



## A STUDY ON APPLICATION OF YOGIC PRACTICES TO ASSESS RESTING HEART RATE AMONG HANDBALL PLAYERS

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### Abstract:

The purpose of the study was to find out the effect of yogic practices on resting heart rate among handball players. To achieve the purpose of the present study, thirty school handball players from Shivamoga, Karnataka were selected as subjects and their age shall ranged from 15 to 17 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen subjects each. The groups were assigned as yogic practices group (YPG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. Analysis of covariance (ANCOVA) was applied. The yogic practices group (YPG) had shown significant reduction in resting heart rate.

**Key Words:** Yoga, Resting Heart Rate, Handball.

### Introduction:

Yoga has been practiced in India for over two millennia. Stories and legends from ancient times testify to the existence of yoga, and to the practitioners and divinities associated with it. Indian literature is a storehouse of knowledge about yoga covering every conceivable level. Roughly in chronological order are the vocals (books of Scriptural knowledge), the Upanishada (philosophical cosmologies), and their commentaries; then the Puranas (ancient cosmologies), and the two epics, the Ramayana and the Mahabharatha. The Mahabharatha contains within itself that masterpiece of Indian scripture the Bhagavad Gita. Towards the end of Vedic period comes the aphoristic literature, with the “Yoga Aphorisms” of Patanjali of special interest to yoga students. These are, besides, whole bodies of works both ancient (Pre-Christian) and more modern dealing with various aspects of yoga and yoga philosophy, testifying to the continued relevance of yoga as a discipline (Swami Devaprasad, 1998).

### Methodology:

The purpose of the study was to find out the effect of yogic practices on resting heart rate among handball players. To achieve the purpose of the present study, thirty handball players from Shivamoga, Karnataka were selected as subjects and their age shall ranged from 15 to 17 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen subjects each. The groups were assigned as yogic practices group (YPG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. Analysis of covariance (ANCOVA) was applied.

### Results:

Table 1: Computation of Analysis of Covariance of Mean of Yogic Practices and Control Groups on Resting Heart Rate

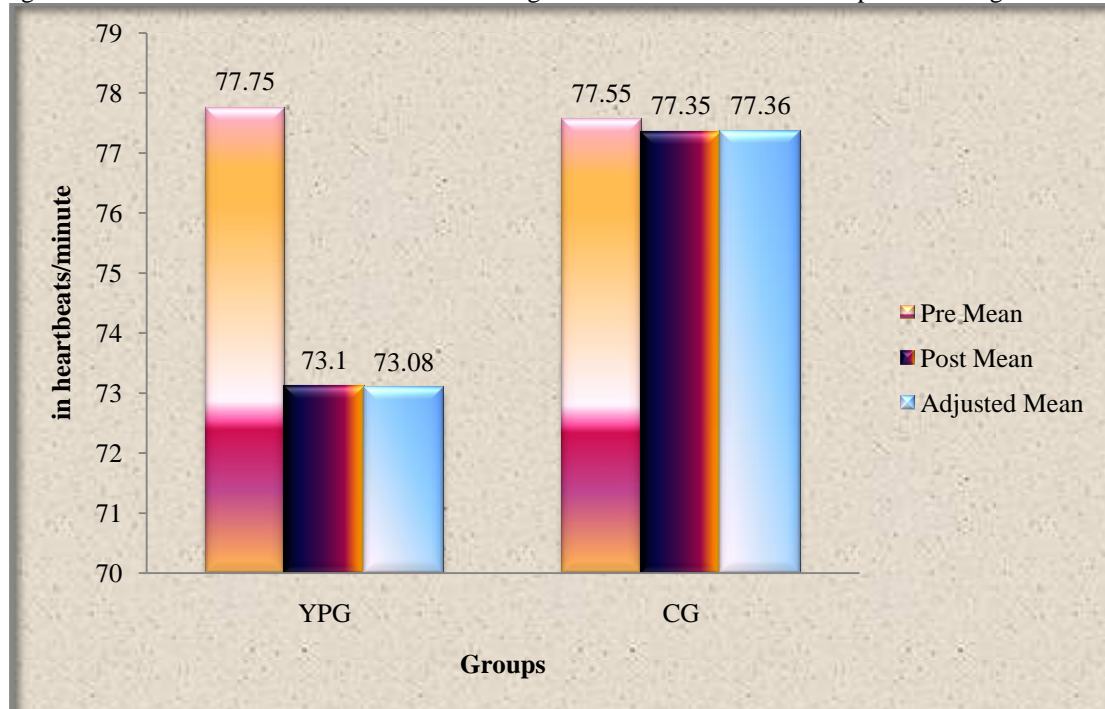
	Yogic Practices	Control Group	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	77.75	77.55	BG	0.40	1	0.40	0.04
			WG	366.70	38	9.65	
Post-Test Means	73.10	77.35	BG	180.62	1	180.62	27.19*
			WG	252.35	38	6.64	
Adjusted Post-Test Means	73.08	77.36	BG	183.10	1	183.10	27.84*
			WG	243.28	37	6.57	

(Table Value for 0.05 Level for df 1 & 28 = 4.19)      df- Degrees of Freedom

(Table Value for 0.05 Level for df 1 & 27 = 4.21)

An examination of table 1 indicated that the pretest means of yogic practices and control groups were 77.75 and 77.55 respectively. The obtained F-ratio for the pre-test was 1.66 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 28. The post-test means of the yogic practices and control groups were 73.10 and 77.35 respectively. The obtained F-ratio for the post-test was 27.19 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 28. The adjusted post-test means of the yogic practices and control groups were 73.08 and 77.36 respectively. The obtained F-ratio for the adjusted post-test means was 27.84 and the table F-ratio was 4.21. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 27. The pre, post and adjusted post test mean values of yogic practices and control groups, on resting heart rate are graphically represented in the figure 1.

Figure 1: Pre and Post Test Differences of the Yogic Practices and Control Groups on Resting Heart Rate



**Conclusion:**

The yogic practices group had shown significant reduction in resting heart rate.

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