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Effect of Yogic Practice on Vital Capacity of Fencing Players

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Abstract

The study was conducted to investigate the effect of yogic practice on vital capacity of fencers. Total 20 male fencing players (N=20) with the age of 18-27 were selected as a subject through systematic random sampling from the group of students attending the regular fencing practice sessions at D.A.V College Jalandhar. Experimental group (N=10) have performed eight weeks training program of yogic practice and no training program was assigned to control group (N=10). The participants were tested with the Spiro meter. The data was analyzed by applying paired t-test and the finding of the study revealed that yogic practices of eight weeks have significant effect on Vital Capacity of fencing players.

Key words: *Yogic practice, Vital Capacity.*

Introduction

To evaluate the air that we go all through the lungs depends upon how rapidly we are relaxing. The measure of air that is moved all through the lungs when the individual is breathing normally is known as tidal volume. This measure of air moved gives enough oxygen to the body when the individual is resting. It is possible to breathe in more deeply and breathe out more strongly than expected. The greatest measure of air moved all through lungs when the deepest inspiration is followed by the strongest possible exhalation known as vital capacity. So the vital capacity means the maximum amount of air that can be exhaled after a maximum inhalation (usually tested by Spiro meter), used to determine the condition of lung tissue. **Rachna (2001)** investigated the effect of pranayama on the vital capacity. The total sample consisted 30 males participant in the age of 20-40 years and dividing into two groups. The result indicates that pranayama significantly improve the vital lung capacity. **Karmbelakar (2003)** investigated the effect of yoga training on vital capacity and breathe holding time. Their sample comprised 147 male and 139 female taken from three week yoga campus conducted In Delhi. The age was 18-50 years. Treatment of 20 asana 2 pranayam and kriyas were given to the sample. The result indicated an average increase of 15 sec. in breath holding time as well as vital capacity indicates achievement of better health through regular practice of yogic asana, pranayams and kriyas. **Sameer (2004)** the study was conducted to investigate the effect of Kapal Bhati on the vital capacity of junior level cricket players in the Bhopal division. Forty male subjects were selected randomly from different cricket clubs in Bhopal and their age ranged from 16-19 years. Subjects were categorized into two equal groups by random sampling. Twenty players formed the experimental group and twenty players formed the controlled group. It was ensured that all participants were medically fit to undergo the training for research. The first pre test of vital capacity was taken and after seven days of systematic training, post test were conducted on the same selected characteristics. The members in the experimental group were asked to perform kapal Bhati pranayama daily, gradually increasing from 5 minute to 20 minutes over the seven days program. The members of the controlled group were asked to perform their daily routine and did not engage in practicing Kapal Bhati. The data were examined by applying the "t" test. The level of significance chosen was .05. Significant improvement in the vital capacity of the players who performed Kapal Bhati pranayam during training was found.

Objective

- To find out the effects of yogic practices on Vital Capacity of fencing players.

Hypothesis of the study

- There exists significant effect of yogic practices on Vital Capacity of fencing players.

Methodology

The study was conducted to evaluate the effect of yogic practice on vital capacity of fencers. For this total 20 male fencing players (N=20) with the age of 18-27 were selected as a subject through systematic random sampling from the group of students attending the regular fencing practice sessions at D.A.V College Jalandhar. Experimental group (N=10) have performed eight weeks training program of yogic practice and no training program was assigned to control group (N=10). The participants were tested with the spiro meter and were tested before and after the treatment of eight weeks training.

Tools

- Spiro Meter

Statistical Technique

- Paired T-Test

Results and Discussion

Table-1
Comparison of treatment and control group on the variable vital capacity

		Mean	SD	SEM	t-value
Treatment Group	Pre Test	4.11	.26	.08	5.62*
	Post Test	4.35	.22	.07	
Control Group	Pre Test	4.09	.27	.08	1.50
	Post Test	4.11	.26	.08	

* Significant value at 0.05

t (1, 18) =2.10

Table 1 depict the values of Mean and SD on Pre-Test and Post-Test scores for both group for the variable of vital capacity. In case of experimental group, the mean score of pre and post test is 4.11 and 4.35 and SD is 0.26 and 0.22. Whereas for the control group, the mean score of pre and post test score is 4.09 and 4.011 and SD is 0.27 and 0.26. The t value of the treatment group 5.62* and control group is 1.50. The treatment group shows significant improvement at 0.05 level of significance when compare to control. Hence the hypothesis “There exists significant effect of yogic practices on vital capacity of fencing players” is accepted.

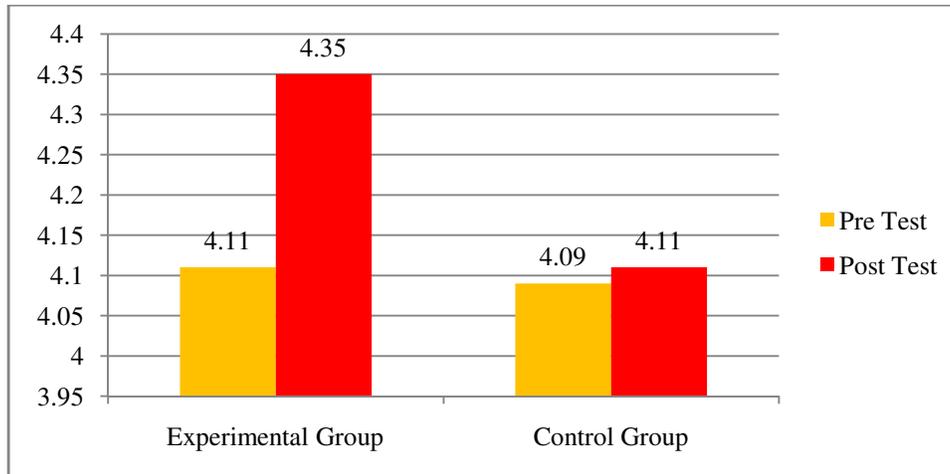


Figure 1: Presentation of Mean of Treatment and Control on the variable of vital capacity

Conclusion:

- ✓ Due to the influence of yoga practices significantly increased the level of vital capacity when compared with a control group as well as with pre test.

Reference

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