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ORIGINAL RESEARCH

**COMPARATIVE EFFECT OF SPECIFIC YOGIC EXERCISES AND COMBINATION OF
SPECIFIC YOGIC EXERCISES WITH AUTOGENIC TRAINING
ON VITAL CAPACITY OF THE MIDDLE AGED MEN.**

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ABSTRACT

The purpose of the study is to find out the comparative effect of specific yogic exercises and combination of specific yogic exercises with autogenic training on vital capacity of the middle aged men. The study tried to find out type of training program that had a maximum effect on the vital capacity of the subjects. The study has been conducted on sixty middle aged men, in the age group of 30 to 50 years. The subjects (N=60) were at random divided into three equal groups two experimental Groups and one control group, and group consisting of 20 middle aged men. Two experimental Groups participated in two different training programmes i.e. Specific yogic exercises and Combination of specific yogic exercises with autogenic training for twenty four weeks and control group performed the routine work. The data was collected were collected in beginning ,at the end of twelve week and twenty four week of training program in term of pre, mid and post test respectively by using Wetspirometer. The training schedule was prepared systematically and carefully, keeping the individual differences of the subjects and loading principals in mind. Repeated measures of ANOVA and Newman Keul's test were applied to find out significance of mean difference among the three tests. ANACOVA and Scheffe's Post Hoc test were applied to determine the significance of mean difference among the three groups. From the results it was found that the Practice of the combination of specific yogic exercises with autogenic training is significantly effective than the specific yogic exercises programme and control group in improving the vital capacity among the middle aged men. Twelve weeks' practice of combination of specific yogic exercises with autogenic training significantly improved in the vital capacity among the middle aged men than the twenty four weeks of practice.

INTRODUCTION

Yoga and autogenic training are disciplines which have a direct impact on the physical and mental health of a person. Yoga and autogenic training are useful to the modern man by relieving his stress and tension. It proves to be helpful for the patients in treatment, rehabilitation and promotion of positive health. The professionals enhance their skills and improve the quality of life by these trainings. Thus, it attracts people from all sections of the society. The purpose of any research should be to solve the existing complications of the human being. Research should help the society not only to create good health and happiness among human beings, but also to improve the quality of life. Yoga is a very ancient discipline, which teaches the art of living. Yoga is a system that makes human beings cultured in their way of life. Yogic exercises develop the external and internal organs in a balanced manner. As a result, an individual gets good health and longevity of life. Autogenic training is a system of very specific auto suggestive formula with a purpose to relieve

tension, stress and to eliminate psychosomatic disturbances including many cases of insomnia, obesity, inability to concentrate, high blood pressure, constipation, skin problems, etc.

OBJECTIVES

The purpose of this study was to investigate the effect of specific yogic exercises and combination of specific yogic exercises with autogenic training on vital capacity of the middle aged men.

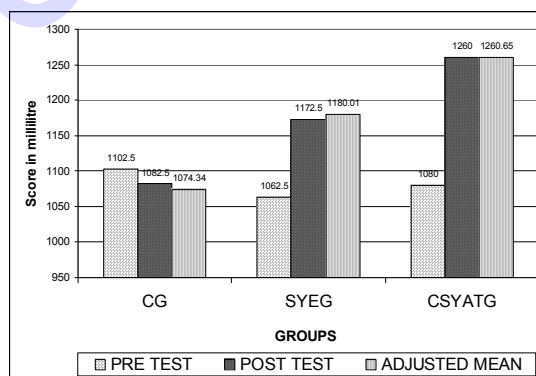
METHODOLOGY

60 middle aged men were randomly selected and selected subjects were in the age group of 30 to 50 years. The subjects (N=60) were at random divided into 3 equal groups of 20 middle aged men each, namely Specific yogic exercises group(SYEG), Combination of specific yogic exercises with autogenic training group(CSYATG) and Control group(CG). The experimental groups participated twenty four weeks, six days in a week for duration of 30-40 Min per sessions. The subjects were administered pre mid and post test by using Wetspirometer. **Statistics:** Repeated measures of ANOVA were applied to find out significance of mean difference of the vital capacity among the three tests. When the F-ratio was found to be significant, Newman Keul's test was applied to test which of the possible comparisons among the means were significant. ANACOVA was applied to determine the significance of mean difference among the three groups in the reduced the vital capacity after twenty four weeks of training. When F-ratio was found to be significant, the Scheffe's Post Hoc test was applied to test the significance of pairs of the adjusted final test means.

