

IMPACT OF YOGA ON THE PHYSICAL WELL BEING OF B.ED., TRAINEES

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ABSTRACT

This study was conducted to find out the impact of Yogic practices on Physical well being, it is a 'quasi experimental' study to find out the impact of Yogic practices on Physical well being of the B.Ed., Trainees. 44 B.Ed., Trainees were selected and they were given Yoga practices for three months under the supervision of and guidance of Yoga Masters. The impact was found using the Physical well being Scale and it was found that there is significant impact of Yogic Practices on the Physical well being of the B.Ed., Trainees.

KEYWORDS: Yoga, B.Ed., Trainees, Physical well being

INTRODUCTION

The general understanding and definition of yoga is reunion or union of the individual spirit with the universal spirit, or union of the limited self with the cosmic self or our limited consciousness with the cosmic consciousness (Gadewar Jagdish Shriram,2014). Yoga means unity. The main objective is to slowly remove the ego and overcome the limits in order to rest in one's real and intimate essence. In the highest and metaphysical sense, it determines yoga.

At the physical and physiological level, yoga provides the means for achieving coordination and efficacy of the various functions in the body to achieve the goal of physical harmony and health. On the mental level, yoga is the unification and harmony of feelings, words and deeds and brain, heart and hand integration. From a psychological point of view, yoga is the science that aims to awaken one's psychic centers in order to achieve a high level of creativity and trust, and eventually to unfold deeper aspects of our being and consciousness.

Therefore, the primary purpose of yoga is to remove all anomalies in the body mind complex, to balance opposing forces, to bring about a state of integration and harmony between the physical body, the pranic or bio-plasmic body and the mental body. Yoga and sports are the basic aspects of the life of an active person. Adaptation of these are essential in order to address the medical and physical problems of this human life.

Physical well being

Physical well-being is the ability to perform physical activity or fulfill social roles that are not impaired by physical limitations or perceptions of body pain or biological health markers. Physical well-being is about being stable, safe and healthy, and is closely linked to mental well-being. We'll naturally experience improved mental and emotional well-being if we have good physical health. Mental stress and anxiety, on the other hand, can put pressure on internal organs, increase blood pressure, decrease immune function, and disrupt chemical balance. Physical health is related to the overall body's function. Many illnesses, disorders and disabilities can hinder the functioning of the system.

Quality of life has been developed as a term with many facets, and health is one of its contributing factors (Guyatt, Feeny, & Patrick, 1993). The World Health Organization (WHO) has described health as "a state of complete physical, mental and social well-being and not just the absence of disease or disease" (WHO, 2007, p. 1). With such a broad definition of health, quality of life problems in medical practice and research have become increasingly important. The idea of quality of life related to health includes the aspects of physical function, emotional function, social function and expectations of health. (Wilson & Cleary, 1995).

If we fail to maintain our physical well-being, our health status can decline rapidly. It has been proven that physical activity alone reduces the risk of high levels of cholesterol, diabetes, high blood pressure, heart disease and also prevents muscle degeneration. Loss of exercise can eventually lead to muscle dysfunction, increase the risk of injury and falling, and also significantly limit daily living activities, simple day-to-day self-care tasks such as washing, eating, dressing, and even mobility. For many, losing the ability to engage in daily living activities can lead to a loss of autonomy, resulting in anxiety, reduced social functioning, shortened liver functioning. All of these factors can affect other aspects, particularly emotional and relationships.

Yoga and Physical Well being

There was a critical analysis evaluating how yoga would make older adults comfortable. Ten studies were included with 544 participants (mean age 69.9 ± 6.3). The studies recorded modest effect sizes and weight loss with respect to physical fitness and function. Nevertheless, additional research studies with appropriate (active and specific) control measures are still required to validate these promising findings (Büssing, 2012).

