A Study of Effects on Flexibility and Lungs Capacity by Yogasana Training
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ABSTRACT
The aim of the research is to study the A Study of Effects on Flexibility and Lungs Capacity by Yogasana Training. Total 30 students from St. xavier’s high school, gandhinagar were selected at the subject. These students were divided into Two groups i.e. 15 students in Yogasana training group and 15 students in control group. Flexibility and Lungs were tested by Sit and Reach Box and Spirometer, respectively twice i.e. before and after the particular Four weeks training. Analysis of Covariance (ANCOVA) was applied at 0.05 level of significance to test the hypothesis. It was observed from the result of the study that the experimental group improved significantly in Flexibility and Lungs Capacity due to the particular of Yogasana Training.

Keywords: Yogasana, Training, Lungs, Capacity, Flexibility.

1. Introduction
The term ‘yoga’ has been derived from Sanskrit root word ‘Yuj’. Yuj means to join, to apply, to use, to unite or to co-ordinate. The coordination of our desire with the God’s wish is the real unity. Shri Mahadevbhai Desai writes in the preface of “Gandhiji’s Thoughts on Gita” that “Yoga means to fasten the entire force of mind, body and soul in God. Yoga means to mortify on mind, intelligence, feelings and desires. It is the primary need for yoga. Yoga means stability of soul, by which anyone can see all sides of life.”

2. Objectives of Research:
1. To study effects on Flexibility by Yogasana Training Exercises.
2. To study effects on Lungs Capacity by Yogasana Training Exercises.

3. Criterion Measures:
Hypothesis for selected measuring standards given below:

<table>
<thead>
<tr>
<th>NO</th>
<th>Test</th>
<th>Measuring standards</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Flexibility</td>
<td>Sit and Reach Box</td>
</tr>
<tr>
<td>2</td>
<td>Lungs Capacity</td>
<td>Spirometer</td>
</tr>
</tbody>
</table>

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4. Method and Material:

Total 30 students from St. xavier’s high school, gandhinagar were selected at the subject. These students were divided into Two groups i.e. 15 students in Yogasana training group and 15 students in control group. Flexibility and Lungs Capacity, were tested by Sit and Reach Box and Spirometer, Respectively twice i.e. before and after the particular six weeks training.

5. Statistical Analysis:

Analysis of Covariance (ANCOVA) was applied at 0.05 level of significance.

6. Result of the Study:

The result of the study is presented in following tables.

Table 1

<table>
<thead>
<tr>
<th>Test</th>
<th>GROUP</th>
<th>ANALYSIS OF COVARIANCE TABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yogasana</td>
<td>Control</td>
</tr>
<tr>
<td>Pretest</td>
<td>5.067</td>
<td>4.267</td>
</tr>
<tr>
<td>Posttest</td>
<td>6.8</td>
<td>5</td>
</tr>
<tr>
<td>Adjusted</td>
<td>6.557</td>
<td>5.243</td>
</tr>
</tbody>
</table>

* Sig. Level at 0.05 (1,28) = 4.196 & (1,27) = 4.210

It is observed from table – 1 that the means of Yogasana Training Group; Pre-test is 5.067, post-test mean is 6.8 and adjusted mean is 6.557. Control Group; Pre-test is 4.267, post-test mean is 5 and adjusted mean is 5.243. The calculated ‘F’ value of pre-test means of all the groups is not significant, calculated ‘F’ value of post-test means of all the groups is significant and calculated ‘F’ value of adjusted means of all the groups is significant.

Table 2

<table>
<thead>
<tr>
<th>Test</th>
<th>GROUP</th>
<th>ANALYSIS OF COVARIANCE TABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yogasana</td>
<td>Control</td>
</tr>
<tr>
<td>Pretest</td>
<td>43.733</td>
<td>42.933</td>
</tr>
<tr>
<td>Posttest</td>
<td>51</td>
<td>45.867</td>
</tr>
<tr>
<td>Adjusted</td>
<td>50.608</td>
<td>46.259</td>
</tr>
</tbody>
</table>

* Sig. Level at 0.05 (1,28) = 4.196 & (1,27) = 4.210

It is observed from table – 2 that the means of Yogasana Training Group; Pre-test is 43.733, post-test mean is 51 and adjusted mean is 50.608. Control Group; Pre-test is 42.933, post-test mean is 45.867 and adjusted mean is 46.259. The calculated ‘F’ value of pre-test means of all the groups is not significant, calculated ‘F’ value of post-test means of all the groups is not significant and calculated ‘F’ value of adjusted means of all the groups is significant.
7. Conclusion

It was observed from the result of the study that the experimental group improved significantly in Flexibility and Lungs Capacity due to the particular of Yogasana Training Exercise.

References