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Abstract:

The purpose of the study was to find out the effect of yogic practices on vital capacity among school boys. To achieve the purpose of this study thirty school boys were randomly selected from Kallakurichi, Tamilnadu. The subject’s age ranged between 12 to 16 years only. They were randomly divided into two equal groups, experimental group and control group. The study was formulated as a true random group design consisting of a pre test and post test. The subjects (N=30) were randomly assigned to two equal groups of fifteen school students. The groups were assigned as experimental group, and control group respectively. Vital capacity was assessed by spirometer. The experimental group participated yogic practices for a period of eight weeks. The data collected from the subjects were treated statistical technique, the analysis of covariance was used. It was concluded that there was significant improvement in vital capacity due to yogic practices when comparing to control group.

Key Words: Yogic Practices, School Boys, Vital Capacity, Spirometer.

Introduction:

Yoga is an age-old method of exercise and relaxation that lowers cholesterol and has many other health advantages. Additionally, pranayama facilitates the body's connection to the solar plexus, which stores a vast amount of potential energy. This vital energy, or prana, is released for physical, mental, and spiritual renewal when tapped using certain techniques. Obstacles are removed by regular practice, which prevents vital energy from flowing freely. The system regains harmony and health when the cells function in unison. Pranayama practice for 20 to 25 minutes improves lung capacity, breathing efficiency, circulation, cardiovascular efficiency, helps to normalise blood pressure, strengthens and tones the nervous system, fights depression and anxiety, improves sleep, digestion, and excretory functions, massages internal organs, stimulates glands, improves endocrine functions, normalises body weight, provides excellent conditioning for weight loss, and improves skin tone and complexion. Both inside himself and with others (Vishali et al. 2020).

Methodology:

The purpose of the study was to find out the effect of yogic practices on vital capacity among school boys. To achieve the purpose of this study thirty school boys were randomly selected from Kallakurichi, Tamilnadu. The subject’s age ranged between 12 to 16 years only. They were randomly divided into two equal groups, experimental group and control group. The study was formulated as a true random group design consisting of a pre test and post test. The subjects (N=30) were randomly assigned to two equal groups of fifteen school students. The groups were assigned as experimental group, and control group respectively. Vital capacity was assessed by spirometer. The experimental group participated yogic practices for a period of eight weeks. The data collected from the subjects were treated statistical technique; the analysis of covariance was used.

Results:

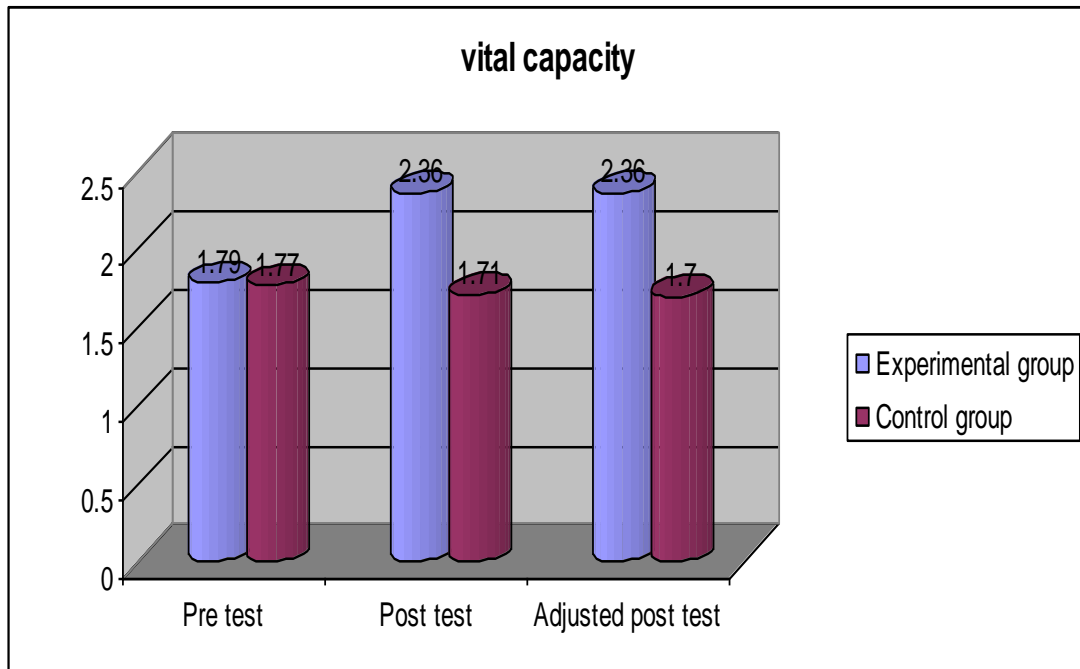
Table 1: Computation of Mean and Analysis of Vital Capacity of Experimental and Control Groups

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	1.79	1.77	BG	0.003	1	0.003	0.12
			WG	0.71	28	0.02	
Post Test Mean	2.36	1.71	BG	3.19	1	3.19	151.15*
			WG	0.59	28	0.02	
Adjusted Post Mean	2.36	1.70	BG	3.23	1	3.23	164.62*
			WG	0.53	27	0.02	

* Significant at 0.05 level

The above table indicates the adjusted mean value of vital capacity of experimental and control groups were 2.36 and 1.70 respectively. The obtained F-ratio of 164.62 for adjusted mean 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 an in significant difference among experimental and control groups on vital capacity. The above table also indicates that both pre and post test means of experimental and control groups also differ significantly. The pre, post and Adjusted mean values o vital capacity of both control and experimental groups are graphically represented in the figure 1.

Figure 1: Bar Diagram of Shows the Mean Values of Vital Capacity of Experimental and Control Groups



Conclusion:

It was concluded that there was significant improvement in vital capacity due to yogic practices when comparing to control group.

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