There is evidence that yoga has important and replicable effects on many health conditions with the advent of higher quality yoga studies. (Granath, 2006). Although health is seen as holistic in yogic practices and health factors are explicitly interconnected, work also focuses on specific areas such as physical health, mental health and/or spiritual well-being. (Smith, 2007). Some conditions that have been well studied include depression, stress and anxiety, irritable bowel syndrome, HIV, heart conditions, cancer, and chronic low back pain (Sharma, 2005).

It is important to note that the original purpose of yoga – to improve one's spiritual well-being or link with the divine – has traditionally been for researchers a neglected field. The success of yoga as an activity in health clubs has likely led to some spirituality de-emphasis. We have seen a kind of transformation of the religious method of yoga into an acceptable form of practice in a secular sense, and an important characteristic of yoga is that it adapts to every unique historical period and cultural context.

Physical benefits of Yoga Asana Practice

In a study, Twenty-six healthy adults aged 20–58 (Mean 31.8) took part in either astanga yoga class or hatha yoga class for six months. For all participants in diastolic blood pressure, upper body and trunk adaptive muscle strength and endurance, mobility, perceived tension, and perception of wellbeing, significant Improvements in follow-up are reported. For each band, the results varied from the baseline assessments.

The astanga yoga community had lowered blood pressure and perceived tension, and improved muscle strength and endurance, mobility, and sense of wellbeing in the upper body and trunk. Only trunk flexible muscle strength and endurance and mobility were significant improvements for the hatha yoga community. The findings suggest that yoga practice's health benefits vary in style (Virginia, 2005).

Statement of the Problem

Physical fitness encourages the optimal health and functionality of our bodies. There are many physical health aspects that need to be cared for by everyone together. To order to keep the body to top condition, overall physical fitness promotes the combination between physical activity, diet and mental wellbeing. In reaching an optimum level of physical well-being, you will cultivate personal responsibility for our own health. As you become aware of our physical health, you will recognise elements in which you are effective as well as elements in which we want to change. The relaxation techniques used in yoga can alleviate chronic pain such as lower back pain, arthritis, migraine and carpal tunnel syndrome, Yoga can also lower blood pressure and minimize insomnia. First hand experience about the benefits of yoga will make the Teacher Trainees to impart the learning to the next generation with confidence, hence the investigator decided to take up an experimental study with the B.Ed., Trainees. The above discussions leads the investigator to take up a study, which may be entitled as “Impact of Select Yogic Practices on Physical well being of B.Ed., Trainees”

Definition of Terms used**B.Ed., Trainees**

Those who are undergoing Two year teacher training course after completion UG/ PG.

Yogic Practices

The systematic practices of physical exercises, breath control, relaxation, diet control, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment is called as Yogic Practices.

Physical well being

Physical well-being is the ability to perform physical activities and fulfill social roles that are not affected by physical limitations or body pain experiences, and markers of biological health.

OBJECTIVES

- To identify the B.Ed., Trainees for the Experimentation.
- To find out the, suitable Yoga Asanas related with Physical well being of the individual.
- level of Physical well being of the B.Ed., Trainees (Pre- Study).
- level of Physical well being Trait, of the B.Ed., Trainees with regard to the selected sub samples.
- significance of difference between sub samples of B.Ed., Trainees with regard to the level of Physical well being.
- To conduct Yogic Practices for the selected B.Ed., Trainees.
- level of Physical well being of the B.Ed., Trainees (Post- Study).
- whether there is any significant impact of Yogic Practices on the level of Physical well being of the B.Ed., Trainees.
- significance of difference between sub samples in the impact of Yogic practices for the B.Ed., Trainees with regard to the Physical well being.

Hypotheses

There is no significant

- difference between sub samples of B.Ed., Trainees with regard to the Physical well being.
- impact of Yogic Practices on the Physical well being of the B.Ed., Trainees.
- difference between sub samples in the impact of Yogic practices for the B.Ed., Trainees with regard to the Physical well being.

