

**IMPACT OF YOGIC PRACTICES ON ABDOMINAL STRENGTH
AMONG SCHOOL GIRLS**

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Abstract

The objective of the study was to investigate the impact of yogic practices on abdominal strength among school girls. To achieve this purpose, forty school girls from GTMS Vaddakkandal, Mannar, Srilanka were selected at random. Their age ranged between 14 and 17. The selected subjects were divided into two equal groups of 20 each, namely experimental group I, Control group- II. The group-I had undergone yogic practices for 12 weeks, five days a week, whereas the control group (group II) was not special training was given. The subjects of the two groups were tested on abdominal strength of the subjects was assessed by sit ups. The data were collected from experimental and control groups before and immediately after the training period as pre and post test. The data were analyzed by using analysis of covariance and the level of confidence was fixed at 0.05. The yogic practices (Experimental) group showed significant improvement due to 12 weeks of training on abdominal strength compared to control group.

Key words: Yogic practice, abdominal strength, school girls.

Introduction

Yoga is the science of right living and, as such is intended to be incorporated in daily life. It works on all aspects of the person; the physical, vital, mental, emotional, psychic, and spiritual according to Helen, Strength is the ability of an individual to move the body and its parts through a wide range of motion as possible without strain to the articulation and muscle attachment. Yoga focuses on harmony between mind and body. Yoga derives its philosophy from Indian metaphysical beliefs. The word yoga comes from Sanskrit language and means union or merger. The ultimate aim of this philosophy is to strike a balance between mind and body and attain self enlightenment.

According to Swami Satyaand Saraswathi, “Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow”. Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy. Four basic principles underlie the teachings and practices of yoga's healing system. The first principle is the human body is a holistic entity comprised of various interrelated dimensions inseparable from one another and the health or illness of any one dimension affects the other dimensions. The second principle is individuals and their needs are unique and therefore must be approached in a way that acknowledges this individuality and their practice must be tailored accordingly. The third principle is yoga is self-empowering; the student is his or her own healer. Yoga engages the student in the healing process; by playing an active role in their journey toward health, the healing comes from within, instead of from an outside source and a greater sense of autonomy is achieved. The fourth principle is that the quality and state of an individual’s mind is crucial to healing. When the individual has a positive mind-state healing happens more quickly, whereas if the mind-state is negative, healing may be prolonged.

Methodology

The objective of the study was to investigate the impact of yogic practices on abdominal strength among school girls. For the purpose of the study 40 school girls from GTMS Vaddakkandal, Mannar, Srilanka were randomly selected as subjects. Their age was ranged from 14 to 17 years. They subject were divided into two equal group each twenty as experimental group and control group. The abdominal strength of the subjects was assessed

by sit ups. The data were collected from experimental and control groups before and immediately after the training period as pre and post test. The collected data were analyzed by using analysis of covariance and the level of confidence was fixed at 0.05.

Analysis of abdominal strength

The analysis of covariance on abdominal strength of experimental group and control group were statistically examined and presented in table-I.

Table-I

Analysis of Covariance on Abdominal Strength of Experimental Group and Control Group

Test	Experimental Group	Control Group	Sources of variance	Sum of Squares	Df	Mean Squares	Obtained 'F' ratio
Pre-Test							
Mean	30.15	29.65	Between	2.50	1	2.50	0.74
SD (±)	1.76	1.93	Within	129.10	38	3.40	
Post- Test							
Mean	37.55	30.45	Between	506.19	1	504.10	143.06*
SD (±)	2.01	1.73	Within	133.90	38	3.52	
Adjusted Post- Test							
Mean	37.59	30.41	Between	506.19	1	506.19	143.72*
			Within	130.32	37	3.52	

* Significant at .05 level of confidence. (The Table value required for significance at.05 level of confidence for 1 and 38 and 1 and 37 are 4.096 and 4.104 respectively)

