



## YOGIC PRACTICES IMPACT ON PARTICULAR PHYSIOLOGICAL VARIABLES AMONG COLLEGE WOMEN

**Dr. K. Divya**

Assistant Professor, Alagappa University College of Physical Education, Karaikudi, Tamil Nadu, India

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### Abstract:

The purpose of the present study was to find the effect of yogic practices on selected physiological variables among college women students. To achieve the purpose of the present study, 30 college women students from Alagappa University College of Physical Education, Karaikudi were selected as subjects at random and their ages ranged from 18 to 21 years. The selected variables were systolic blood pressure and diastolic blood pressure. For this study the true randomized experimental group design has been employed with two groups namely experimental and control group with 15 subjects each. The experimental group underwent practices for the period of twelve weeks. The paired ‘t’ test was used. The result of the study reveals that there was a significant decrease in the systolic blood pressure and diastolic blood pressure after the completion of twelve weeks of yogic practices.

**Key Words:** Yogic Practices, Blood Pressure, College Women Students.

### Introduction:

Yoga is an ancient path to spiritual growth, and originates out of India where Hinduism is practiced. The techniques are practiced by the Indus to initiate spiritual growth. The yogis encourage union with the finite jiva (transitory self) and with the infinite Brahman (eternal self). Yoga can significantly benefit female college students by improving both their physical and mental well-being. It can help alleviate stress, anxiety, and depression while also enhancing emotional regulation and resilience. Yoga offers numerous benefits for college students, primarily in stress reduction and improved mental well-being, but also positively impacting academic performance and physical health. Specifically, yoga can help manage stress and anxiety, improve focus and memory, and enhance overall well-being. Yoga can be beneficial for college students in managing blood pressure. Studies have shown that regular yoga practice can help lower blood pressure in both healthy individuals and those with hypertension, and this can be particularly relevant for college students who may experience high stress levels (Saroj et al. 2017; Kumar, 2019).

### Methodology:

The purpose of the present study was to find the effect of yogic practices on selected physiological variables among college women students. To achieve the purpose of the present study, 30 college women students from Alagappa University College of Physical Education, Karaikudi were selected as subjects at random and their ages ranged from 18 to 21 years. The selected variables were systolic blood pressure and diastolic blood pressure. For this study the true randomized experimental group design has been employed with two groups namely experimental and control group with 15 subjects each. The experimental group underwent practices for the period of twelve weeks. The paired ‘t’ test was used.

### Results:

Table 1: Descriptive Analysis of Pre and Post Test Means of Experimental and Control Group on Selected Physiological Variables

S.No	Variables	Experimental Group		Control Group	
		Pre Test Mean	Post Test Mean	Pre Test Mean	Post Test Mean
1	Systolic Blood Pressure	123.86	120.00	123.13	122.40
2	Diastolic Blood Pressure	83.33	80.33	84.00	84.73

Table 2: Computation of ‘t’ Ratio Between the Pre Test and Post Test Means of Systolic Blood Pressure of Experimental and Control Group

Variable	Groups	Mean diff	SD	$\sigma$ DM	‘t’ ratio
Systolic Blood Pressure	Exp	3.86	2.32	0.60	6.43*
	Con	0.73	3.08	0.79	0.92

\*Significant at 0.05 level

An examination of table II indicates that the obtained ‘t’ ratio for systolic blood pressure of experimental group was 6.43. The obtained ‘t’ ratio on systolic blood pressure was found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The obtained ‘t’ ratio for systolic blood pressure of control group was 0.92. The obtained ‘t’ ratio on systolic blood pressure was found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be not significant.

Figure 1: Bar Diagram Showing the Pre Mean and Post Mean of Systolic Blood Pressure of Experimental and Control Group

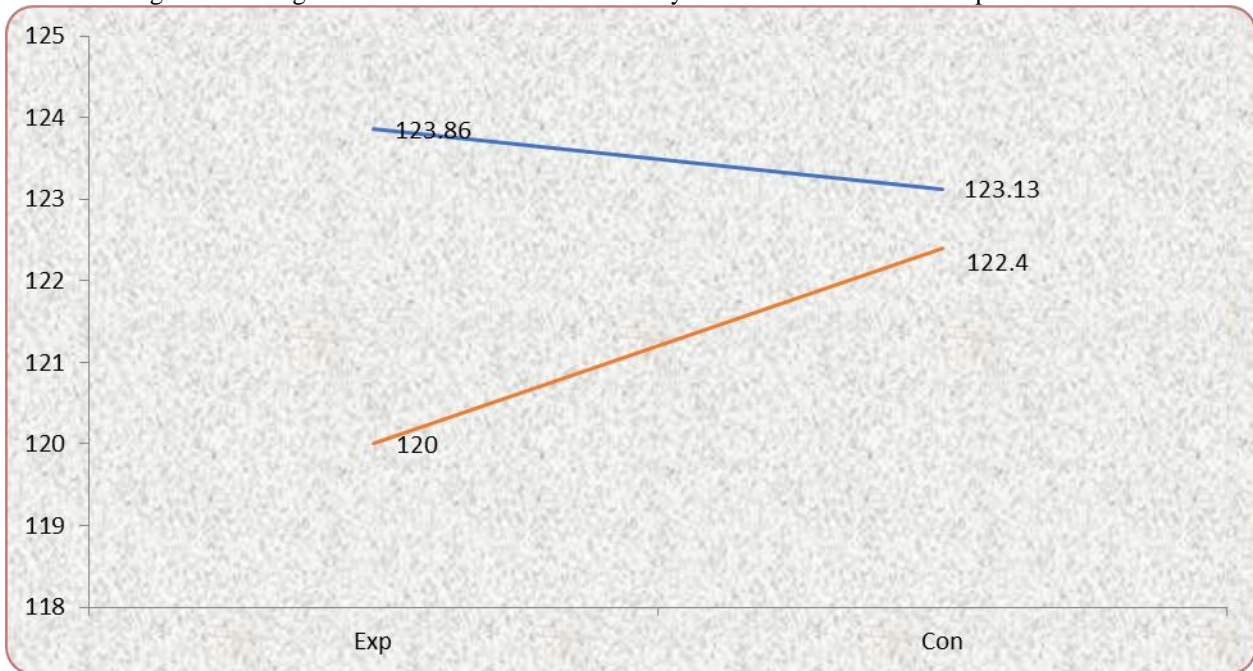


Table 3: Computation of 't' Ratio Between the Pre Test and Post Test Means of Diastolic Blood Pressure of Experimental and Control Group

Variable	Groups	Mean diff	SD	$\sigma$ DM	't' ratio
Diastolic Blood Pressure	Exp	3.00	2.07	0.53	5.61*
	Con	0.26	2.81	0.72	0.36

\*Significant at 0.05 level

An examination of table 3 indicates that the obtained 't' ratio for diastolic blood pressure of experimental group was 5.61. The obtained 't' ratio on diastolic blood pressure was found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The obtained 't' ratio for diastolic blood pressure of control group was 0.36. The obtained 't' ratio on diastolic blood pressure was found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be not significant.

Figure 2: Bar Diagram Showing the Pre Mean and Post Mean of Pulse Rate of Experimental and Control Group



**Conclusion:**

The result of the study reveals that there was a significant decrease in the systolic blood pressure and diastolic blood pressure after the completion of twelve weeks of yogic practices.

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