METHODOLOGY

‘Quasi Experimental’ method was adopted for this study. As the impact of Yogic practices could not measured in a pure experimental method, the Quasi experimental method was adopted. Selected Yoga asana practices were given to B.Ed., Trainees with supervision and guidance of trained Yoga Masters for three months. To measure the impact survey method implemented with selected tools.

Sampling Design

Convenience sampling design has been used for this study. ‘Convenience sampling’ is a non-probability sampling technique where subjects are selected because of their convenient accessibility and proximity to the researcher.

Tools Used

In this study to find out the impact of Yogic practices on the Physical well being the B.Ed., Trainees, Physical wellbeing Scale constructed and validated by Rahid (2014) was used.

Statistical Techniques Used

For this study to arrive at the results, Descriptive analysis and Differential analysis are used, which consists of Mean, SD, ‘t’ tests, ‘F’ tests co-relational analysis and percentage calculations.

Descriptive Analysis

This study has been conducted to analyse the impact of Yogic Practices on Physical well being of B.Ed., Trainees. The data were collected before and after experimentation and the data collected from the selected B.Ed., Trainees were statistically treated.

Analysis of Pre-study Physical Well being scores of B.Ed., Trainees

The Mean and SD were calculated for the Pre study- Physical Well being scores of entire sample and its sub samples.

Table 1: The Mean and SD of Physical well being Scores of B.Ed., Trainees (Pre Study)

Demographic Variable	Sub Sample	N	Mean	SD
Entire Sample		44	27.80	6.02
Gender	Male	6	22.00	5.65
	Female	38	28.71	5.61
Marital Status	Married	10	27.30	7.24
	Unmarried	34	27.94	5.73
Age	upto 25	22	26.91	5.83
	26-30	18	28.72	6.44
	Above 30	4	28.50	5.91
Participation in Sports	Yes	4	22.00	2.94
	No	40	28.38	5.96

Entire Sample

From the calculations computed for the Physical Well being scores of B.Ed., Trainees, it may be inferred that the B.Ed., Trainees have scored low level of Physical Well being (M=27.80).

Gender

The mean scores indicate that Female B.Ed., Trainees (M=28.71) have scored high in their Physical Well being than Male B.Ed., Trainees (M=27.30).

Marital Status

The mean scores indicate that both Married (M=27.30) and Unmarried B.Ed., Trainees (M=27.94) have scored equal level of score in Physical Well being.

Age

The mean scores indicate that 26-30 years old B.Ed., Trainees (M=28.72) have scored high in their Physical Well being than B.Ed., Trainees of age above 30 (M=28.50).and age upto 25 (M=26.91).

Participation in Sports

The mean scores indicate that B.Ed., Trainees, who are not participating in Sports and Games (M=28.38) have scored high in their Physical Well being than the B.Ed., Trainees who are participating in Sports and Games (M=22.00.).

Analysis of Post Study Physical well being Scores of B.Ed., Trainees

The Mean and SD were calculated for the Post study- Physical Well being scores of entire sample and its sub samples.

Table 2: The Mean and SD of Physical well being Scores of B.Ed., Trainees (Post Study)

Demographic Variable	Sub Sample	N	Mean	SD
Entire Sample		44	43.68	5.45
Gender	Male	6	38.67	4.92
	Female	38	44.47	5.15
Marital Status	Married	10	43.80	6.28
	Unmarried	34	43.65	5.29
Age	upto 25	22	42.82	5.78
	26-30	18	44.39	5.00
	Above 30	4	45.25	6.18
Participation in Sports	Yes	4	39.00	4.24
	No	40	44.15	5.38

Entire Sample

From the calculations computed for the Physical Well being scores of B.Ed., Trainees, it may be inferred that the B.Ed., Trainees have scored high level of Physical Well being (M=43.68).

Gender

The mean scores indicate that Female B.Ed., Trainees (M=44.47) have scored high in their Physical Well being than Male B.Ed., Trainees (M=38.67).

