

EFFECT OF YOGA TRAINING ON PHYSIOLOGICAL VARIABLES OF CLERK WORKING WOMEN

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ABSTRACT: The study was conducted the effect of yoga training on Physiological variables of Clerk working women. The present study was conducted on 100 female clerk consisting 50-50 subject from various department respectively their age ranging 30-40 years, which were randomly selected, from various department of Amravati city. The selected on physiological variables were tested to standard procedures. The data obtained were statistically analysis with the help 'F' test. The finding of the results concluded that there were positive effect on haemoglobin, Systolic blood pressure, Diastolic blood pressure and Pulse rate the subject of various departments. All the subject of experimental group involved in this study was under regular yoga training programme for a period of one year. From the table it was evident that in the case of physiological variables true were significant changes noticed after one year regular yoga training programmed. From the findings the yoga training helps the subjects to positive effect.

KEY WORD: *Haemoglobin, Systolic And Diastolic Blood Pressure, Pulse Rate.*

INTRODUCTION:

A Regular Yoga practice is beneficially every state of life. Asanas and Pranayama should be practice regularly for the proper fitness of body and mind. People having less flexibility in bodies can do Yoga exercise regularly and they can start with some basic Asanas. Yoga exercise helps in improving flexibility and stamina of runners. It helps in maintaining cardio vascular system is an exercise in moral and mental cultivation that generates good health contributes to longevity and the total intrinsic discipline culminates in to positive and perennial happiness and peace. Yoga is useful for mental peace, precaution from disease, to control disease, spiritual development, overcome from mental tension, attaining different kinds of power, also use in naturopathy and mental treatment. Yoga the present inclinations are changing regularly. These are the reasons that the willingness of people is increasingly towards yoga.

STATEMENT OF THE PROBLEM: The present study is started to “, The Effect of yoga training of physiological variables of clerk working women.

PURPOSE OF THE STUDY: The present study is started to “, The Effect of yoga training of physiological variables of clerk working women.

HYPOTHESIS: It is hypothesised that there might be a signification difference and positive effect the yoga training of creak working women.

CRITERION MEASURES:

- 1] Haemoglobin - Sahalis Haemoglobin meter [gm./cc]
- 2] Blood pressure -Spigmomonmeter [mm.hg.]
- 3]Pulse rate - Watch

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 programme pre and post 1 and post 2 tests were administered to measure physiological variable.

METHODOLOGY: The subject of the present study was selected by simple random sampling methods.50 females clerk were selected for this study from police commissioner office, D.S.P. office, Z.P. department etc.

ANALYSIS OF DATA:-

To evolve concrete evidence, ANOVA statistics tool have been applied to extract the significant difference if any, among the experimental and control group.

TABLE NO. 01 :

Clerk (H.B.) [Pre Test and Post-1 and Post-2]

Sources of Variance	Sum of Squares	d. f.	Mean Squares	F
Between Groups	60.62	2	30.31	-
Within Groups	142.25	147	0.97	31.32
	202.87	149	31.28	

Calculated value is 31.32 is greater than tabulated value 3.06 at the level of significance at 149 degree of freedom.

TABLE NO. 02 :

[Systolic BP] [Pre Test and Post-1 and Post-2]

Sources of Variance	Sum of Squares	d. f.	Mean Squares	F
Between Groups	1256.09	2	628.05	-
Within Groups	26767.38	147	182.09	3.45
	28033.47	149	810.14	

The Calculated value is 3.45 is gather than tabulated value 3.06 at the level of significance at 149 degree of freedom.

TABLE NO. 03 :
[Diastolic Blood Peruses] [Pre Test and Post-1 and Post-2]

Sources of Variance	Sum of Squares	d. f.	Mean Squares	F
Between Groups	91.69	2	45.85	-
Within Groups	6785.40	147	46.16	0.09
	6877.09	149	92.01	

The Calculated value is 0.09 is Less than tabulated value 3.06 at the level of significance at 149 degree of freedom.

TABLE NO. 04 :
[Pulse Rate] [Pre Test and Post-1 and Post-2]

Sources of Variance	Sum of Squares	d. f.	Mean Squares	F
Between Groups	1657.81	2	828.91	-
Within Groups	6510.06	147	44.29	18.72
	1867.87	149	873.19	

The Calculated value is 18.72 is greater than tabulated value 3.06 at the level of significance at 149 degree of freedom.

JUSTIFICATION OF HYPOTHESIS:

It was hypothesized there will be significant effect of yoga exercise on physiological variables of clerk women. But in the present study that above table it is cleared that the one year training programme was effective. Therefore the hypothesis is accepted.

DISCUSSION OF FINDINGS :-

All the subject of experimental group involved in this study was under the regular yoga training programme for a period of one year. From the table it was evident that in the case of physiological variables true were significant changes noticed offer one year regular yoga training programmed.

From the findings the yoga training helps the subjects to positive effect.

RESULT & DISCUSSION:-

Gitanjali Purohiti et.al. (2013), In conclusion the improvement in haemoglobin concentration and MCHC without increase in number of RBC and hameatocrit indicates cardio trotetant and anti stress effect yoga

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Viswas Mandlik (www.yogapoint.com), also reported by the practise of yoga we will control blood pressure, systolic and diastolic blood pressure.

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Mayer (1980), Also reported significant difference was found in case of pulse rate after administrating the yoga breathing practise involves breathing exclusively the right nostril.

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Participation in one year yoga training resulted in significant difference on physiological variables.

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