

## EFFECT OF SELECTIVE ASANAS INTERVENTION ON BODY MASS INDEX AMONG COLLEGE WOMEN

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### Abstract

The purpose of the present study was to investigate the effect of selective asanas intervention on body mass index among college women. To achieve the purpose of the study thirty college women were selected from Alagappa University, Karaikudi, Tamilnadu, India during the year 2020. The subject's age ranges from 17 to 25 years. The selected students were divided into two equal groups consists of 15 college women each namely experimental group and control group. The experimental group underwent a selective asanas intervention programme for six weeks. The control group was not taking part in any training during the course of the study. Body mass index was taken as criterion variable in this study. The selected subjects were tested on Body mass index was measured through body mass index analyzer method. Pre-test was taken before the training period and post- test was measured immediately after the six week training period. Statistical technique 't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to selective asanas intervention given to the experimental group on Body mass index when compared to control group.

**Keywords: Selective Asanas Intervention, Body mass index and 't' ratio.**

### INTRODUCTION

The objective of yoga is solidarity of the body, brain and soul with the attention on body stance, breathing and contemplation. A few types of yoga exist to address the issues of differing ways of life and characters. Every yoga style underscores various positions and explicit speculations or convictions. Today, sports have become a part and parcel of our culture. It is being influenced and does influence all our social institutions including education, economics, arts, politics, law, mass communication and even international diplomacy. Yoga is universally benefiting all people of all ages. The study of Yoga is

fascinating to those with a philosophical mind and is defined as the silencing of the mind's activities which lead to complete realization of the intrinsic nature of the Supreme Being. In the sports world, physical education is the most essential aspect due to the fact physical schooling increases the performance and the effectiveness of the sports.

## **RESEARCH METHODOLOGY**

### **Selection of subjects**

The purpose of the study was to find out the effect of selective asanas intervention on Body mass index among college women. To achieve this purpose of the study, thirty college women were selected as subjects at random. The age of the subjects were ranged from 17 to 25 years.

### **Selection of variable**

#### **Independent variable**

- Selective asanas intervention

#### **Dependent variable**

- Body mass index

## **EXPERIMENTAL DESIGN AND IMPLEMENTATION**

The selected subjects were divided into two equal groups of fifteen subjects each, such as a selective asanas intervention group (Experimental Group) and control group. The experimental group underwent selective asanas intervention training for six 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 physical variable namely Body mass index was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable Body mass index was measured through body mass index analyzer method at prior to and immediately after the training programme.

### **Statistical technique**

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

### **Level of significance**

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

## ANALYSIS OF THE DATA

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent 't' test was used with 0.05 levels as confidence.

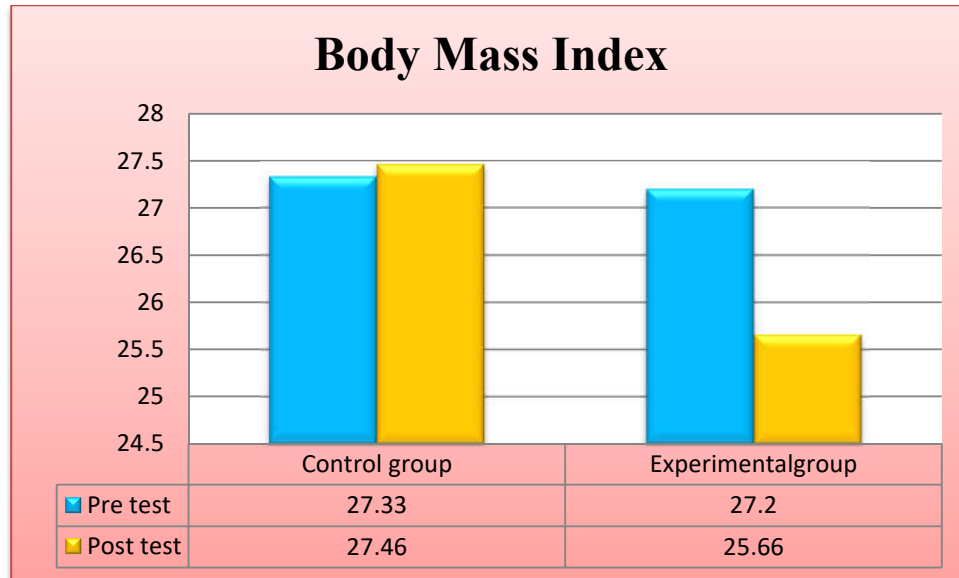
**TABLE I**  
**Analysis of t-ratio for the pre and post tests of experimental and control group on**  
**Body mass index**  
(Scores counts in number)

Variables	Group	Mean		SD		df	't' ratio
		Pre	Post	Pre	Post		
Body Mass Index	Control	27.33	27.46	2.09	1.84	14	0.564
	Experimental	27.20	25.66	1.82	1.49		<b>11.50*</b>

*\*Significance at .05 level of confidence.*

The Table-I shows that the mean values of pre-test and post-test of the control group on Body mass index were 27.33 and 27.46 respectively. The obtained 't' ratio was 0.56, 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 Body mass index were 27.20 and 25.66 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. The result of the study showed that there was a significant difference between control group and experimental group in Body mass index. It may be concluded from the result of the study that experimental group improved in Body mass index due to six weeks of selective asanas intervention.

**Figure-1**  
**Bar Diagram Showing the Pre and Post Mean Values of**  
**Experimental and Control Group on Body mass index**



### DISCUSSIONS ON FINDINGS

The result of the study indicates that the experimental group, namely selective asanas intervention training group had significantly improved the selected dependent variable, namely Body mass index, when compared to the control group. It is also found that the improvement caused by selective asanas intervention when compared to the control group.

### CONCLUSION

On the basis of the results obtained the following conclusions are drawn,

1. There was a significant difference between experimental and control group on Body mass index after the training period.
2. There was a significant improvement in Body mass index. However the improvement was in favor of experimental group due to six weeks of selective asanas intervention training.

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