

## EFFECT OF YOGIC PRACTICES ON BLOOD PRESSURE AMONG UNIVERSITY LEVEL PLAYERS

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### **ABSTRACT**

*The purpose of the study was to find out the effect of yogic practices on blood pressure among university level players. To achieve the purpose of the present study, thirty men university level players from Alagappa University, Karaikudi, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group (Yogic practices) and Group II acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. The duration of experimental period was 12 weeks. After the experimental treatment, all the thirty subjects were tested. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences. In all cases 0.05 level of significance was fixed to test hypotheses. It was observed that the twelve weeks of experimental group have significantly decreased the blood pressure of University level players.*

**KEYWORDS:** Yogic Practices, Blood Pressure, University Players.

### **INTRODUCTION**

Yoga is one of India's wonderful gifts to mankind. One of its valuable qualities is that it builds up a store of physical health through the practice of a system of exercises called asanas which keep the body cleansed and fit. Yoga believes that exercise is essential for speedy removal of toxins and for keeping blood circulation and all internal processes functioning smoothly. A part of yoga helps to reduce blood pressure, regulate heart rate, enhance the elasticity of the arteries, lower pulse rate and increases the heart's stroke volume. The stress hormones get relaxed during a stressful situation, extended or recurrent exposure of these hormones can injure the heart and especially the blood vessels. Yoga promotes a relaxed state of mind and body and is also widely known for playing a vital role in reduction of stress hormones, decreasing the heart rate and lowering blood pressure. Pranayama, which is the yogic name for breathing exercises, encourages taking slow, deep breaths and reciting yogic mantras verbally. With this method of taking slow, deep breaths the heart rate slows down and more oxygen enters the blood. This in turn induces a calm and well being throughout the mind and body (Saraswathi, 1999).

### **METHODOLOGY**

The purpose of the study was to find out the effect of yogic practices on blood pressure among university level players. To achieve the purpose of the present study, thirty men university level players from Alagappa University, Karaikudi, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group (Yogic practices) and Group

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## RESULTS

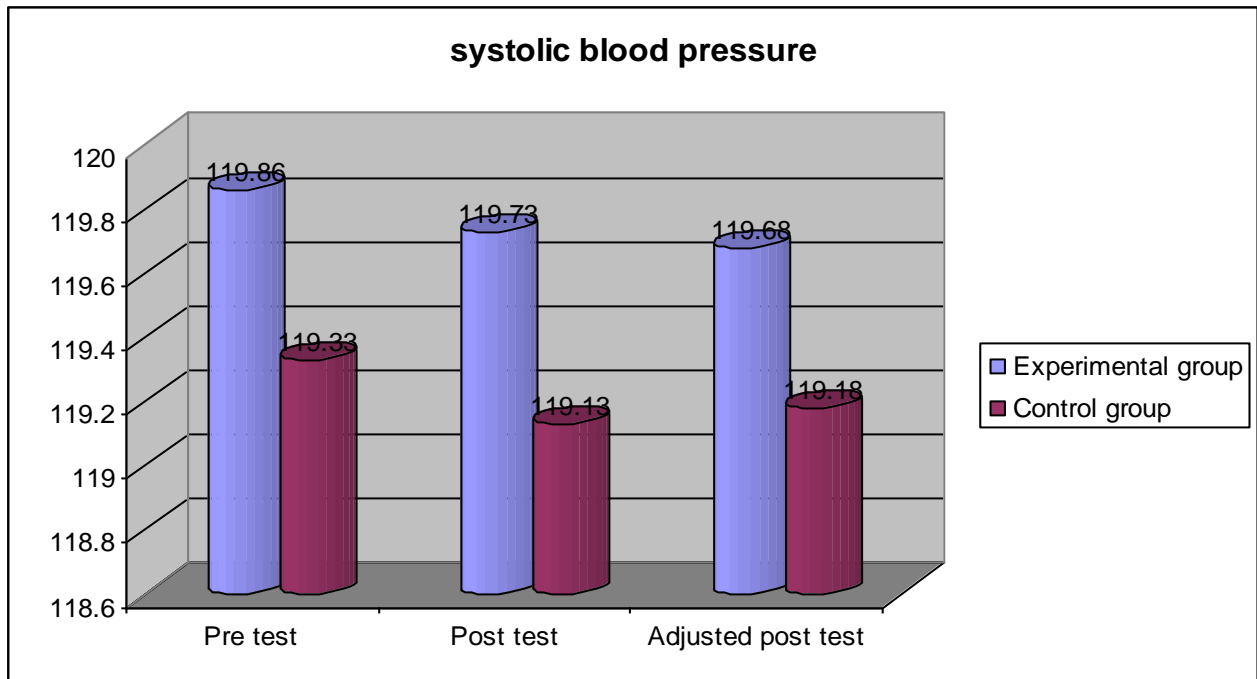
**TABLE – I**  
**COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF SYSTOLIC BLOOD PRESURE OF EXPERIMENTAL AND CONTROL GROUPS**

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	119.86	119.33	BG	2.13	1	2.13	0.08
			WG	703.06	28	25.11	
Post Test Mean	119.73	119.13	BG	2.70	1	2.70	0.75
			WG	100.66	28	3.59	
Adjusted Post Mean	119.68	119.18	BG	1.90	1	1.90	0.42
			WG	78.15	27	2.89	

\*Significant at 0.05 level

The above table indicates the adjusted mean value of systolic blood pressure of experimental and control groups were 119.68 and 119.18 respectively. The obtained F-ratio of 0.42 for adjusted mean was lesser than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a in significant difference among experimental and control groups on systolic blood pressure. The pre, post and adjusted mean values of systolic blood pressure of both control and experimental groups are graphically represented in the figure-I.