Marital Status

The mean scores indicate that both Married (M=43.80) and Unmarried B.Ed., Trainees (M=43.65) have scored equal level of score in Physical Well being.

Age

The mean scores indicate that B.Ed., Trainees of age above 30 (M=45.25). have scored high in their Physical Well being than B.Ed., Trainees of age 26-30 years old (M=44.39) and age upto 25 (M=42.82).

Participation in Sports

The mean scores indicate that B.Ed., Trainees, who are not participating in Sports and Games (M=44.15) have scored high in their Physical Well being than the B.Ed., Trainees who are participating in Sports and Games (M=39.00).

Analysis of the Mean difference in Physical well being Scores of B.Ed., Trainees between Pre Study and Post Study

The Mean difference in Physical well being scores of B.Ed., Trainees between Pre Study and Post Study were calculated for the entire sample and its sub samples.

Table 3: The Mean difference in Physical well being Scores of B.Ed., Trainees between Pre Study and Post Study

Demographic Variable	Sub Sample	N	Mean	% of Increase
Entire Sample		44	15.89	57.16
Gender	Male	6	16.67	75.77
	Female	38	15.76	54.89
Marital Status	Married	10	16.50	60.44
	Unmarried	34	15.71	56.23
Age	upto 25	22	15.91	59.12
	26-30	18	15.67	54.56
	Above 30	4	16.75	58.77
Participation in Sports	Yes	4	17.00	77.27
	No	40	15.78	55.60

Entire Sample

From the calculations computed for the Physical well being scores of Pre Study and Post Study of B.Ed., Trainees, it may be inferred that the B.Ed., Trainees have secured 57.16% increase in their Physical well being.

Gender

The mean scores indicate that Male B.Ed., Trainees (75.77%) have secured higher increase in their Physical well being than Female B.Ed., Trainees (M=54.89%).

Marital Status

The mean scores indicate that Married B.Ed., Trainees (60.44%) have secured higher increase in their Physical well being than Unmarried B.Ed., Trainees (M=56.23%).

Age

The mean scores indicate that B.Ed., Trainees of age upto 25 (59.12%) have secured higher increase in their Physical well being than 26-30 years old B.Ed., Trainees (M=54.56) and B.Ed., Trainees of age above 30 (58.77%).

Participation in Sports

The mean scores indicate that B.Ed., Trainees, who are participating in Sports and Games (77.27%) have secured higher increase in the Physical well being than the B.Ed., Trainees who are not participating in Sports and Games (55.60%).

Analysis of Mean Scores of Male and Female B.Ed., Trainees with Respect to their Physical Well being

H_0

‘There is no significant difference between Male and Female B.Ed., Trainees with respect to their Physical Well being’.

For the purpose of testing the H_0 ‘t’ value has been calculated.

Table 4: Difference between Male and Female B.Ed., Trainees with Respect to their Physical Well being

Sub Sample	N	Mean	SD	t-Value	Significance at 0.05 Level
Male	6	22.00	5.65	2.703	Significant
Female	38	28.71	5.61		

Since the ‘t’ value is significant at 0.05 level, the above Null hypothesis is rejected and It is inferred that there is significant difference between Male and Female B.Ed., Trainees with respect to their Physical Well being.

Analysis of Mean Scores of Married and Unmarried B.Ed., Trainees with Respect to their Physical Well being

H_0

‘There is no significant difference between Married and Unmarried B.Ed., Trainees with respect to their Physical Well being’.

For the purpose of testing the H_0 ‘t’ value has been calculated.

Table 5: Difference between Married and Unmarried B.Ed., Trainees with Respect to their Physical Well being

Sub Sample	N	Mean	SD	t-Value	Significance at 0.05 Level
Married	10	27.30	7.24	0.257	Not significant
Unmarried	34	27.94	5.73		

Since the ‘t’ value is not significant at 0.05 level, the above Null hypothesis is accepted and It is inferred that there is no significant difference between Married and Unmarried B.Ed., Trainees with respect to their Physical Well being.

