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REPUTATION OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG DIABETIC MEN

DR.M.SOORIYANARAYANAN*
*Physical Education Director, Anna University, College of Engineering, Ramanathapuram. Tamilnadu.

ABSTRACT

The study was designed to find out the reputation of yogic practice on selected Physiological variables among Diabetic men. It was hypothesized that there would be significant difference in Physiological variables such as Vital capacity and Resting Pulse Rate among diabetic men due to the influence of yogic practice and helps to control the diabetes in a better way. The purpose of this study was to find out 30 diabetic men were selected –from Chennai aged between 45-55 years were selected randomly. They were assigned into two groups of which one group served as Experimental group and second group served as control group of 15 each. I designed the experimental group underwent the yogic practice for the period of 12 weeks, six days per week for the maximum of one hour training. The control group was not exposed to any specific training. The pre test and post test was conducted in each group. Pre-test was conducted on selected physiological variables; post test was conducted after a period of yogic practice on selected physiological variables. The data was collected from the two groups. The difference between the initial and final scores in selected physiological variables were subjected to statistical treatment using Analysis of Covariance (ANCOVA) to find out the significant difference and tested at 0.05 level of significance. The results proved that yogic practice significantly influences the diabetic men comparing to the control group. Hence the hypothesis was accepted at 0.05 level of confidence. The conclusion of this study was that yogic practices would be significantly reputation than the control group on selected Physiological variables among diabetic men.

KEY WARDS: ***Vital capacity, yogic exercise and diabetic.***

INTRODUCTION:

Now a day we have to meet so many diseases that are caused by several reasons. Some diseases are caused by the influence of many microorganisms. Some diseases are caused by the hereditary diseases such as diabetes mellitus .We have to study about the diabetes mellitus .Diabetes mellitus is a cluster of metabolic diseases by the level of blood glucose present in the blood. It is otherwise called as hyperglycemia. The major part of the diabetes mellitus diseases based on insulin secretion. This may be as a result of defects in insulin secretion, Insulin action or both. In this type of diseases is also continuing to generation to generation .So this called as hereditary disease? Diabetes mellitus have two types like insulin dependent diabetes and no insulin dependent diabetes. Insulin dependent diabetes - usually starts in childhood or adolescence and is a result of genetic problem. No-Insulin dependent diabetes – usually starts in above 40 years of age and is a result of body tissues becoming resistant to insulin and is usually hereditary. So in these diseases are cure by many treatments, here we have to see about yogic practices. Now days yogic practices are commonly used most of the diseases like diabetic mellitus. We

have do regular yogic practice the diabetic mellitus and as a result of maintain the blood glucose level or prevent the diabetic mellitus. In a present day yogic practices used for the maintaining the blood glucose level.

Objectives of the study:

The objective of the study was to find out the reputation of yogic practice on selected physiological variables among diabetic men.

Hypothesis:

It was hypothesized that there would be significant difference on selected physiological variables among diabetic men due to the yogic practices than the control group.

METHODOLOGY:

For the purpose of study 30 diabetic men from Coimbatore district, Tamilnadu state in India+ aged between 45 to 55 years were selected random. The selected subjects were divided into two groups such as experimental group and a control group with 15 subjects each in a group. Experimental group underwent yogic practices for the period of 12 weeks, six days per week for the maximum of one hour training. Control group was not exposed to any specific training but they participated min. their regular activities. The yogic practice was given to the experimental group which includes loosening exercise, Asanas, Kapalbhati pranayama, Nadisodhana pranayama, savasana.

1. The selected variables Resting pulse rate and Blood Pressure , Vital capacity were measured for by a period of one minute and recorded in beats per minute. It was measured by Digital Heart Rate & Blood Pressure measuring machine, made in Japan.

2. Vital capacity was measured through Spiro-meter.

RESULTS AND DISCUSSIONS:

The data pertaining to the variables collected from the two groups before and after the training period were statistically analysed by using Analysis of Covariance (ANCOVA) to determine the significant improvement and tested at 0.05 level of confidence.

Computation of Analysis of Covariance and Post Hoc Test

Results on Resting Pulse Rate:

The data on the reputation of yogic exercises and walking on physiological variable, resting pulse rate was collected through pre and post test scores and subjected to statistical treatment using ANCOVA. Table I shows the results obtained.

