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A STUDY ON THE EFFECT OF YOGIC PRACTICES AND PHYSICAL EXERCISES ON SELECTED POSTURAL DEFORMITIES OF GULBARGA UNIVERSITY HIGH SCHOOL BOYS



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ABSTRACT

To train the youth is to build a strong foundation. The development of youth power deserves top priority among all programmes for human resources development and no amount of investment will be too much in this very vital area. Posture expresses mental as well as physical states, Posture is an index of personality, exact posture is an expression of intelligence, posture shows the rise and fall of nations. The research study was proposed to determine the effect of yogic practices AND physical exercises on the postural deformities of the spinal column, among Gulbarga University high school boys ranging between 11 to 13 years of age were selected as subjects at random and they were divided into three equal groups namely yogic practice group, physical exercise group and control group. The yogic practices and physical exercise group participated in the remedial exercises training programme for a period of 12 weeks, separately. The control group was not underwent any special practices other than their regular work. Analysis of covariance technique was used to find out the adjusted mean differences among the treatment groups. Yogic practice brought out a remarkable significant improvement in the functional aspect of the deformities of Kyphosis, Lordosis and Scoliosis than the physical exercises practice among Gulbarga University high school boys.

KEYWORDS :Kyphosis, Lordosis, Scoliosis, Physical Exercises, Yogic Exercises etc.

INTRODUCTION

Health is man's most precious possession. It influences all his activities. Happiness, Happiness,

Happiness, it may be of different origin on this earth but the happiness of being healthy is the real happiness. Physical education had to derive much from the educational system within which it exists and operates. The accumulation of wholesome experience through participation in large muscle activities promotes optimum growth and development. To train the youth is to build a strong foundation. The development of youth power deserves top priority among all programmes for human resources development and no amount of investment will be too much in this very vital area. Each and every young person is a building block in the edifice of a nation. So, the beauty and strength of any nation depends on how well each block, that is each young person is molded.

Health is fundamental to the national progress in any sphere in terms of resources for economic development nothing can be considered of higher importance than the health of the people which potential man hours for productive work in relation to the total number of persons maintained by the nation. For the efficiency of industry and of agriculture the health of the worker is an essential consideration. An interest in ratifying the postural deformities of the school boys which determines their physical and mental fitness. The attitudes about good posture have changed from that favoring a rigid, static, upright, unnatural position to one of efficient, graceful, yet somewhat relaxed body movement. Physical educators are concerned with dynamic posture in standing, walking, running and other body positions.

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Each man's posture is expressions of his thoughts feelings and moods. Through the appraisal of the posture of school children and the subsequent amelioration of problems of body alignment the physical educators makes a unique contribution to personality development rear acceptance and vocational success. Good posture is valuable for appearance, since it influence the concept others have of the individual. One's posture may even influence self concepts and altitude of mind. Posture involves the mechanical coordination of the various systems of the body with reference to skeleton and muscular systems and their neurological associations.

Poor posture may have several causes, including weak musculature faulty diet, fatigue, disease, arthritics, vision and hearing defects over weight conditions and obesity, skeletal defects, faulty postural habits and injuries such as back strain. Even negative attitudes towards exercises and desirable posture can be basic cause of poor body carriage. Exercise and more specifically therapeutic exercise may be used for both general and specific out comes. Therapeutic exercise is improvement in body balance and co-ordination of movement of all the segments. The ultimate goal should be correction of total body balance and function. This may involve in learning of new habits of near muscular control in which a minimum number of motor units are active and unneeded muscle groups are relaxed.

YOGA

Yoga is a system of attaining perfect physical and mental health. It control once's sense, resulting in an integrated personality, free from stress, to lead healthy, happy and balanced life. In some yoga is a positive way of maintaining physical up keep mental alternative and spiritual attainment. Positive changes in the life style of the people can be brought through yoga. Yoga helps to tone up the entire body. In yoga muscle and tissues are properly prepared and control over the muscles is achieved brought with power. Yoga further tones up glands, visceral muscles regulate function of various organs and helps to come psychosomatic alignments, digestive, metabolic and organic disorders. It is also helpful in correcting postural defects of the upper extremity. Some of yogic exercises improved blood circulation and tone of blood vessels. Its helps is seen in removal of accumulated toxins and the

metabolic wastes from the body. Glands are also toned up improving the hormonal secretions. Deep breathing and pranayamas have congenial effect on health and the nervous system. In short good health and physical fitness are out comes of yogic practices.

Postural deviations are classified as either structural or functional. In a structural deviation the shapes of bones has been modified and consequently the conduction cannot be rectified without surgery on having the part placed in a cast or brace for a period of time obviously corrective. Yoga exercises alone cannot correct this condition. Most postural deviations except those resulting from congenital defects, injury or disease, being as functional disorders. Functional postural deviations can be corrected through the yoga exercises and educational procedures. Types of Postural Deformities such as Kyphosis, Lordosis, Scoliosis.

