



## COMPARISON OF SELECTED PHYSICAL FITNESS QUALITIES BETWEEN YOGA PRACTICED AND NON- YOGA PRACTICED MEN

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### **Abstract:**

The purpose of the study was to comparison of selected physical fitness qualities between yoga practiced and non- yoga practiced men. To achieve this purpose of the study only sixty men students were selected from the Pachaiyappa's College for Men, Kanchipuram, Tamil Nadu, India were selected. Among them thirty yoga practiced and thirty non- yoga practiced men were selected as subjects respectively. The following variables namely strength endurance and flexibility were selected as criterion variables. The data were collected from college yoga practiced and non- yoga practiced men on strength endurance and flexibility by using bend knee sit ups and sit reach test and respectively. The independent 't' ratio was used to analyze the significant difference if any between groups. The .05 level of confidence was fixed as the level of significance to test the independent 't' ratio obtained which considered as an appropriate. The results of the study showed that there was a significant difference between yoga practiced and non- yoga practiced men on selected criterion variables namely strength endurance and flexibility.

**Key Words:** Strength Endurance, Flexibility, Yoga Practiced, Non Yoga Practiced

### **Introduction:**

*"Yoga is not an ancient myth buried in oblivion.  
 It is the most valuable in oblivion.  
 It is the essential need of today and the culture of tomorrow".*

*Swami Satyananda Saraswati*

Yoga is the science of right living and, as such, is intended to be incorporated in daily life. It works on all aspects of the person: The physical, vital, mental, emotional, psychic, and spiritual.

Yoga focuses on harmony between mind and body. Yoga dervish its Philosophy from Indian metaphysical beliefs. The word yoga comes from Sanskrit language and ultimate aim of this Philosophy is to strike a balance between mind and body attain self- enlightenment. To achieve this, Yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life.

Yoga is the system of philosophy and practice of esoteric meditation having as object the union of the individual human spirit with that of the universe.

### **Methodology:**

The purpose of the study was to comparison of selected physical fitness qualities between yoga practiced and non- yoga practiced men. To achieve this purpose of the study only sixty men students were selected from the Pachaiyappa's College for Men, Kanchipuram, Tamil Nadu, India were selected. Among them thirty yoga practiced and thirty non- yoga practiced men were selected as subjects respectively. The following variables namely strength endurance and flexibility were selected as criterion variables. The data were collected from college yoga practiced and non- yoga practiced men on strength endurance and flexibility by using bend knee sit ups and sit reach test and respectively. The independent 't' ratio was used to analyze the significant difference if any between groups. The .05 level of confidence was fixed as the level of significance to test the independent 't' ratio obtained which considered as an appropriate.

### **Analysis of the Data:**

The mean, standard deviation and "t" ratio values on strength endurance of yoga practiced and non - yoga practiced men have been analyzed and presented in table 1.

Table 1: The Mean, Standard Deviation and 't' Ratio Values Between Yoga Practiced and Non -Yoga Practiced Men on Strength Endurance

| Groups                   | Mean  | Standard Deviation | 't' Ratio Value |
|--------------------------|-------|--------------------|-----------------|
| Yoga Practiced Men       | 34.11 | 1.88               | 3.88*           |
| Non - Yoga Practiced Men | 30.16 | 1.97               |                 |

\* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 58 was 2.002).

The table 1 show that the mean values on strength endurance for yoga practiced and non - yoga practiced were 34.11 and 30.16 respectively. The obtained 't' ratio value on strength endurance 3.88 which was greater than the table value 2.002 required for significance with df 58.

The results of the study showed that there was a significant difference between yoga practiced and non - yoga practiced men on strength endurance.

The mean, standard deviation and "t" ratio values on flexibility of yoga practiced and non - yoga practiced men have been analyzed and presented in table 1.

Table 2: The Mean, Standard Deviation and 't' Ratio Values Between Yoga Practiced and Non -Yoga Practiced Men on Flexibility

| Groups                   | Mean  | Standard Deviation | 't' Ratio Value |
|--------------------------|-------|--------------------|-----------------|
| Yoga Practiced Men       | 20.82 | 0.84               | 2.89*           |
| Non - Yoga Practiced Men | 18.66 | 0.99               |                 |

\* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 58 was 2.002).

The table 2 show that the mean values on flexibility for yoga practiced and non - yoga practiced were 20.82 and 18.66 respectively. The obtained 't' ratio value on flexibility 2.89 which was greater than the table value 2.002 required for significance with df 58.

The results of the study showed that there was a significant difference between yoga practiced and non - yoga practiced men on flexibility.

#### **Conclusions:**

Based on the results of the study, the following conditions were drawn.

- There was a significant difference between yoga practiced and non - yoga practiced men on strength endurance.
- There was a significant difference between yoga practiced and non - yoga practiced men on flexibility.

#### **References:**

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