**FIGURE - I**  
**BAR DIAGRAM SHOWS THE MEAN VALUE OF SYSTOLIC BLOOD PRESURE OF EXPERIMENTAL AND CONTROL GROUPS**



**TABLE - II**  
**COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF DIASTOLIC BLOOD PRESSURE OF EXPERIMENTAL AND CONTROL GROUPS**

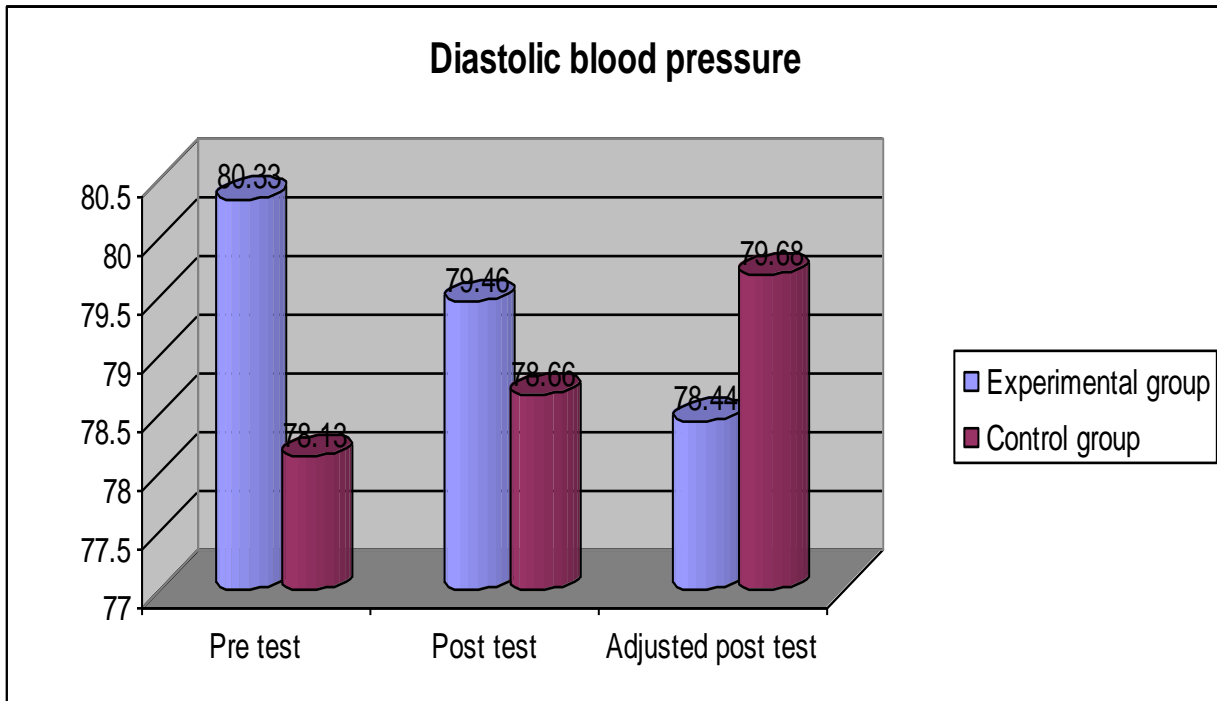
	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	80.33	78.13	BG	36.30	1	36.30	3.64
			WG	279.06	28	9.96	
Post Test Mean	79.46	78.66	BG	4.80	1	4.80	0.31
			WG	427.06	28	15.25	
Adjusted Post Mean	78.44	79.68	BG	10.27	1	10.27	1.49
			WG	186.07	27	6.89	

\* Significant at 0.05 level

The above table indicates the adjusted mean value of diastolic blood pressure of experimental and control groups were 78.44 and 79.68 respectively. The obtained F-ratio of 1.49 for adjusted mean was lesser than the table value 4.21 for the degrees of freedom 1 and 27

required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on diastolic blood pressure. The pre, post and adjusted mean values of diastolic blood pressure of both control and experimental groups are graphically represented in the figure-I.

**FIGURE - II**  
**BAR DIAGRAM OF SHOWS THE MEAN VALUES OF DIASTOLIC BLOOD PRESURE OF EXPERIMENTAL AND CONTROL GROUPS**



## CONCLUSION

It was observed that the twelve weeks of experimental group have significantly decreased the blood pressure of University level players.

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