Analysis of Significance among the Sub-Samples of Age of B.Ed., Trainees with Respect to their Physical Well being

H_0

‘There is no significant difference among the sub samples Age of B.Ed., Trainees with respect to their Physical Well being’.

For the purpose of testing the H_0 ‘F’ value has been calculated.

Table 6: Significance among the Sub-Samples of Age of B.Ed., Trainees with Respect to their Physical Well Being

Sub Sample	Sum of Squares	df	Mean Square	F	Significance at 0.05 Level
Between Groups	34.730	2	17.365	0.466	Not Significant
Within Groups	1526.429	41	37.230		
Total	1561.159	43			

Since the 'F' value is not significant at 0.05 level, the Null hypothesis is accepted and It is inferred that there is no significant difference among the sub samples Age of B.Ed., Trainees with respect to their Physical Well being.

Analysis of Mean Scores of B.Ed., Trainees, who are Participating in Sports and Games and who are not Participating in Sports and Games with Respect to their Physical Well being

H_0

'There is no significant difference between B.Ed., Trainees who are participating in Sports and Games and who are not participating in Sports and Games with respect to their Physical Well being'.

For the purpose of testing the H_0 't' value has been calculated.

Table 7: Difference between B.Ed., Trainees who are Participating in Sports and Games and who are not Participating in Sports and Games with Respect to their Physical Well being

Sub Sample	N	Mean	SD	t-Value	Significance at 0.05 Level
Participating in Sports and Games	4	22.00	2.94	3.647	Significant
Not Participating in Sports and Games	40	28.38	5.96		

Since the 't' value is significant at 0.05 level, the above Null hypothesis is rejected and It is inferred that there is significant difference between B.Ed., Trainees who are participating in Sports and Games and who are not participating in Sports and Games with respect to their Physical Well being.

Analysis of Mean Scores of Male and Female B.Ed., Trainees with Respect to their Physical Well being

H_0

'There is no significant difference between Male and Female B.Ed., Trainees with respect to their Physical Well being'.

For the purpose of testing the H_0 't' value has been calculated.

Table 8: Difference between Male and Female B.Ed., Trainees with respect to their Physical Well being

Sub Sample	N	Mean	SD	t-Value	Significance at 0.05 Level
Male	6	38.67	4.92	2.660	Significant
Female	38	44.47	5.15		

Since the 't' value is significant at 0.05 level, the above Null hypothesis is rejected and It is inferred that there is significant difference between Male and Female B.Ed., Trainees with respect to their Physical Well being.

Analysis of Mean Scores of Married and Unmarried B.Ed., Trainees with Respect to their Physical Well being**H₀**

‘There is no significant difference between Married and Unmarried B.Ed., Trainees with respect to their Physical Well being’.

For the purpose of testing the Ho ‘t’ value has been calculated.

Table 9: Difference between Married and Unmarried B.Ed., Trainees with Respect to their Physical Well being

Sub Sample	N	Mean	SD	t-Value	Significance at 0.05 Level
Married	10	43.80	6.28	0.070	Not significant
Unmarried	34	43.65	5.29		

Since the ‘t’ value is not significant at 0.05 level, the above Null hypothesis is accepted and It is inferred that there is no significant difference between Married and Unmarried B.Ed., Trainees with respect to their Physical Well being.

Analysis of Significance among the Sub-Samples of Age of B.Ed., Trainees with Respect to their Physical Well being**H₀**

‘There is no significant difference among the sub samples Age of B.Ed., Trainees with respect to their Physical Well being’.

For the purpose of testing the Ho ‘F’ value has been calculated.

