

POWER WALKING ON HIGH DENSITY LIPOPROTEIN AMONG URBAN WOMEN

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Abstract

The purpose of the present study was to investigate the effect of power walking on High density lipoprotein among urban women. To achieve the purpose of the study thirty urban women were selected from Bangalore, Karnataka, India during the year 2020. The subject's age ranges from 25 to 35 years. The selected subjects were divided into two equal groups consists of 15 subjects each namely experimental group and control group. The experimental group underwent a power walking programme for six weeks. The control group was not taking part in any training during the course of the study. High density lipoprotein was taken as criterion variable in this study. The selected subjects were tested on High density lipoprotein was measured through High density lipoprotein analyzer method (blood test in lab). 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 power walking given to the experimental group on High density lipoprotein when compared to control group.

Keywords: Power Walking, High density lipoprotein and 't' ratio.

INTRODUCTION

Yoga is a conventional and social study of India. Aside from yoga, India has contributed different sciences like Sanskrit language structure, arithmetic, kama sutra, and Ayurveda to the humankind. Ayurveda incorporates yoga as a piece of a perfect way of life and support of wellbeing. 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 (Alaguraja, K. et.al, 2019)⁴. 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 (Alaguraja, K. et.al., 2017)¹. 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 (Alaguraja, K. et.al., 2018)².

Yoga is a system of exercises which helps the mind and body in order to achieve tranquillity and spiritual insight (Alaguraja, K. et.al, 2019)⁵. Make sure that when you practice yoga asanas, you don't just stretch the body because the mind has to be with the body. (Alaguraja, K. et.al, 2019)⁸. One can start practicing Yoga at any given moment of time and you may start with meditation or directly with pranayama without even doing the asanas (postures). (Alaguraja, K. et.al, 2019)³. Today's there is an escalating emphasis on appearing smarter, feeling better and living longer. In order to achieve these ideals as, scientific evidence tells us that one of the keys is high fitness and exercises (Alaguraja, K. et.al, 2019)⁷. When consciousness is operating with the intellect and with all the senses, by making an individual think that he or she is awake and aware, but the mind is actually less receptive and more critical (Yoga, P. et. al., 2019)¹⁰. Yoga is a practical aid, not a religion and its techniques may be practiced by Buddhist, Jews, Christians, Muslims, Hindus and Atheist alike. Yoga is union for all (Selvakumar, K. et.al, 2019)⁹.

RESEARCH METHODOLOGY

Selection of subjects

The purpose of the study was to find out the effect of power walking on High density lipoprotein among urban women. To achieve this purpose of the study, thirty urban women were selected as subjects at random. The age of the subjects were ranged from 25 to 35 years.

Selection of variable

Independent variable

- Power walking

Dependent variable

- High density lipoprotein

EXPERIMENTAL DESIGN AND IMPLEMENTATION

The selected subjects were divided into two equal groups of fifteen subjects each, such as a power walking group (Experimental Group) and control group. The experimental group underwent power

walking 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 biochemical variable namely High density lipoprotein was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable High density lipoprotein was measured through High density lipoprotein analyzer method (blood test in lab) 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
High density lipoprotein
(Scores mg/dl)

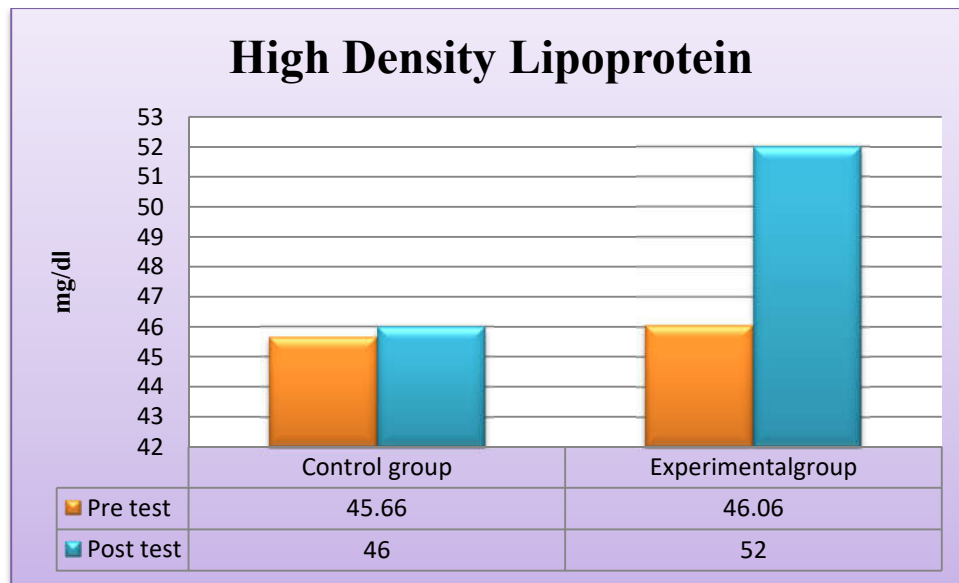
Variables	Group	Mean		SD		df	't' ratio
		Pre	Post	Pre	Post		
High density lipoprotein	Control	45.66	45.93	1.71	1.90	14	1.16
	Experimental	46.13	51.93	1.40	1.62		13.22*

**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 High density lipoprotein were 45.66 and 45.93 respectively. The obtained 't' ratio was 1.16, 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 High density lipoprotein were 46.13 and 51.93 respectively. The obtained 't' ratio was 13.22* 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 High density lipoprotein. It may be concluded from the result of the study that experimental group improved in High density lipoprotein due to six weeks of power walking.

Figure-1
Bar Diagram Showing the Pre and Post Mean Values of
Experimental and Control Group on High density lipoprotein



DISCUSSIONS ON FINDINGS

The result of the study indicates that the experimental group, namely power walking group had significantly improved the selected dependent variable, namely High density lipoprotein, when compared to the control group. It is also found that the improvement caused by power walking 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 High density lipoprotein after the training period.
2. There was a significant improvement in High density lipoprotein. However the improvement was in favor of experimental group due to six weeks of power walking.

Acknowledgement

The research article was supported by RUSA Phase – II Alagappa University for providing financial support for this research work.

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