TABLE-1 COMPUTATIONOFANALYSISOF COVARIANCEOFRESTINGPULSERATE

(Scores in Counts)

Means	Yogic Group	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F
Pre-Test	80.07	77.87	Between	12.3	2	6.16	0.50
			Within	516.3	42	12.29	
Post-Test	77.27	80.07	Between	86.8	2	43.40	5.21*
			Within	350.0	42	8.33	
Adjusted	76.81	78.25	Between	93.1	2	46.54	14.93*
			Within	127.8	41	3.12	
Mean Diff.	-2.80	2.20					

Table F-ratio at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41(df) =3.23.

Table I shows the obtained pre-test means and post-test means and the adjusted means for resting pulse rate. The obtained F value on the scores of pre-test means 0.50 was less than the required F value required 3.22, to be significant at 0.05 level This proved that the random assignment of the subjects were successful and their scores in resting pulse rate before the training were equal and there was no significant differences. The obtained F value on the scores of post-test means 5.21 was greater than the required F value 3.22, which proved that the interventional programmes, yogic and walking exercises were significantly improved resting pulse rate of the subjects. Taking into consideration of the pre-test means and post-test means adjusted post-test means were determined and analysis of covariance was done and the obtained F value 14.93 was greater than the required value of 3.22 and hence it was accepted that the yogic practices and walking exercises significantly improved resting pulse rate of the subjects. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe‘s Confidence Interval test. The results were presented in Table II.

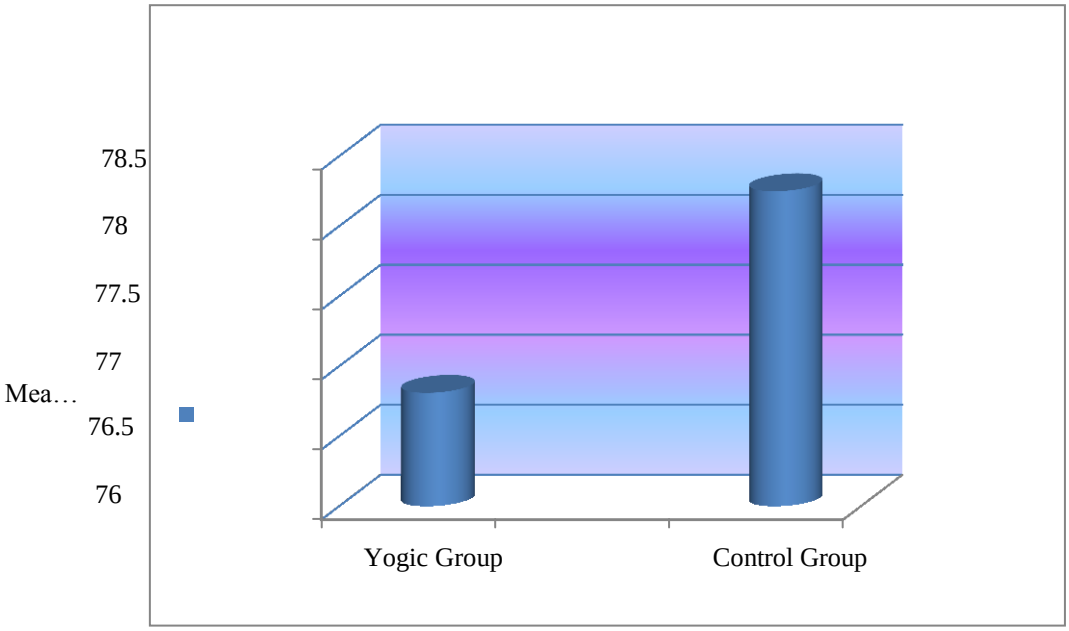
TABLE-II SCHEFFE‘SCONFIDENCE INTERVAL TESTSCORESONRESTINGPULSERATE

(Scores in counts)

MEANS		Mean Difference	Required .CI
Yogic Practices	Control		
74.74	78.25	3.51*	1.62

Table II shows that there were significant differences between Yogic practices and walking group and yogic practices and control group. The adjusted mean values of yogic, walking and control groups on resting pulse rate were presented through a bar diagram in Figure I, for better understanding of the results.

FIGURE: I
Bar Diagram Showing the Adjusted Mean Scores in Resting Pulse Rate among Yogic, and Control Groups



Results on Vital Capacity:

The data on the reputation of yogic exercises and walking on physiological variable, vital capacity was collected through pre and post test scores and subjected to statistical treatment using ANCOVA Table: III shows the results Obtained.

