

Influence of Sky Yoga And Jogging on Vital Capacity Among Working Men In Textile Weaving Mill

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Abstract- The view of the present study was to find the influence of SKY yoga and jogging on the physiological variable of vital capacity among selected subjects of workingmen. To achieve the purpose of the study 60 working men from Textile weaving mill in and around Thirupur were selected as subjects randomly. The subject's age ranged from 24 to 32 years. The subjects were divided into three groups of twenty each (n=20) randomly. The experimental group I were given SKY Yoga exercises and experimental group II went on jogging practice, both experimental group I and II went on training for 1hourper day, five days per week for eight weeks. All the subjects were tested on selected criterion variables prior and immediately after the training period. The result of the study that there is a significant difference in the adjusted post-test means of SKY yoga group and jogging practise group than control group. It was identified that SKY yoga group is better than joggingg roup and control group in improving vital capacity.

Keywords- Vital capacity, physiological, SKY Yoga, Jogging

I. INTRODUCTION

Yoga is the science of right living and as such is intended to be incorporate I daily life. It works on all aspects of the person the physical, vital, mental, emotional, physical and spiritual. The science of yoga begins to work on the outermost aspect of the personality, the physical body, which for the most people is practical and familiar starting point. When imbalance is experienced at this level, the organs, muscles and nerves no longer function in harmony, rather they act in opposition to each other. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body. From the physical body, yoga moves on to the mental and emotional levels, many people suffer from stresses and interactions of everyday living. Yoga cannot provide a cure for life but it does present a proven method for coping with it.

II. OBJECTIVES OF THE STUDY

To find out the effect of SKY yoga and Jogging practices on selected physiological variable of vital capacity

among selected subjects of workingmen in textile weaving mill

III. STATEMENT OF THE PROBLEM

In the weaving mill, the looms are running very noisily. Weavers are working in the atmosphere which is surrounded with heavy loud and noise that results ear problems and heavy headache. Inhaling air with cotton dust is harmful to lungs and is lively to cause respiratory problems. Those cotton dusts flex will also affect the eyes which result in low eye sight and irritation of eyes.

HYPOTHESES:

It was hypothesized that there may be significant improvement on Vital capacity due to the Effect of SKY yoga and Jogging.

LIMITATION:

1. Psychological factors, food habits, rest period, life style etc., were not be controlled.
2. The previous experience of the subjects in the field of sports and games, which might influence the training and data, were considered.
3. The weather conditions such as atmospheric temperature, humidity and meteorological factors during testing and training periods were not considered.

The general issues experienced by Weavers are:

1. Eye Irritation
2. Hearing Issues
3. Headache
4. Respiratory Problem due to cotton flex
5. Fatigue and Tiredness
6. Body Pain especially legs & knee
7. Stress
8. Anxiety
9. Depression

SELECTION OF THE SUBJECTS

For the study 60 working men from Thirupur were selected randomly as the subjects and their age range from 24 to 32. The pre-test of the study has been taken before the training scheduled. The subjects were divided into three groups with 20 number of subjects in each group namely Experimental group I & II and Control group. The experimental group I went on SKY yoga and experimental group II went on Jogging practice for 8 weeks. Control group were under active rest. The post-test has been conducted after the training are over.

IV. SELECTION OF VARIABLES

DEPENDENT VARIABLES

Vital Capacity

Purpose

To measure lung volume

Equipment and materials

Wet Spiro meter, mouthpieces and nose clips.

Description

Vital capacity was measured by means of wet Spiro meter consisted of six liter container, filled with water upon one inch from the land balanced by a chain, which passed over a free running pulley. The Wet Spiro meter was placed at a height that allowed the subject to stand erect, before the test, each subject was asked to take the slowly and forcefully expelled all too possible air into the rubber house through the mouth piece. There was taken to prevent air from escaping through the nose by using nose clips. The point of the indicator at the top of the drum indicated volume of air expelled in cubic centimetre. It was ensured that assured breath was not taken by the subject during the test. There was taken to lower drum without spilling the water each time after use.

Scoring

Three trails were given and the test was recorded in cubic centimetre.

