

**Assessing the impact of Yogic
exercise on physical, physiological
and psychological efficiencies of
adolescence students of
CBSE/UPMSP school in Kanpur
Nagar**

Submitted to:

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Introduction

Engaging in regular yoga exercise has been shown to be especially effective in the prevention of several chronic illnesses, including as obesity, depression, cardiovascular disease, diabetes, cancer, hypertension, and osteoporosis. Multiple studies have shown that the practise of Yogic Exercise and engagement in health-related physical fitness may have a positive impact on the well-being of young individuals, fostering the cultivation of a healthy lifestyle.

STATEMENT OF THE PROBLEM

“Assessing the impact of Yogic exercise on physical, physiological and psychological efficiencies of adolescence students of CBSE/UPMSP school in Kanpur Nagar”

OBJECTIVES OF THE STUDY

The Objective of the study is to determine the Impact of yogic exercise physical, physiological and psychological efficiencies of adolescence students of CBSE/UPMSP school in Kanpur Nagar”

HYPOTHESIS

The following null and research hypotheses formulated for the present study.

1. There would be no significant difference of the yogic exercise physical, physiological and psychological efficiencies of adolescence students of CBSE/UPMSP school in Kanpur Nagar
2. There would be significant difference of the yogic exercise physical, physiological and psychological efficiencies of adolescence students of CBSE/UPMSP school in Kanpur Nagar

DELIMITATIONS OF THE STUDY

1. The study will be delimited to the adolescence of aged between 14 to 17 years.
2. The study will be delimited to only adolescence students.
3. The geographical area will be delimited to the jurisdiction of adolescence students at CBSE/UPMSP schools Kanpur.
4. The period of training programme will be delimited to 20 weeks and 3 days per week.

SELECTION OF VARIABLES

A) Physical Efficiency:-

- Agility
- Flexibility
- Static Balance
- Dynamic Balance

B) Physiological efficiencies:-

- Resting heart rate
- Respiratory rate.
- Breath holding capacity
- Systolic Blood Pressure
- Diastolic Blood Pressure
- Body Mass Index

C) Psychological efficiencies:-

- Academic Resilience

LIMITATIONS OF THE STUDY

There are a number of limitations restricting the generalize ability of this study are as

- 1) Since the adolescence students belong to different level of performance hence the prior Experience of the students may be considered as limitation of the study.
- 2) There will be no control of research scholar on the diet of the subjects.
- 3) The effect of weather conditions will be considered as limitations.
- 4) No motivation techniques will be used during administrating the test.

DEFINITION & EXPLANATION OF TERMS

Physiological Efficiency: Ability to Physiological work capacity of human body system.

Resting Heart Rate: The heart rate is differenced as the frequency or number of heart in one minute.

Respiratory Rate: It is deficient as the total number if breathe in one minute.

Breath Holding Capacity (Expiration): The time for which one can hold air after full expiration is called breathing holding capacity after expiration.

Breathing Holding Capacity (Inspiration): The time for which, one can hold air after inspiration.

Blood Pressure: The blood pressure is the pressure of the blood within the arteries. It is produced primarily by the contraction of the heart muscle.

Body Mass Index:

Body Mass Index will be measured by individual's body mass divided by the square of his height.

DEFINITION & EXPLANATION OF TERMS (Contd.)

- **Agility:** A rapid whole-body movement with change of velocity or direction in response to a stimulus.
- **Flexibility:** The intrinsic property of body tissues, which determines the range of motion achievable without injury at a joint or group of joints.
- **Balance:** It is the act of maintaining, achieving or restoring a state of balance during any posture or activity
- **Academic Resilience** - Academic resilience refers to the capacity of students to perform well in school despite a disadvantaged background or more precisely the heightened likelihood of success in school despite environmental adversities brought about by early traits, conditions, and experiences

References

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