OBJECTIVES OF THE STUDY:

- 1.To find out the effect of yogic practices and physical exercises on the postural deformities of the spinal column, among Gulbarga University high school boys ranging between 11 to 13 years of age.
- 2.To assess the differences in various treatment groups before and after the training programme.

METHODOLOGY:

The research study was proposed to determine the effects of yogic practices and physical exercises on the postural deformities of the spinal column among Gulbarga University high school boys ranging between 11 to 13 years of age were selected as subjects at random and they were divided into three equal groups namely yogic practice group, physical exercise and control group. The yogic practices and physical exercise group participated in the remedial exercises training programme for a period of 12 weeks, separately. The control group was not underwent any special practices other than their regular work. Analysis of covariance technique was used to find out the adjusted mean differences among the treatment groups. The data were collected on the selected dependent variables namely Kyphosis, Lordosis and scoliosis.

Yogic practices consist of Bhujangasana, Salabasana, Dhanurasana, Parvathasana, Ustrasana, Sarvangasana, Halasana, Matsyasana, Chakrasana, Trikonasana and Vakrasana.

Physical exercises consist of Elbow pull, Chest pull, wall sit, Floor sit, Lying tucks, Hamstring stretcher, Hang, Left hand push, Rib Push, Uneven hang respectively. It was hypothesized that the effect of yogic practices and physical exercises programme would bring out remarkable improvements in the functional aspects of the deformities of the spinal column.

Facilities and equipments: Opisometer, plumb Liner, Stadiometer.

FINDINGS OF STUDY:

Based on the obtained data the analysis were made and presented in the following way,

Table 1
Computation of Analysis of Covariance on Kyphosis of Control, Yoga Practice and Physical Exercise Groups

Tests	Control Group	Yoga Group	Physical exercise group	SV	SS	DF	MS	F-ratio
Pre test	39.3	41.33	40.02	B	23.85	2	11.93	3.03
				W	165.26	42	3.93	
Post test	38.4	38.66	38.27	B	0.845	2	0.42	0.119
				W	149.27	42	3.55	
Adjust mean test	39.18	37.66	38.44	B	10.26	2	5.13	7.18
				W	30.01	41	0.71	

Ordered adjusted final mean difference on kyphosis

Control group	Yoga group	Physical Ex. group	Mean difference	C.I.Value
39.18		38.44	0.20	0.28
39.18	37.66		0.33	
	37.66	38.44	0.13	

Graph 1

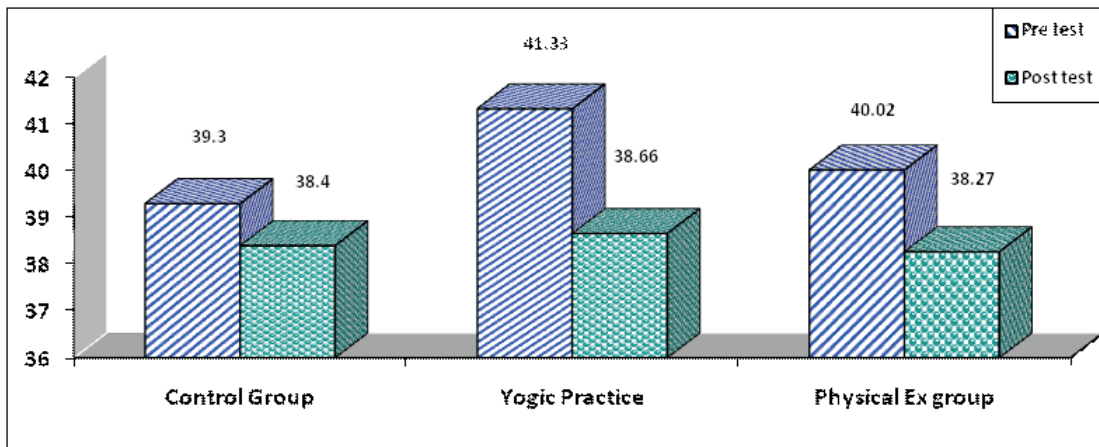


Table 2

Computation of Analysis of Covariance on Lordosis of Control, Yoga practice and Physical exercise groups

Tests	Control Group	Yoga Group	Physical exercise group	SV	SS	df	MS	F-ratio
Pre test	39.4	41.2	41.73	B	44.87	2	22.44	3.99
				W	236.31	42	05.63	
Post test	38.66	38.0	39.8	B	24.7	2	12.35	2.44
				W	212.9	42	05.07	
Adjust mean test	39.99	37.59	37.9	B	38.32	2	19.16	51.36
				W	15.65	41	0.37	

Ordered adjusted final mean difference on lordosis

Control group	Yoga group	Physical Ex.group	Mean difference	C.I.Value
39.99		37.9	2.09	1.06
39.99	37.59		2.41	
	37.59	37.9	0.31	