Regarding abdominal strength the data collected at before and after yogic practice for 12 week from experimental and control groups were analyzed statistically. The table shows that the pretest mean values on abdominal strength for experimental and control group were 30.15 and 29.65 respectively. The obtained "F" ratio value 0.74 for per test scores on abdominal strength which was less than the required table value 4.096 for significance with df 1 and 38. The post-test mean values on abdominal strength for experimental and control group

were 37.55 and 30.45 respectively. The obtained “F” ratio value 143.06 for post test scores on abdominal strength which was greater than the required table value 4.096 for significance with df 1 and 38. The adjusted post test means values on abdominal strength for experimental and control group were 37.59 and 30.41 respectively. The obtained “F” ratio value 143.72 for adjusted post test mean values on abdominal strength which was greater than the required table value 4.104 for significance with df 1 and 37. The results of the study showed that there was a significant difference between experimental and control group on abdominal strength. Further the results of the study showed that there was a significant improvement on abdominal strength due to twelve weeks of yogic practices. However the improvement was in favor of experimental group.

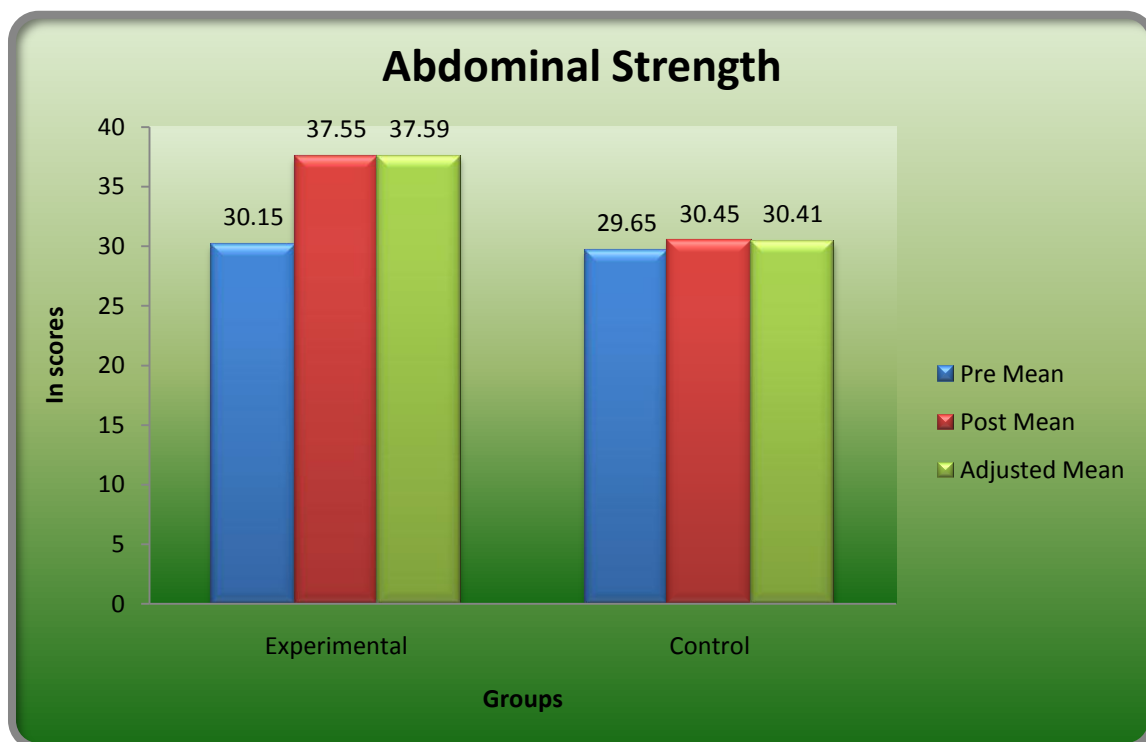


Fig. 1: shows the mean values of Experimental and Control Groups on Abdominal Strength

Conclusion

From the analysis of data, the following conclusions were drawn. There was a significant difference between experimental and control group on abdominal strength. However the improvement was in favor of experimental group due to twelve weeks of yogic practices.

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