RESULTS AND DISCUSSION

Pre, post and adjusted post test means of the CG is 1102. 50 ml, 1082. 50 ml, 1074. 34 ml, SYEG is 1062. 50 ml, 1172. 50 ml, 1180. 01 ml and CSYATG is 1080. 00 ml, 1260. 00 ml, 1260. 65 ml respectively. The difference between adjusted means of vital capacity for the CG and SYEG was 3. 58, CG and CSYATG were 5. 62 and SYEG and CSYATG were 2. 04. The obtained F-ratio of the above comparisons was 19. 784 ml >5,545, 61. 501 ml >5,545 and 11. 522 ml >5,545 respectively. Hence all the three comparisons were significant. The obtained mean differences between the pre test and the mid test (twelfth week) were (77. 50>60. 99). The results of the study indicate that first twelve weeks of CSYATG shows significant improvement in the above mentioned variable. The obtained mean differences between the mid test (twelfth week) and post test (twenty fourth week) were (102. 50>50. 26). It is inferred from the results of the study that CSYATG had produced significant changes in the vital capacity from mid test (twelfth week) to post test (twenty fourth week). The calculated F-ratio of CSYATG was 28. 087 > 5.211 score, SYEG was 9.139 > 5.211 score were statistically significant and control group was 0. 507< 5.211 score was not statistically significant.

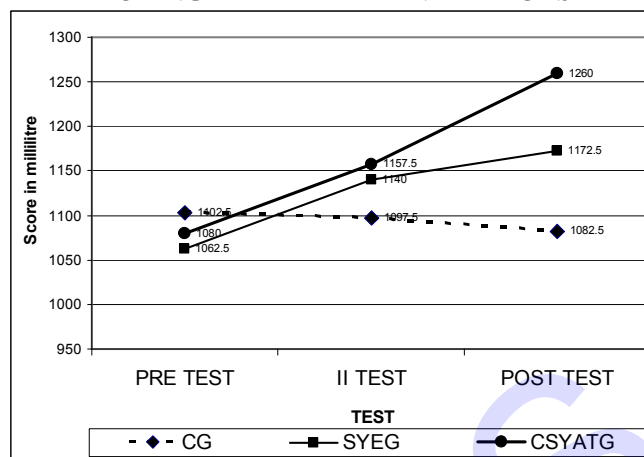
FIG. 1 Bar diagram showing the mean differences in vital capacity



CG - Control Group, SYEG - Specific Yogic Exercises Group

CSYATG - Combination of Specific Yogic Exercises with Autogenic Training Group

FIG. 2 Line graph showing the trend of vital capacity in specific yogic exercises group, combination of specific yogic exercises with autogenic training group and control group DURING THE TREATMENT PERIODS



CG - Control Group, SYEG - Specific Yogic Exercises Group

CSYATG - Combination of Specific Yogic Exercises with Autogenic Training Group

CONCLUSION

It was concluded that the

1. Practice of the combination of specific yogic exercises with autogenic training is significantly effective than the specific yogic exercises programme and control group in improving vital capacity among the middle aged men.

2. Twenty four weeks' practice of combination of specific yogic exercises with autogenic training significantly improved in the vital capacity among the middle aged men than the Twelve weeks of practice.

3. Practice of the specific yogic exercises programme is significantly effective than the control group in improving vital capacity among the middle aged men.

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