TABLE: III COMPUTATIONOFANALYSISOFCOVARIANCEOF VITALCAPACITY

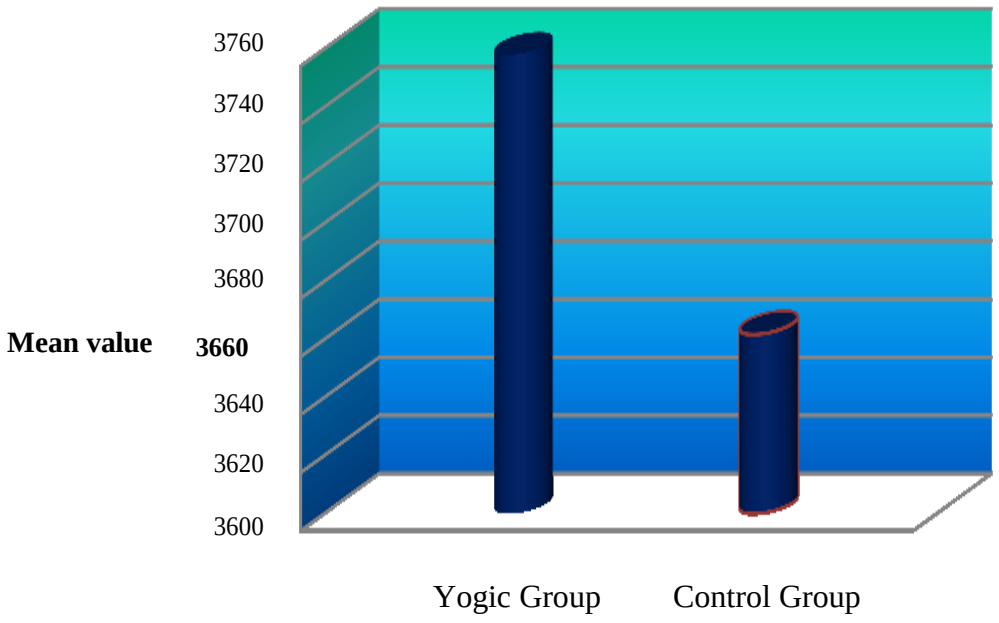
(Scores in ml)

Means	Yogic Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F
Pre-Test	3433.33	3633.33	Between	807444.4	2	403722.22	1.93
			Within	8780000.0	42	209047.62	
Post-Test	3630.00	3433.33	Between	393444.4	2	196722.22	1.04
			Within	7935083.3	42	188930.56	
Adjusted	3758.06	3661.68	Between	79507.4	2	39753.70	1.43
			Within	1138461.7	41	27767.36	
Mean Diff.	196.67	-200.00					

Table F-ratio at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41(df) =3.23. Not Significant Table III shows the obtained pre-test means and post-test means and the adjusted means for vital capacity. The obtained F value on the scores of pre-test means 1.93was less than the required F value required 3.22, to be significant at 0.05 level This proved that the random assignment of the subjects were successful and their scores in vital capacity before the training were equal and there was no significant differences. The obtained F value on the scores of post-test means 1.04 was less than the required F value 3.22, which proved that the interventional programmes, yogic and walking exercises were failed to significantly improve vital capacity of the subjects. Taking into consideration of the pre-test means and post-test means adjusted post-test means were determined and analysis of covariance was done and the obtained F value 1.43 was lesser than the required value of 3.22 and hence it was accepted that the yogic practices and walking exercises failed to significantly improve vital capacity of the subjects. Since there was no significant differences were recorded, the results were not subjected to post hoc analysis using Scheffe‘s Confidence Interval test. The adjusted mean values of yogic groups and control groups on vital capacity were presented through a bar diagram in Figure II, for better understanding of the results

FIGURE: II

Bar Diagram Showing the Adjusted Mean Scores in Vital capacity among Yogic and Control Groups



CONCLUSIONS:

Within limitations and delimitations of this study, the following conclusions are arrived at.

1. It was concluded that yogic practices were significantly reputation than the control group on selected physiological variables among Diabetic Men.
2. The yogic practices and walking exercises significantly improve vital capacity of the experimental group.
3. The yogic practices and walking exercises significantly improved resting pulse rate of the experimental group

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