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A STUDY OF MALE SEDENTARY PEOPLE, REGULAR WALKERS AND YOGA PRACTITIONERS ON SELECTED BODY COMPOSITION VARIABLES

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Abstract

The purpose of the study was to compare the selected body composition variables among male sedentary people, Regular walkers and Yoga practitioners. The Body composition variables- Body weight and percentage of body fat were selected as independent variable. For these study 20 subjects from each group (sedentary people, regular walkers and yoga practitioners)making a total of sixty subjects was selected. The age of the subject range from 50 to 65 years. Body weight was measured by weighing machine; percentage of body fat was measured by Skin fold caliper (Durnin and Rehaman Chart). Data were statistically analyzed by descriptive statistic and the application of analysis of variance (ANOVA). Then obtained „F" ratio was tested at 0.05 level of significance.

Keywords

Body composition variables, Sedentary people, Regular walkers, Yoga practitioners.

Introduction

The relationship between the soundness of the body and the activities of the mind are subtle and complex. The asanas (Yogic postures) and pranayama (breath control) better known as hatha yoga, are the practices which not only help one acquire perfect health, stay young and live longer, but are designed to develop the inner force thatenable us to overcome our failings and withstand stressful situations with serenity. It prepares the body for higher stages of yogic practice, such as concentration and meditation. The great yogis tell us that those who know how to combine yogic posture (asanas), breathing exercise (pranayama), and control of the mind or concentration (dharna) mayattain a state of perfection.

Regular walking exercises will improve cardiovascular and cardio respiratory function (heart and lungs), an increased maximal oxygen consumption (VO2max), maximal cardiac output (amount of blood pumped every minute), maximal stroke volume (amount of blood pumped with each beat) and blood volume and ability to carry oxygen. Reduced work load on the heart (myocardial oxygen consumption) for any given sub maximal exercise intensity, increased blood supply to muscles and ability to use oxygen lower heart rate and blood pressure at any level of sub maximal exercise, thresh hold for lactic acid accumulation.

Objective of the study

The following objectives were set for the present study-

- ✓ To find out the effect of male sedentary people on selected body composition variables.
- ✓ To find out the effect of male yogic exercises on selected body composition variables.
- ✓ To find out the effect of male regular walking on selected body composition variables.
- ✓ To find out which of the exercise pattern is more beneficial in relation to selected body composition variables.

Methodology

Subjects

To achieve the set objective total 60 male subjects (20 from each group) were randomly selected from the Rohtakdistrict of Haryana.Only those regular walkers and yoga practitioners are selected who were being walking and doing yoga since last 5 years. The age of the subjects are ranged from 50-65 years.

Selection of Variables

The study was also delimited to following selected Body composition variables-

Table-1

Variables	Tests
Body weight	Weight machine
Percentage of body fat	Skin fold caliper

Statistical procedure

Data were statistically analyzed by descriptive statistic and the application of analysis of variance (ANOVA). Then obtained „F‟ ratio was tested at 0.05 level of significance

Result and analysis

Table-2

Analysis of Variance of male sedentary people, regular walkers and yoga Practitioners in relation to Body weight

S.V	Sum of Squares	df	Mean Squares	F	Sig.
Between Group	**829.660**	**23**	**26.50**	**1.747**	**.304**
Within Group	**120.600**	**8**	**16.41**		
Total	**1572.545**	**29**	**50.98**		

Significant at 0.05 level of confidence

Table- 2 revealed that there was insignificant difference among male sedentary people, regular walkers and yoga practitioners in relation to Body weight, as obtained F-ratio 1.747, was lesser than the tabulated value of 3.06, required for F-ratio to be significant at 0.05 level with (2,147) degree of freedom.

Figure 1

Graphical representation of the Comparison of Means of male sedentarypeople, regular walkers and yoga practitioners inrelation to Body weight

