

EFFECT OF YOGIC PRACTICES AND PHYSICAL EXERCISES TRAINING ON TRIGLYCERIDES OF URBAN OBESE BOYS STUDENT

A.VIDHYA^a, Dr.K.USHA RANI^b,

^aPh.D SCHOLAR, DEPARTMENT OF PHYSICAL EDUCATION AND HEALTH SCIENCES ALAGAPPA UNIVERSITY, KARAUKUDI.

^bPROFESSOR, DEPARTMENT OF PHYSICAL EDUCATION AND HEALTH SCIENCES ALAGAPPA UNIVERSITY, KARAUKUDI.

ABSTRACT

The purpose of the study is to find out the effects of yogic practices and physical exercises on triglycerides of urban obese boys student. Forty five healthy, untrained students were selected from Karaikudi Maharishi Vidya Manddir Matric.Hr.Sec.School, Karaikudi. The subject's age ranged from 13 to 15 years. The chosen subjects were isolated into three gatherings with fifteen subjects in each gathering. The training periods of experimental groups were six weeks, three alternative days per week with duration of 60 minutes. Control group did not undergo any training programme rather than their routine work. Pre tests were conducted for all the 45 subjects on selected Triglycerides variable. After the experimental period of six weeks post test were conducted immediately. To study the effect of yogic practices group and physical exercises training group along with control group and to find out the significant mean differences among them, the analysis of covariance (ANCOVA) technique were used. Scheffe's test was pursued as a post hoc test to figure out which of the matched methods distinction was noteworthy. The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate. The results of the study were concluded that there was significant improvement in selected variable.

KEY WORDS: Yoga, Physical Exercise, Triglycerides, Urban, Obese.

INTRODUCTION

Yoga is a physical, mental and otherworldly practice that began in antiquated India. It got well known in the West in the twentieth century. The word, yoga, originates from the Sanskrit yuj, which signifies "to burden" and "samadhi" or "focus." Thus, yoga is the training that expects to join the psyche, body and soul. A definitive objective of yoga is to accomplish freedom.

Physical exercise can likewise incorporate preparing that spotlights on exactness, readiness, power, and speed. Some of the time the terms 'dynamic' and 'static' are utilized. 'Dynamic' activities, for example, enduring running, will in general produce a bringing down of the diastolic pulse during exercise, because of the improved blood stream. Alternately, static exercise, (for example, weight-lifting) can make the systolic weight rise essentially, though momentarily, during the exhibition of the activity.

Triglycerides: Triglycerides are a kind of

fat. They are the most widely recognized kind of fat in your body. They originate from nourishments, particularly spread, oils, and different fats you eat. Triglycerides additionally originate from additional calories. These are the calories that you eat, yet your body needn't bother with immediately. Your body changes these additional calories into triglycerides, and stores them in fat cells. At the point when your body needs vitality, it discharges the triglycerides. Triglycerides fill in as the foundation of numerous sorts of lipids (fats). Triglycerides originate from the nourishment we eat just as from being created by the body. Triglyceride levels are impacted by ongoing fat and liquor consumption. A time of restraint from liquor is exhorted before testing for triglycerides.

METHODOLOGY

The purpose of the study is to find out the effects of yogic practices and physical exercises training on Triglycerides of urban obese boys student. The purposive sampling was used to

select the subject, based on the BMI of the obese boys was selected as subjects. The selected subjects were divided into three groups with fifteen subjects in each group selected randomly, with two experimental groups and one control group. Experimental Group I underwent the yogic training selected asanas and pranayama. Experimental Group II underwent the selected physical exercise training in selected running, aerobic exercises, skipping and stretching. The training periods of experimental groups were six weeks, three alternative days per week with

duration of 60 minutes. Control group did not undergo any training programme rather than their routine work. All the groups were tested on selected criterion variable such as Triglycerides prior to and immediately after the training programme. Triglycerides were assumed by the lab test. The analyses of covariance (ANCOVA) were used to find the significant difference if any, among the experimental groups and control group on selected criterion variable.

