

## Effect of selected yogic practice on vital capacity of hostel students

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### Abstract

The main purpose of the study was to determine the effect of selected yogic practice on vital capacity of hostel students Maharshi Dayanand University, Rohtak. For the purpose of the study 25 male hostel students of Maharshi Dayanand University, Rohtak were randomly selected as samples. The age of the hostel students was ranging 18 to 28 years as the subject for the purpose of the study. Yogic practice was restricted to Surya Namskar, Sukhasan, Padmasan, Siddhasan, Vajrasan, Tadasan, Ardha Chandrasan, Ardha Kati Chakrasan, Chandrasan, Padhastasan, Veerbhadrasan, Janu sirasan, Paschimotansan. The data were collected before the start of 2 weeks selected asana training program (pre-test) and immediately after the completion of 2 weeks selected Yogic training program (post-test) by Dry Spirometer. To determine the Yogic practice effects on vital capacity of hostel students paired sample t-test was applied. The level of significance was set 0.05. The findings of statistically analysis revealed that there was significant improvement in vital capacity level of hostel students of experimental group (pre and post) due to the selected Yogic practice.

**Keywords:** Vital capacity, Surya Namskar, Sukhasan, Padmasan, Siddhasan, Vajrasan, Tadasan, Ardha Chandrasan, Ardha Kati Chakrasan, Chandrasan, Padhastasan, Veerbhadrasan, Janu Sirasan, Paschimotansan

### Introduction

Yoga is a type of activity that is intended to influence the body to work all the more proficiently. Yoga, when honed effectively will have a gigantically advantageous impact on the body. The critical thing is to ensure that one is being instructed by a prepared, experienced proficient. Another essential viewpoint that decides the impact of yoga on an individual is the way frequently and how accurately he or she hones yoga. Yogis tend to take less breaths of more prominent volume, which is both quieting and more proficient. Furthermore, yoga has been appeared to enhance different measures of lung work, including the greatest volume of the breath and the proficiency of the exhalation. Yoga likewise advances breathing through the nose, which channels the air, warms it, and humidifies it, expelling dust and soil and different things you'd rather not take into your lungs. The major organic framework works in a run of the mill way just based on the working of the procedure. With this one achieves an elevated status both physically and mentally. He accomplishes the status of healthy living.

### Objective

- The main objective of the study is to know the effect of selected yogic practice on vital capacity of hostel students.

### Hypothesis

- It was hypothesized that there would be no significant effect of selected yogic practice on vital capacity of hostel students.

### Methodology

- 25 male hostel students of Maharshi Dayanand University, Rohtak were randomly selected as sample.
- The age of the hostel students was ranging 18 to 28 years as the subject for the purpose of the study.
- Yogic practice was restricted to Surya Namskar, Sukhasan, Padmasan, Siddhasan, Vajrasan, Tadasan, Ardha Chandrasan, Ardha Kati Chakrasan, Chandrasan, Padhastasan, Veerbhadrasan, Janu sirasan, Paschimotansan.
- The dependent variable was chosen as vital capacity.
- Vital capacity of the hostel students was measured by Dry Spirometer.
- A total period of 2 weeks training program with the selected Yogic practice administered on the experiment group.

### Training Program

- The training program of 2 weeks, six day in a week. The training was given in the evening season for 45 minutes.

### Administration of test

Vital capacity of hostel students was measured through dry Spiro meter. It is an instrument with dial of vital capacity in liter. It is a scientifically approved and reliable equipment to measure vital capacity. Researcher explained the procedure of action required with instrument verbally and demonstrated twice before the hostel students. I also gave the three trail chances for practice before collection of data. Data was collected later in the same way. Every subject performed the test and the reading on the dial of the instrument was recorded

and tabulated later.

**Significance of the study**

- The study would be helping the hostel students to know

there vital capacity.

- The result of the study would highlight the effect of selected asana on the vital capacity of hostel students.

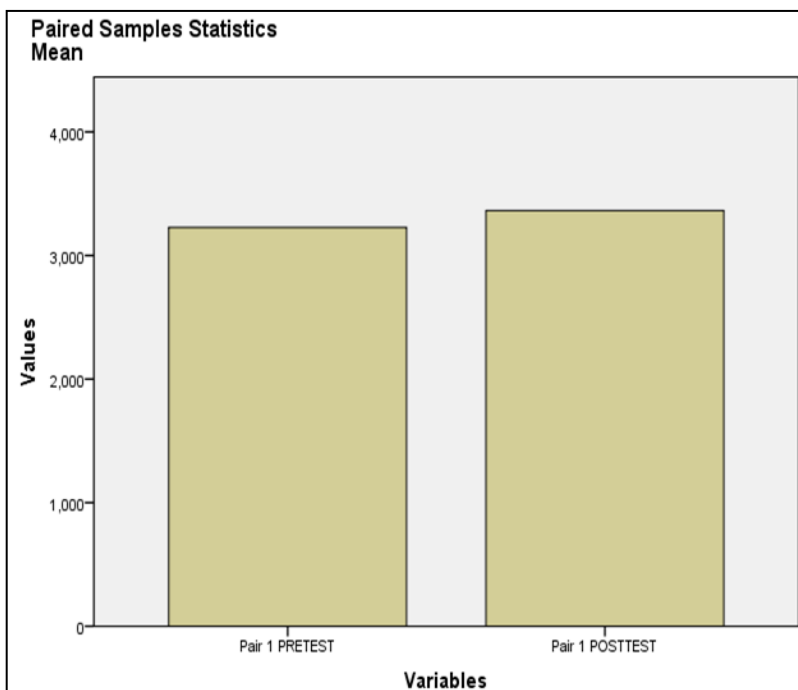
**Table 1:** Paired samples statistics

Variable	Group	N	Mean	S.d	S.e.m	T -value
Vital Capacity	Pre-test	25	3228	287.98	57.59	5.57*
	Post-test	25	3364	269.07	53.81	

\*Significant at 0.05 level                      Tabulated  $t_{0.05(24)}=2.00$

Table 1. Shows that ‘t’ value (5.57). The mean score of pre test and post test of vital capacity is higher than the table value 0.05. The mean score of pre-test vital capacity (3228) is lower than the post-test of vital capacity (3364), which shows the significant difference. Significant difference was found in

vital capacity level of experimental group (pre and post) due to selected yogic practice. It may be attributed to the fact that selected yogic practice given to the selected hostel student’s increase their vital capacity.



**Fig 1:** Mean comparison of vital capacity pre and post test

**Result**

Collected data of vital capacity were converted into t-score and determine the composite score of hostel students. To determine the effect of selected yogic practice on vital capacity of hostel students paired samples t-test were applied. The level of significance was set 0.05 for testing the hypothesis.

Findings of table no 1 reveal that there are significant mean difference in vital capacity between the mean of pre and post-test of experimental group as the calculated t-ratio of 5.57\* respectively are higher than the tabulated t-ratio value of 2.00 respectively at 0.05 level for 24 degree of freedom respectively.

**Discussion**

The finding of table no 1 are that there was significant improvement in vital capacity of (pre and post) experimental group. This signifies that due to 2 week of selected yogic

practice brought fruitful result within the subject of experimental group. It may be attributed to the fact that selected yogic practice given to the selected hostel student’s increase their vital capacity.

**Conclusion**

- Significant difference was found in vital capacity level of experimental group (pre and post) due to selected yogic practice.

**References**

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