Effect of Yogicpractice on Resting Pulse Rate among College Men Long Distance Runners

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Abstract

The purpose of the present study was to investigate the effect of yogic practice on resting pulse rate among college men long distance runners. To achieve the purpose of the study thirty men long distance runners were selected from colleges affiliated to Alagappa University, during the year 2015. The subject's age ranges from 18 to 25 years. The selected LDR were divided into two equal groups consists of 15 men LDR each namely experimental group and control group. The experimental group underwent a yogic practice programme for six weeks. The control group was not taking part in any training during the course of the study. Resting Pulse Rate was taken as criterion variable in this study.The selected subjects were tested on resting pulse rate by taking radial pulse. Pre-test was taken before the training period and post- test was measured immediately after the six week training period. Statistical technique't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due toyogic practice given to the experimental group on resting pulse rate when compared to control group.

Keywords: *yogic practice, Resting Pulse Rate and't' ratio.*

Introduction

Yoga is needed and a powerful remedy, not only for the day to day problems but also to overcome niggling health problems. Micro and Macro Yogic Exercises on Vital Capacity.[1] The philosophy of yoga is "Caring, Sharing and empowering". Yogic practices provide an excellent means for returning to normal from Diabetics without any side effect and an inspired life. Regular practice removes obstructions, path to holistic health. [2] Which impede the flow of vital energy. When the cells work in unison, they bring backharmony and health to the system. 20 to 25 minutes (every morning or evening) of callisthenic exercises on resting pulse rate.[3] Pranayama practice increases lung capacity, breathing efficiency, circulation, cardiovascular efficiency, helps to normalize blood pressure, strengthens and tones the nervous system, combats anxiety and depression, improves sleep, digestion and excretory functions, provides massage to the internal organs, stimulates the glands, enhances endocrine functions, normalizes body weight, provides great conditioning for weight loss, the path way to health full living.[4] Improves skin tone and complexion.

Yoga is a most ancient system or education, based on a higher philosophical knowledge and a spiritual concept of man, physiological changes among male athletes.[5] Psychological changes among college women athletes.[6] For the harmonious development of the body and mind. It recognizes thenecessity of developing healthy, vital and well controlled body forthe attainment of a high order of mental life. While, health is a stateof organism in which all organs function uninterruptedly andvigorously and in full co-operation with one another for a longersurvival and the best development of the body. It helps the man toexpress his best through his intellectual, moral, spiritual and physicalactivities. A vital body and dynamic mind are intimately associatedwith vital health. When health is established, the body becomes afitter machine, more enduring, more powerful better developed andbetter controlled, the mind becomes alert, more imaginative betterbalanced and more contemplative and the emotions more normalized and spiritualized.**Gharote.M.L,(1974)**

Resting Pulse Rate

The number of times heart contracts in each minute while the body is at rest.**Robert V. Hockey, Ed.D,(1989).**

The number of beats of a pulse per minute or the number of the beats of the heart and entries per minute. The number of beatsfelt in exactly in one minute is known as pulse rate.**William Goddie, (1964).**

Methodology

The purpose of the study was to find out the effect of yogic practice on resting pulse rate among college men long distance runners. To achieve this purpose of the study, thirty men LDR were selected as subjects at random. The age of the subjects were ranged from 18 to 25 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as a yogic practice group (Experimental Group) and control group. The experimental group underwent yogic practice for three days per week for six weeks. The control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following physiological variable, namely resting pulse rate were selected as criterion variable. All the subjects of two groups were tested on selected criterion variableresting pulse rate by taking radial pulse,at prior to and immediately after the training programme. The‘t’ test was used to analysis the significant differences if any, in between the groups respectively. The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

Analysis of the Data

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent‘t’ test was used with 0.05 levels as confidence.

Table I: Analysis of t-ratio for the Pre and Post Tests of Experimental and Control Group on Resting Pulse Rate (Scores in beats/minute)

Variables	Group	Mean		SD		Sd Error		df	‘t’ ratio
		Pre	Post	Pre	Post	Pre	Post		
Resting Pulse Rate	Control	68.26	68.53	1.03	1.30	0.35	0.33	14	1.17
	Experimental	68.13	63.13	1.36	1.41	0.26	0.36		14.70*

**Significance at .05 level of confidence.*

The Table-I shows that the mean values of pre-test and post-test of control group on resting pulse rate were 68.26 and 68.53 respectively. The obtained ‘t’ ratio was 1.17, since the obtained ‘t’ ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental group on resting pulse rate were 68.13 and 63.13 respectively. The obtained ‘t’ ratio was 14.70* since the obtained ‘t’ ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in resting pulse rate. It may be concluded from the result of the study that the experimental group decreased in resting pulse rate due to six weeks of yogic practice.

Discussions on Findings

The result of the study indicates that the experimental group, namelyyogic practice group had significantly improved the selected dependent variable, namely resting pulse rate, when compared to the control group. It is also found that the improvement caused by yogic

practice when compared to the control group. The result of this study on resting pulse rate has in line with the study conducted by **KewalKrishan and Sudhirkumar Sharma (2009).**

Conclusions

5. There was a significant difference between experimental and control group on resting pulse rate after the training period.

6. There was a significant improvement in resting pulse rate. However the improvement was in favour of experimental group due to six weeks of yogic practice.

7. Ethical Clearance- Nil

8. Source of Funding- Self

9. Conflict of Interest- Nil

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