RESULTS AND DISCUSSION

Table-1

Analysis of Covariance for the Pre, Post and Adjusted Post Test Means Values for Control Group, Yogic Practices Group and Physical exercises Group on Triglycerides (mg/dL)

	CG	YPG	PEG	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained 'F' Ratio
Pre test Mean	174.27	175.73	175.28	Between	16.929	2	8.464	1.66
				Within	214.053	42	5.096	
Post Test Mean	175.6	174.21	171.67	Between	119.397	2	59.699	8.53*
				Within	294.091	42	7.002	
Adjusted Post Test Mean	176.22	173.73	171.53	Between	159.738	2	79.869	18.95*
				Within	172.809	41	4.215	

*Significant at 0.05 level of confidence

The table I showed that the pre-test mean values on Triglycerides of control group, yogic practices group and physical exercises group is 174.27, 175.73 and 175.28 respectively. The obtained 'F' ratio 1.66 for pre-test mean was less than the table value 3.22 for df 2 and 42 required for significance at 0.05 level of confidence on Triglycerides. The post-test mean values on Triglycerides of control group, yogic practices group and physical exercises group is 175.6,

174.21 and 171.67 respectively. The obtained 'F' ratio 8.53 for post-test mean was greater than the

table value 3.22 for df 2 and 42 required for significance at 0.05 level of confidence on Triglycerides. The adjusted post-test means of control group, yogic practices group and physical exercises group is 176.22, 173.73 and 171.53 respectively. The obtained 'F' ratio 18.95 for adjusted post-test mean was greater than the table value 3.23 for df 2 and 41 required for significance at 0.05 level of confidence

Triglycerides. Since the obtained ‘F’ ratio value was significant further to find out the paired mean

difference, the Scheffe’s post hoc test was employed and presented in table- II

Table-II
The Scheffe’s Post hoc Test for the Difference
between Paired Means on
Triglycerides (Scores in Seconds mg/dL)

Means			Mean Difference	Required CI
Yogic Practices Group	Physical exercises Group	Control Group		
173.73	—	176.22	2.49*	1.9
—	171.53	176.22	4.69*	1.9
173.73	171.53	—	2.2*	1.9

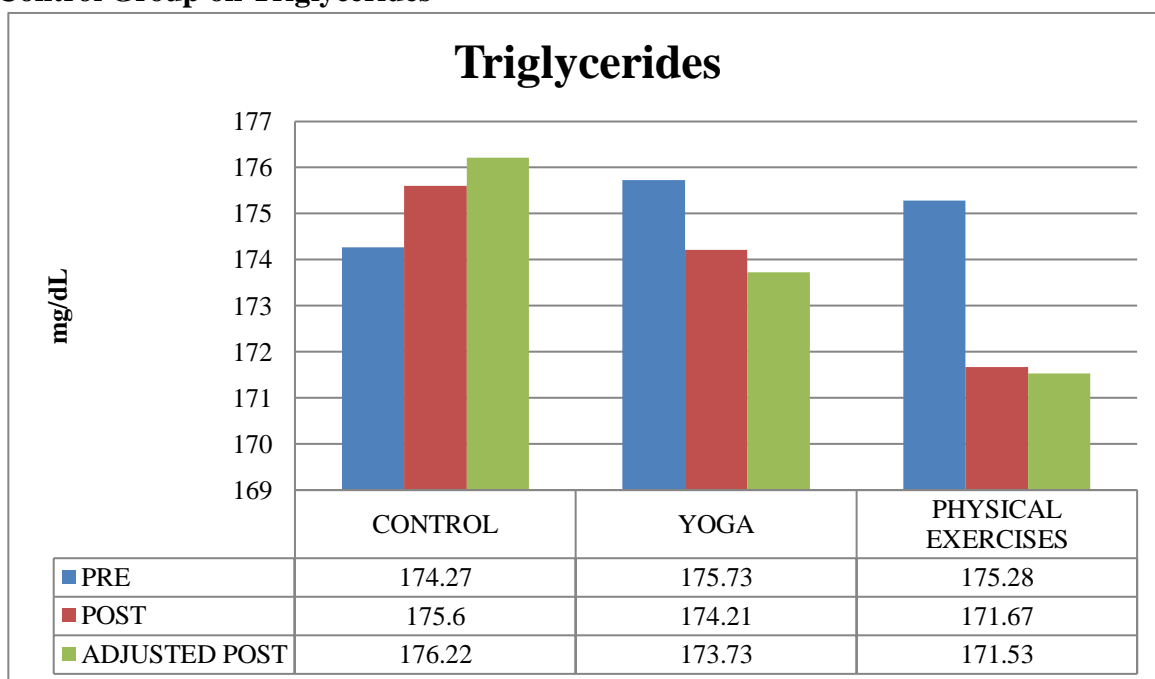
*Significant at 0.05 level of confidence

