

The Effect of Specific Yogic Exercises and Combination of Specific Yogic Exercises with Autogenic Training On Selected Physiological, Psychological and Biochemical Variables of College Men Students

Shenbagavalli¹, A. & Divya², K.

¹Chair Person School of Physical Education, Alagappa University Karaikudi. Tamil Nadu

²Ph.D Scholar., Dept. of Physical Education, Alagappa University Karaikudi. Tamil Nadu

Abstract

The purpose of the study is to find out the effect of specific yogic exercises programme and combination of specific yogic exercises with autogenic training programme on selected physiological variables such as pulse rate, vital capacity, percent body fat, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein and fasting blood sugar of the college men students. Sixty Men students in the age group of 20 to 30 years from the Alagappa University were randomly selected and served as the subjects for the purpose of this study. The study was formulated as a random group design consisting of specific yogic exercises and combination of specific yogic exercise with autogenic training groups. The subjects (N=60) were at random divided into three equal groups. Experimental group I - was administered specific yogic exercise group, Experimental group II- underwent combination of specific yogic exercises with autogenic training group and control group. All the groups were subjected to pre-test prior to the experimental treatment. The experimental groups participated in their respective duration of 12 weeks, six days in a week throughout the study. Analysis of Co-variance (ANACOVA) was applied to determine the significance of mean difference between the three groups. When F-ratio was found to be significant, the Scheffe's Post Hoc test was applied to test the significance of pairs of the adjusted final group means. Practice of the combination of specific yogic exercises with autogenic training and specific yogic exercises programme is significantly effective in promoting desirable changes in the dependent variables.

Keywords: Pulse rate, Vital capacity, Percent body fat, Job anxiety, Occupational stress, Fasting Blood sugar

Introduction

Human life focuses on physical, mental, social and spiritual aspects. Human health is divided into physical, mental and social dimensions. Autogenic training is a system of very specific auto suggestive formula with a purpose to relieve tension, stress and to eliminate psychosomatic disturbances including many cases of insomnia, obesity, inability to concentrate, high blood pressure, constipation, skin problems, etc. Some

people use autogenic training as an aid to meditation, to improve their mental concentration in a focused way.

Yoga and autogenic training are useful to the modern man in relieving stress and tension (Joshi *et al*, 1992; Sakai, 1997; Arambula *et al*, 2001; Malhotra *et al*, 2002; Steeter & Kupper, 2002). The purpose of any research should be to solve the existing complications of the human being. Research should help the society not only to create good health and happiness