

## EFFECT OF YOGA TRAINING ON PULSE RATE AMONG INTER-COLLEGIATE PLAYERS

**Dr.T.P.YOKESH**

*Assistant Professor, Alagappa University College of Physical Education,  
Karaikudi, Tamilnadu, India.*

### **ABSTRACT**

*The purpose of the study was to find out the effect of yoga training on pulse rate among inter-collegiate players. To achieve the purpose of the present study, thirty men inter-collegiate players from Alagappa University College of Physical Education, 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 (Yoga training) 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 pulse rate of Inter-collegiate players.*

**KEYWORDS:** Yoga Training, Pulse rate, Inter-collegiate Players.

### **INTRODUCTION**

The science of yoga works on physical, mental, emotional, psychic and spiritual aspects of a person. When imbalance is experienced at this level, the organs, muscles and nerves no longer functions in harmony, rather they at in opposition to each other. Therefore yoga aims at bringing the different bodily functions into perfect co-ordination so that they work for the good of the whole body. 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. Many actors, acrobats, athletes, dancers, musicians and sportsmen also possess a physique and have great control over the body, but they lack control over the mind, the intellect and the self. Hence they are in disharmony with themselves and one rarely comes across a balanced personality among them. They often put the body above all else. Though the yogi does not under rate his body, he does not think merely of its perfection, but of his senses, mind, intellect and soul. The yogi conquers the body by the practice of Asanas and makes it a fit vehicle for the spirit (Saraswathi, 1999).

### **METHODOLOGY**

The purpose of the study was to find out the effect of yoga training on pulse rate among inter-collegiate players. To achieve the purpose of the present study, thirty men inter-collegiate players from Alagappa University College of Physical Education, Karaikudi, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were

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## RESULTS

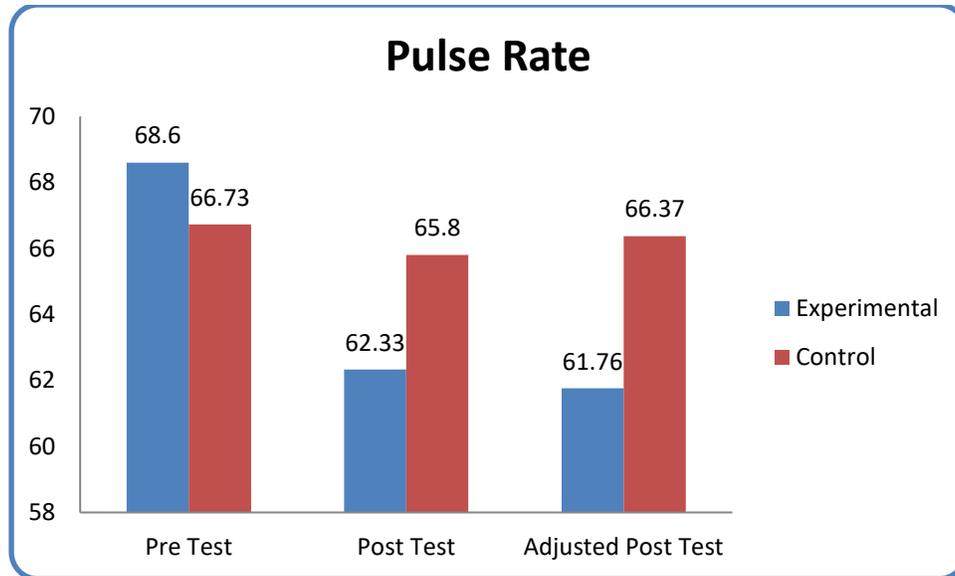
**TABLE – I**  
**COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF PULSE RATE OF**  
**EXPERIMENTAL AND CONTROL GROUPS**

	Experimental	Control	Source of variance	Sum of squares	df	Mean square	F
Pre test mean	68.60	66.73	BG	26.13	1	26.13	0.80
			WG	910.53	28	32.51	
Post test mean	62.33	65.80	BG	90.13	1	90.13	4.43*
			WG	569.73	28	20.34	
Adjusted post mean	61.76	66.37	BG	154.87	1	154.87	18.28*
			WG	228.75	27	8.47	

\* Significant at 0.05 level

The above table-I indicates the adjusted mean value of pulse rate of experimental and control groups were 61.76 and 66.37 respectively. The obtained F-ratio of pulse rate 18.28 was greater 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 pulse rate. The above table also indicates that both pre and post test means of experimental and control groups differ significantly. The pre, post and adjusted mean values of pulse rate of both experimental and control groups are graphically represented in the Figure-I.

**FIGURE – I**  
**BAR DIAGRAM SHOWING THE MEAN VALUES OF PRE-TEST, POST-TEST AND ADJUSTED POST MEANS OF CONTROL AND EXPERIMENTAL GROUPS ON PULSE RATE**



## CONCLUSION

It was observed that the twelve weeks of experimental group have significantly decreased the pulse rate of Inter-collegiate players.

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