The table II shows that the adjusted post-test mean difference in Triglycerides between yogic practices group and control group is 2.49 it **Control Group on Triglycerides**

is significant at 0.05 level of confidence and proved there was a significant improvement. Physical exercises group and control group is 4.69 it is significant at 0.05 level of confidence and proved there was a significant improvement. Hence, there was significant difference between control and experimental groups in Triglycerides among urban school obese boys. The mean differences between the two experimental groups were 2.2 which is also significant at 0.05 level of confidence. It may be concluded from the results of the yogic practices group is better than the control group.

The adjusted post mean values of control group, yogic practices group and physical exercises group on Triglycerides are graphically represented in the Figure 4.

Figure I
Bar Diagram Showing the Pre, Post and Adjusted Post Test Mean Values of Yogic Practices Group, Physical exercises Group and



CONCLUSIONS

1. It was concluded from the results of the study that the yogic practices and physical

exercises groups showed significant improvement in Triglycerides when compared with a control group.

ACKNOWLEDGEMENT

My sincere and heart full thanks to RUSA phase 2.0, Alagappa University, Karaikudi for gave me the financial support for this project.

REFERENCES

1. **Acharya BK.**, (2010), “Effect of Pranayama (voluntary regulated breathing) and Yogasana (yoga postures) on Lipid Profile in Normal Healthy Junior Footballers”, **International Journal of Yoga**, 3(2), p.70.
2. **Ana Oliveira, Ângela Monteiro, Cristina Jácome, Vera Afreixo, Alda Marques** (2016), Effects of group sports on health-related physical fitness of overweight youth: A systematic review and meta-analysis, 07 October 2016 <https://doi.org/10.1111/sms.12784>
3. **David J. Tomlinson, Robert M. Erskine, Christopher I. Morse and Gladys L. Onambele** (2019), Body Fat Percentage, Body Mass Index, Fat Mass Index and the Ageing Bone: Their Singular and Combined Roles Linked to Physical Activity and Diet, *Nutrients* 18 January 2019, 11(1), 195; <https://doi.org/10.3390/nu11010195>
4. **Divya Sivaramakrishnan, Claire Fitzsimons, Paul Kelly, Kim Ludwig, Nanette Mutrie, David H. Saunders & Graham Baker** (2019), The effects of yoga compared to active and inactive controls on physical function and health related quality of life in older adults-systematic review and meta-analysis of randomised controlled trials, *International Journal of Behavioral Nutrition and Physical Activity* volume 16, Article
2. Physical exercises training were a suitable training system to improve the Triglycerides among the obese boys student.
number: 33 (2019), Published: 05 April 2019
5. **Garam Jo, Brenda Rossow-Kimball and Yongho Lee** (2018), Effects of 12-week combined exercise program on self-efficacy, physical activity level, and health related physical fitness of adults with intellectual disability, *J Exerc Rehabil.* 2018 Apr 26; 14(2): 175–182. doi: 10.12965/jer.1835194.597
6. **Senthil Kumar Dr. C. Ph.D** (2019), Effects of selected Yoga practices and physical activities on selected biomotor and physiological variables among college men students, *The research journal of social sciences*, June 2019 volume 10 number 6, ISSN 0025-1348 (P), 2456-1356 (O).
7. **Shirley Telles, Sachin Kumar Sharma, Alok Singh, Niranjana Kala, Vikas Upadhyay, Jaideep Arya, and Acharya Balkrishna.**(2019), Quality of Life in Yoga Experienced and Yoga Naïve Asian Indian Adults with Obesity, *Journal of Obesity* Volume 30 April 2019, Article ID 9895074, 7 pages, <https://doi.org/10.1155/2019/9895074>