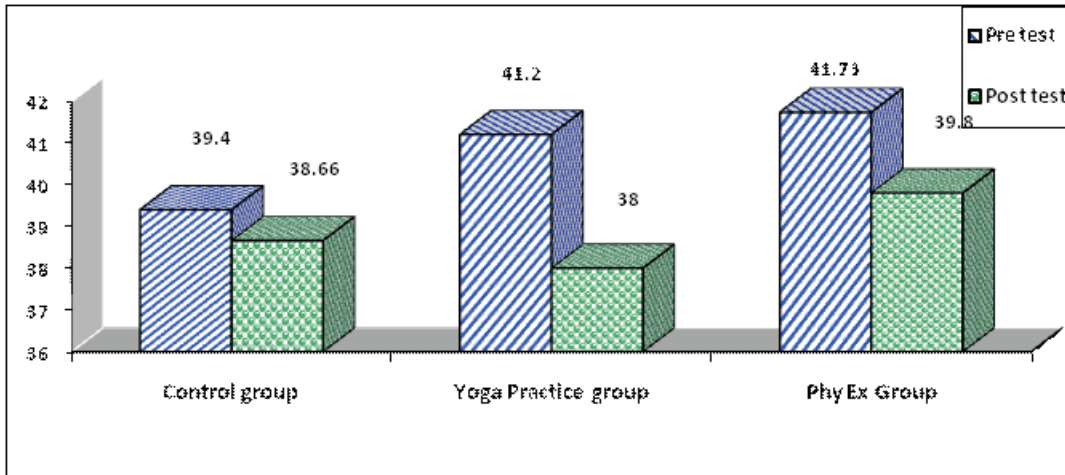
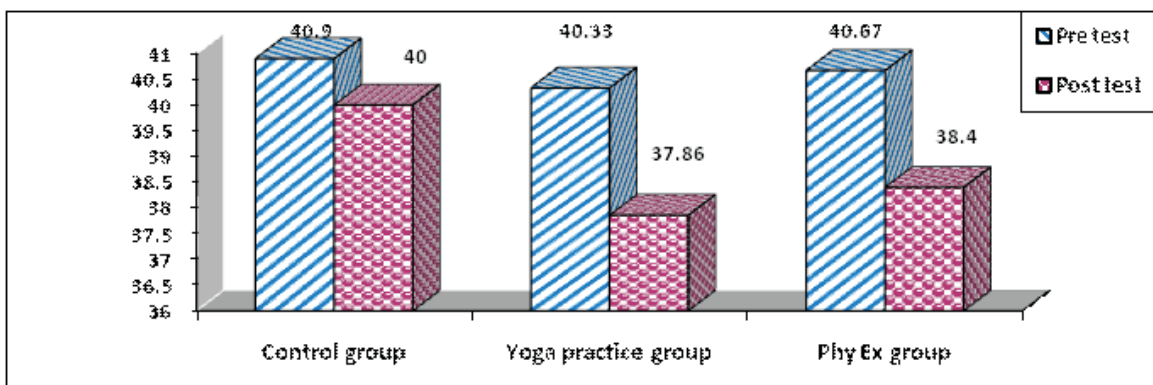


Table 3
Computation of Analysis of Covariance on Scoliosis of Control, Yoga practice and Physical Exercise Groups

Tests	Control Group	Yoga Group	Physical Exercise Group	SV	SS	df	MS	F-ratio
Pre test	40.9	40.33	40.67	B	2.64	2	1.32	0.31
				W	180.12	42	4.31	
Post test	40.0	37.86	38.4	B	40.81	2	20.41	8.06
				W	106.25	42	2.53	
Adjust mean test	40.13	37.82	38.42	B	42.96	2	21.48	8.81
				W	102.35	41	2.43	

Ordered adjusted final mean difference on scoliosis

Control group	Yoga group	Physical Ex.group	Mean difference	C.I.Value
40.13		38.42	1.72	1.45
40.13	37.82		2.31	
	37.82	38.42	0.59	



DISCUSSION ON FINDINGS OF KYPHOSIS, LORDOSIS AND SCOLIOSIS:

The finding of the study showed that there was significant improvement in kyphosis, lordosis and scoliosis due to influence of yogic practices and physical exercise. The improvement in the reduction of Kyphosis, Lordosis and Scoliosis may be due to suitable intensities of physical exercises and yogic practice. Further the selection of the yogic practices and physical exercises are appropriate for the

remedial improvement.

Discussion on Hypothesis: It was hypothesized that of yogasana and physical exercise programme would bring out the remedial improvement in the functional aspect of the deformities of the spinal column.

The finding of the study showed that there was remarkable improvement in the functional aspects of the deformities of the spinal column due to the influence of selected physical exercises and yogic practice. Hence the hypothesis was accepted on the above said variables.

CONCLUSIONS:

- 1.A remarkable significant improvement in the functional aspect of the deformities of the spinal column such as kyphosis, Lordosis and Scoliosis were found due to the influence of selected yogic practice and physical exercises.
- 2.Yogic practice brought out a remarkable significant improvement in the functional aspect of the deformities of Kyphosis, Lordosis and scoliosis than the influence of physical exercises among the middle school boys.

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