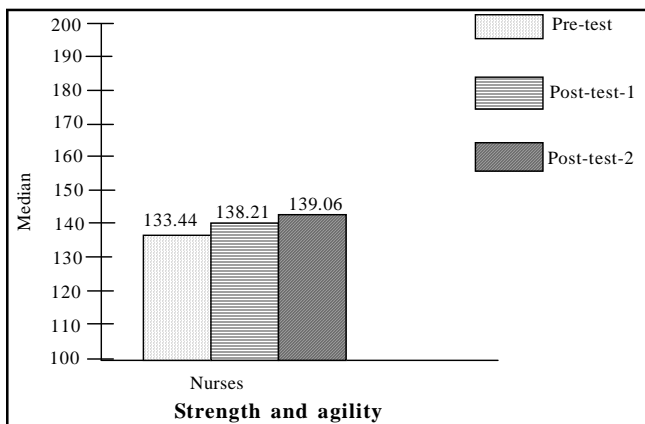
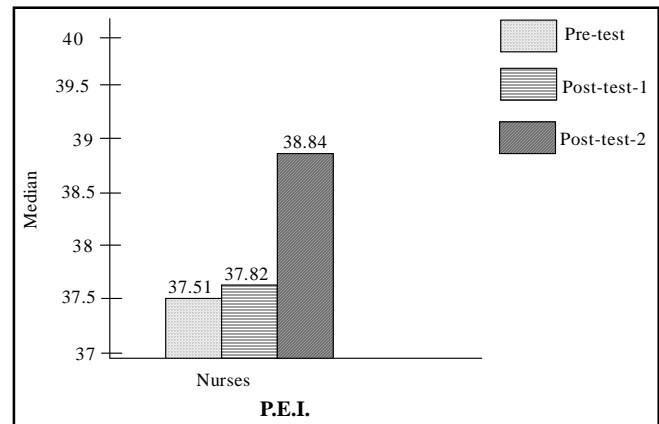
Table 2 : BMI				
Sources of variance	Sum of squares	D.F.	Mean squares	F
Between groups	13.95	2	6.98	-
Within groups	4850.46	147	33.00	0.21
	4864.41	149	39.98	

Table 3 : Strength and agility

Sources of variance	Sum of squares	D.F.	Mean squares	F
Between groups	357.01	2	178.50	-
Within groups	48560.66	147	330.34	0.54
	48917.67	149	508.85	

Table 4 : Cardio-vascular capacity

Sources of variance	Sum of squares	D.F.	Mean squares	F
Between groups	48.74	2	24.07	-
Within groups	2586.12	147	17.59	1.37
	2634.26	149	41.66	

**Fig. 3 : Pre-test and post 1 and 2 of strength and agility****Fig. 4 : Pre-test and post 1 and 2 of P.E.I.**

significantly effective cardio-vascular capacity.

On the basis of above study it is clear that yoga training is positively improve physical fitness of nurses.

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