Table 10: Significance among the Sub-Samples of Age of B.Ed., Trainees with Respect to their Physical Well being

Sub Sample	Sum of Squares	df	Mean Square	F	Significance at 0.05 Level
Between Groups	35.245	2	17.622	0.581	Not Significant
Within Groups	1244.301	41	30.349		
Total	1279.545	43			

Since the ‘F’ value is not significant at 0.05 level, the Null hypothesis is accepted and It is inferred that there is no significant difference among the sub samples Age of B.Ed., Trainees with respect to their Physical Well being.

Analysis of Mean Scores of B.Ed., Trainees, who are Participating in Sports and Games and who are not Participating in Sports and Games with Respect to their Physical Well being**H₀**

‘There is no significant difference between B.Ed., Trainees who are participating in Sports and Games and who are not participating in Sports and Games with respect to their Physical Well being’.

For the purpose of testing the Ho ‘t’ value has been calculated.

Table 11: Difference between B.Ed., Trainees who are Participating in Sports and Games and who are not Participating in Sports and Games with Respect to their Physical Well being

Sub Sample	N	Mean	SD	t-Value	Significance at 0.05 Level
Participating in Sports and Games	4	39.00	4.24	2.253	Significant
Not Participating in Sports and Games	40	44.15	5.38		

Since the 't' value is significant at 0.05 level, the above Null hypothesis is rejected and It is inferred that there is significant difference between B.Ed., Trainees who are participating in Sports and Games and who are not participating in Sports and Games with respect to their Physical Well being.

Calculation of Impact of Yogic Practices on Physical Well being, - Paired Sample – “t”-Test and Correlation “r” between Pre and Post Study Scores

H_0

‘There is no significant impact of Yogic Practices on the Physical Well being, of the B.Ed., Trainees’.

For the purpose of testing the H_0 Paired Sample t- test scores and Correlation scores were computed with the Pre and Post Study Physical Well being scores of B.Ed., Trainees to find out the significance of increase in Physical Well being of B.Ed., Trainees due to the Yogic Practices given.

Table 12: Impact of Yogic Practices on Physical Well being, - Paired Sample – “t”-Test and Correlation “r” between Pre and Post Study Scores

Demo-Variable	Sub Sample	N	Pre-Study		Post-Study		Difference between Pre & Post Study		Paired Samples-t-Value	Correlation “r”
			Mean	SD	Mean	SD	Mean	SD		
Entire Sample		44	27.80	6.02	43.68	5.45	15.89	3.52	29.89	0.816
Gender	Male	6	22.00	5.65	38.67	4.92	16.67	5.16	7.906	0.531
	Female	38	28.71	5.61	44.47	5.15	15.76	3.27	29.67	0.819
Marital Status	Married	10	27.30	7.24	43.80	6.28	16.50	4.32	12.05	0.804
	Unmarried	34	27.94	5.73	43.65	5.29	15.71	3.30	27.68	0.823
Age	upto 25	22	26.91	5.83	42.82	5.78	15.91	2.75	27.04	0.887
	26-30	18	28.72	6.44	44.39	5.00	15.67	4.57	14.52	0.707
	Above 30	4	28.50	5.91	45.25	6.18	16.75	3.21	15.10	0.934
Participation in Sports	Yes	4	22.00	2.94	39.00	4.24	17.00	5.03	6.75	0.053
	No	40	28.38	5.96	44.15	5.38	15.78	3.40	29.27	0.824

Since the 't' values and 'r' values are significant at 0.05 level, the above Null hypothesis is rejected and It is inferred that there is significant impact of Yogic Practices on the Physical Well being of the B.Ed., Trainees.

CONCLUSIONS

From the results of the quasi experimental study conducted, It is inferred that there is significant impact of Yogic Practices on the Physical well being Traits of the B.Ed., Trainees. Hence, it is recommended that, Yoga practices may be made as apart of Curriculum at all levels of Education. Suitable Asanas may be trained to the students to practice. Through yoga, future generation can be developed with positive attitude and Physical well being.

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