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Influence of Tibetan yoga on cardiovascular endurance among obese men students

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Abstract
The purpose of the present study was to investigate the influence of Tibetan Yoga on cardiovascular endurance among obese men students. To achieve the purpose of the study thirty college students were selected from Alagappa University, Karaikudi, during the year 2018. The subject's age ranges from 21 to 25 years. The selected students were divided into two equal groups consists of 15 men students each namely experimental group and control group. The experimental group underwent an Tibetan Yoga programme for six weeks. The control group was not taking part in any training during the course of the study. Cardiovascular endurance was taken as criterion variable in this study. The selected subjects were tested on Cardiovascular endurance was measured through Cardiovascular endurance was measured through Cooper's 12 Minute Run / Walk test. 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 Tibetan Yoga given to the experimental group on cardiovascular endurance when compared to control group.

Keywords: Tibetan yoga, cardiovascular endurance and t' ratio

Introduction
Yoga has gained tremendously in popularity during the last few years and today over 30 million people practice Yoga on a regular basis. Yoga is the most rapidly growing health movement of today, despite having existed for thousands of years already. Iyengar B.K.S. (1988) [3].
Peoples attitude towards health, spirituality, way of life and our place in society have changed quite dramatically, as people are looking for answers for their everyday problems. The Health Status is usually measured in terms of life expectancy at birth, infant mortality rate, fertility rate, crude birth rate and crude death rate. These indicators of health are determined by numerous factors such as per capital income, nutrition, housing, sanitation, safe drinking water, social infrastructure, health and medical care services provided by government, geographical climate, employment status, incidence of poverty and the like (Reddy and Selvaraju 1994; Dadibhavi and Bagalkoti 1994).
Tibetan Yoga comprises of five simple, yet dynamic yogic exercises called Five Tibetan Rites. The Five Tibetan Rites is a yoga routine based on a ritual of exercises done by the Tibetan Lamas, which helped them to live very long and healthy life and to stay ever young.

Methodology
Statement of the problem
The purpose of the study was to find out the influence of Tibetan Yoga on cardiovascular endurance among obese men students.

Selection of the subjects
To achieve this purpose of the study, thirty college obese men students were selected as subjects at random. The age of the subjects were ranged from 21 to 25 years.

Experimental Design
The selected subjects were divided into two equal groups of fifteen subjects each, such as a Tibetan Yoga group (Experimental Group) and control group. The experimental group underwent Tibetan Yoga for three 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 physiological variable, namely cardiovascular endurance was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable cardiovascular endurance was measured through Cardiovascular endurance was measured through Cooper's 12 Minute Run / Walk test at prior to and immediately after the training programme.

Statistical tool
The 't' test was used to analysis the significant differences, if any, in between the groups respectively. 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 1: Analysis of t-ratio for the pre and post tests of experimental and control group on cardiovascular endurance scores in meters

Variables	Group	Mean		SD		Sd Error		df	't' ratio
		Pre	Post	Pre	Post	Pre	Post		
Cardiovascular endurance	Control	1752.66	1751.66	58.85	60.01	15.91	15.50	14	0.56
	Experimental	1752.00	1779.66	50.02	55.27	12.92	14.27		12.13*

*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 Cardiovascular endurance were 1752.66 and 1751.66 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 cardiovascular endurance were 1752.00 and 1779.66 respectively. The obtained 't' ratio was 12.13* 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 cardiovascular endurance. It may be concluded from the result of the study that experimental group improved in cardiovascular endurance due to six weeks of Tibetan Yoga.

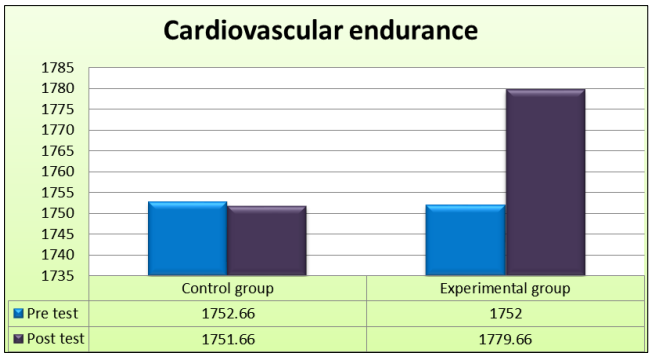

Fig 1: Bar diagram showing the pre and post mean values of experimental and control group on cardiovascular endurance Scores in meters

Discussions on Findings

The result of the study indicates that the experimental group, namely Tibetan Yoga group had significantly improved the selected dependent variable, namely cardiovascular endurance, when compared to the control group. It is also found that the improvement caused by Tibetan Yoga when compared to the control group.

Conclusions

1. There was a significant difference between experimental and control group on cardiovascular endurance after the training period.
2. There was a significant improvement in cardiovascular endurance. However the improvement was in favour of experimental group due to six weeks of Tibetan Yoga.

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