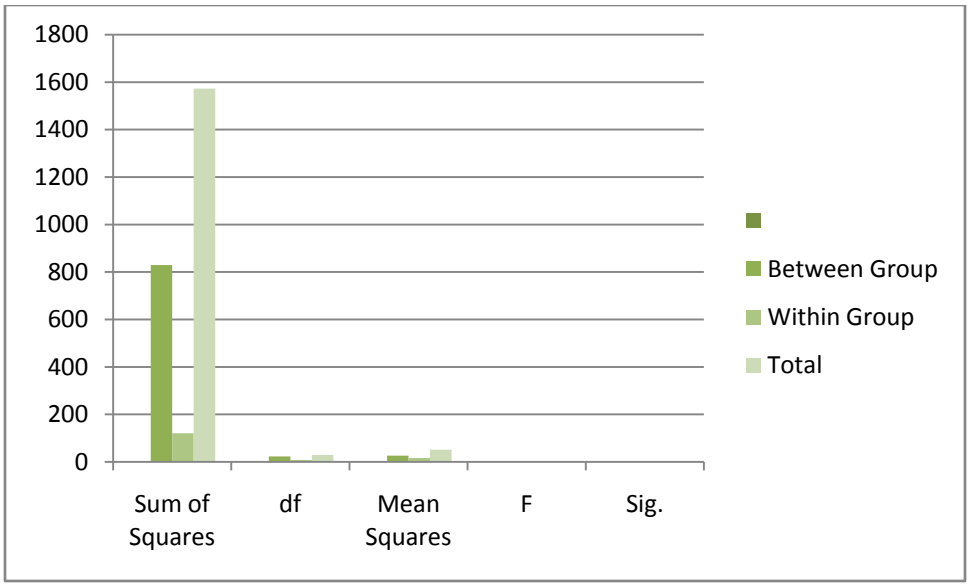


Table-3

Analysis of Variance of male sedentary people, regular walkers and yoga Practitioners in relation to percentage of body fat

S.V	Sum of Squares	df	Mean Squares	F	Sig.
Between Group	**88.349**	**13**	**5.027**	**0.714**	**0.723**
Within Group	**173.530**	**15**	**9.902**		
Total	**291.879**	**28**	**6.270**		

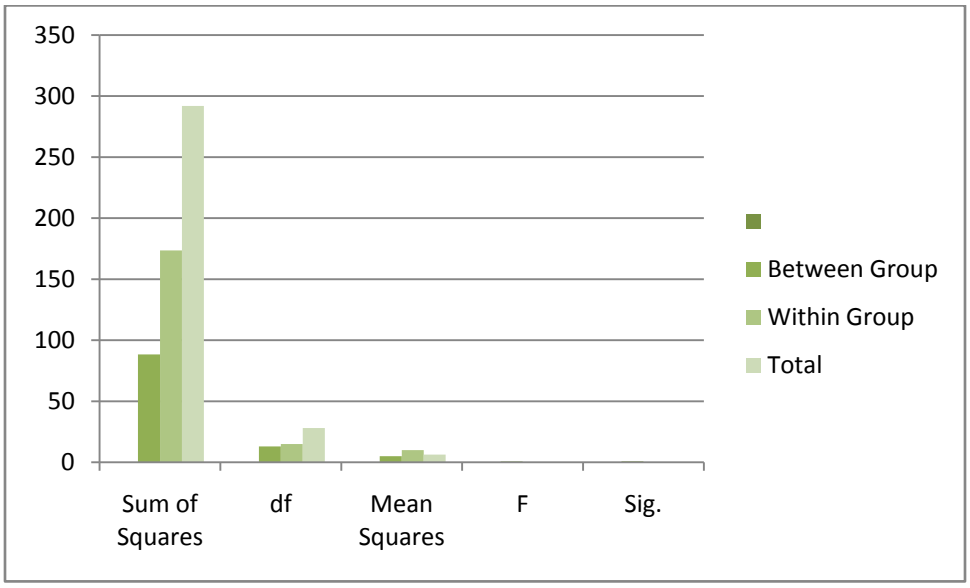
Significant at 0.05 level of confidence

Table- 3 revealed that there was insignificant difference among male sedentary people, regular walkers and yoga practitioners in relation to Body fat, as obtained F-ratio 0.723, was lesser than

the tabulated value of 3.06, required for F-ratio to be significant at 0.05 level with (2,147) degree of freedom.

Figure 2

Graphical representation of the Comparison of Means of male sedentary people, regular walkers and yoga practitioners in relation to percentage of Body fat



Conclusion

- On the basis of the interpretation of data the following conclusionwere drawn from this study. Insignificant difference exists amongmale sedentary people, Regular walkers and Yoga practitioners in relation to body weight. As compared to sedentary people and Yoga practitioners, Regular walkers have higher mean value on body weight.
- Insignificant difference exists among male sedentary people, Regular walkers and Yoga practitioners in relation to percentage of body fat. As compared to sedentary people and Yoga practitioners, Regular walkers have higher mean value on percentage of body fat.

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