



Combined Package Of Aerobic Training And Yogic Practices On Psychomotor Profiles Among College Men

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ABSTRACT

The need of the current research study was to inquire the combined effect of aerobic training and yogic practices on psychomotor profiles of college men. To realize the purpose of the study thirty college men were selected from in and around Thanjavur District, Tamilnadu, India during the year 2020. The subject's age ranges from 18 years to 25 years. The selected subjects were divided into two uniform groups consists of 15 men each namely experimental group and control group. The experimental group underwent a combined aerobic training and yogic practices programme for six weeks. The control group was not participating in any other training during the course of the study. Reaction time was taken as criterion variable in this research. The selected subjects were tested on reaction time was measured through Stick drop method (Distance on ruler 20 centimeters). The difference is found due to combined aerobic training and yogic practices given to the experimental group on reaction time when compared to control group.

Keywords: Aerobic Training, Yogic Practices, Reaction Time and 't' ratio.

INTRODUCTION

Aerobic training is the most important recreational physical activity. That can promoted aerobic capacity of an individual sports person. It's able to perform any place outdoor and indoor. This technique is mostly adoptable by the entire sports person during workout season.

We known in the modern situation most of the treatment occupied with their respective filed. But the term "Yoga" is covered most of the field with this truthfulness and success. That yoga now connected with most of the inter disciplinary research also. It is

mostly promoted by all the countries currently. Yoga is composed with asanas, pranayama, kriyas, mudras these things urge yoga to cure most diseases.

RESEARCH METHODOLOGY

Selection of subjects

The reason was to find out the combined effect of aerobic training and yogic practices on psychomotor profiles of college men. The purpose of the study, male subjects were sorting out as subjects at random. The subjects age were ranged from 18 to 25 years.

Selection of variable

Independent variable

- Combined aerobic training and yogic practices

Dependent variable

- Reaction Time

EXPERIMENTAL DESIGN AND IMPLEMENTATION

The selected subjects were divided into two equal groups of fifteen subjects each, such as a aerobic training and yogic practices group (Experimental Group) and control group. The experimental group underwent combined aerobic training and yogic practices for five days per week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following psychomotor variable namely reaction time was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable reaction time was measured through stick drop test method (Distance on ruler 20 centimeters) at prior to and immediately after the training programme.

Statistical technique

The 't' test was used to perusal the significant differences, if any, difference between the groups respectively.

Level of significance

The 0.05 level of confidence was set to test the level of significance which was considered as an appropriate.

ANALYSIS OF THE DATA

TABLE I Analysis of t-ratio for Reaction time (Scores in Seconds)

Variables	Group	Standard Deviation		Sd Error	
		Pre	Post	Pre	Post
Reaction Time	Control Group	0.013	0.011	0.003	0.003
	Experimental Group	0.012	0.008	0.003	0.002

TABLE II

Variables	Group	Mean		Df	't' ratio
		Pre	Post		
Reaction Time	Control Group	0.165	0.164	14	0.43
	Experimental Group	0.164	0.148		11.50*

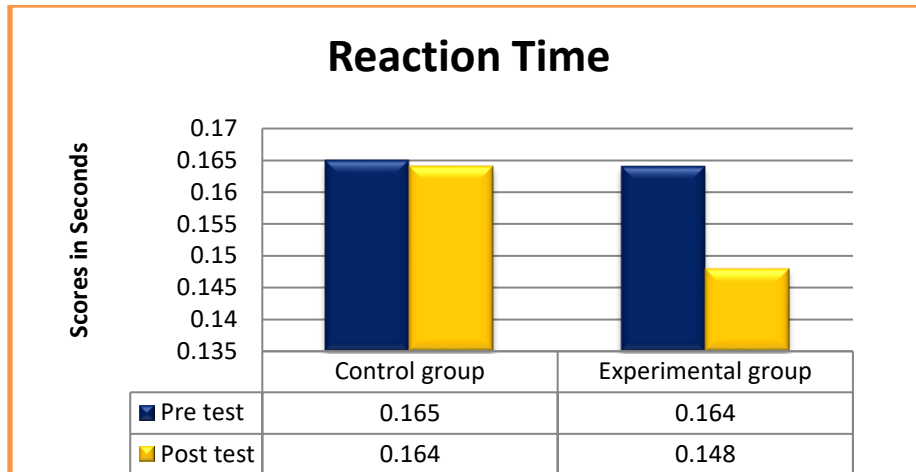
*Significance at 0.05 level of confidence.

The Table-I and II shows that the mean values of pre-test and post-test of the control group on reaction time were 0.165 and 0.164 respectively. The obtained 't' ratio was 0.43, since the obtained 't' ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on reaction time were 0.164 and 0.148 respectively. The obtained 't' ratio was 11.50* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant.

RESULT OF THE STUDY

The result of the data that proved that the combined aerobic and yogic training group was greater than the needed table score. So from the result the combined practice was greater than the control group.

Figure-1 Bar Diagram on Reaction time



DISCUSSIONS ON FINDINGS

The result of the study indicates that the experimental group, namely combined aerobic training and yogic practices group had significantly improved the selected dependent variable, namely reaction time, when compared to the control group. It is also found that the improvement caused by combined aerobic training and yogic practices when compared to the control group.

CONCLUSION

On the statements of the results obtained the below conclusions are drawn,

1. There was a significant difference between experimental and control group on reaction time after the training period.
2. There was a significant improvement in reaction time. However the improvement was in favor of experimental group due to six weeks of combined aerobic training and yogic practices.

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CONFLICT OF INTEREST Nil

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