INDEPENDENT VARIABLES

Yoga practices of

- i. SKY yoga
- ii. Jogging

V. RESULTS AND DISCUSSIONS:

The results of the statistical analysis of the data collected from the pre-test and the post test on Vital capacity variable for experimental groups and control group have been presented in Table I

TABLE – I
ANALYSIS OF COVARIANCE ON VITAL CAPACITY
OF SKY YOGA GROUP JOGGING PRACTICES
GROUP AND CONTROL GROUP

Adjusted Post-test Means			Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
SKY Yoga Group (I)	Jogging Practices Group (II)	Control Group (III)					
2682.43	2483.63	2341.26	Between	713640.45	2	356820.22	121.06*
			Within	165046.31	56	2947.25	

* Significant at .05 level of confidence

(Vital capacity Scores in Cubic Centimeter)
(The table value required for Significance at .05 level with df 2 and 56 is 3.16)

Table I shows that the adjusted posttest means value of SKY yoga Group, Jogging Practice Group and Control Group were 2682.43, 2483.63 and 2341.26 respectively. The obtained F-ratio of 121.06 for the adjusted posttest mean is more than the table value of 3.16 for df 2 and 56 required for significance at .05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted posttest means of SKY yoga Group, Jogging Practice Group and Control Group on the development of vital capacity.

To determine which of the paired means had a significant difference, Scheffe's test was applied as Post hoc test and the results are presented in Table II.

TABLE - II
THE SCHEFFE'S TEST FOR THE DIFFERENCES
BETWEEN THE ADJUSTED POST TEST PAIRED
MEANS ON VITAL CAPACITY

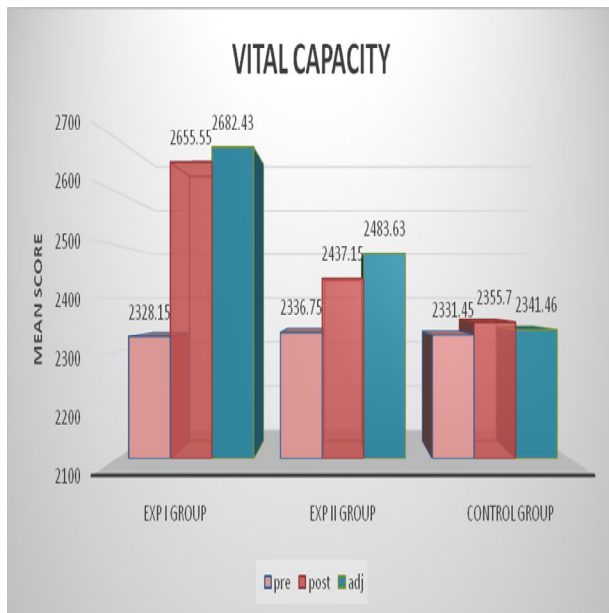
Adjusted Post-test means			Mean Difference	Confidence Interval
SKY Yoga Group (I)	Jogging Practices Group (II)	Control Group (III)		
2682.43	2483.63		198.8*	67.56
2682.43		2341.26	341.17*	67.56
	2483.63	2341.26	142.37*	67.56

* Significant at 0.05 level of confidence

It may be concluded from the results of the study that there is a significant difference in vital capacity between the adjusted posttest means of SKY yoga Group and Jogging Practices Group, SKY yoga Group and Control Group, Jogging Practices Group and Control Group. However, the improvement in vital capacity was significantly higher for SKY yoga Group than Jogging Group and Control group.

It may be concluded that the SKY yoga Group than Jogging Group and Control group in improving vital capacity.

The mean values and adjusted posttest mean of SKY yoga Group than Jogging Group and Control group on vital capacity are graphically represented in the Figure.



VI. CONCLUSIONS

Based on the result of the study the following conclusions were drawn.

1. There was a significant difference between SKY Yoga group and Jogging group when compared to the control group on physiological variables of Vital capacity due to SKY Yoga and Jogging Practices.

2. SKY Yoga group was found to be better than the Jogging Practices group and control group in Vital capacity.

RECOMMENDATIONS

1. A similar study may be conducted by selecting other Physiological variables as criterion variables.
2. A similar study may be conducted by selecting Performance related variables as criterion variables.
3. A similar study may be attempted by selecting the state or national level athletes or players as subjects.
4. A similar study may be conducted on female subjects.
5. Similar study may be undertaken to analyse the other Psychological and Haematological parameters.

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