



A Study of Effects Of Yoga On The Physical Fitness of The Sugar Factory Workers

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INTRODUCTION

According to Swami Rama “Yoga is Sanskrit word. It is derived from the root ‘Yuj’ which means union. In Yoga the embodied spirit is made to become one with atman by certain methods. Yoga means union with the universal spirit Yogasanas not only work to bring fitness and vigour to physical body, but also harness our will and emotions to improve our power of analysis, insight and vision. They calm the mind and steady the emotions, still not losing the sharpness of intellect, which is the key of human progress. The science of yoga is dedicated to helping people to change their personalities and lifestyles.

By keeping in mind these problems researcher prepared the memory development strategy programme and implied it on Sugar factory workers. Conclusions and recommendations are put forth by researcher after the experiment and collection of data.

Objectives

- 1] To study the problems in Physical fitness of the workers.
- 2] To prepare the Yoga program for the fitness of the workers.
- 3] To administer the developed Yoga program to the experimental group.
- 4] To compare the effectiveness of Yoga program with traditional exercises’.

Hypothesis

- 1] **Research hypothesis** – The mean achievement score of post-test of experimental group will be significantly higher than the mean achievement score of control group

2] Null hypothesis- There will be no significant difference between mean achievement scores of control group and experimental group

Research Procedure:

A] Research method

2] Experimental method is used for the present study. Two equivalent group pre test post test design is used for this study.

Following research design ‘Two equivalent Group Pre and Post Test’ was used in the present research study:

B] Sampling

1] Ten workers from Pimpalner Sugar Factory were selected through incidental sampling method of sample for interview

2] The sample of the 50 workers from Pimpalner Sugar Factory was selected for the experiment. Purposive sampling method used for the selection of the students.

C] Methodology of the Research

First step – Researchers elected the workers for Interview to know the problems in Physical fitness

Second Step – Then researcher prepared the yoga program by considering the problems of the workers

Third Step – After that researcher implemented the Yoga program on Experimental group

D] Tools of the research study:

Interview Schedule and Flexibility Tests and The Harvard step test and Coopers 12 Min. Run walk test were used in the present study to collect the data.

Data collection

Interview Schedule, and Flexibility Tests and The Harvard step test and Coopers 12 Min. Run walk test used for the collection of data. pre test and post test conducted to check the Physical fitness. Collected data analyzed and interpreted.

Data analysis-

Scoring was done on students’ responses on pre-test and post-test. Mean achievement scores and t value is calculated-

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Test	N	MEAN	SD	t-value
Pre Test	25	69	5.65	8.12
Post Test	25	91	6.54	

*significant at 0.01 level of significance

Obtained t value is greater than the t value at the 0.01 significant level, so null hypothesis rejected.

Major Findings

- Yoga practice received group showed significant superiority over the Control group in improving Coopers 12 Min. Run walk test
- Yoga practice received group showed significant superiority over the Control group in improving Harvard step test.
- Yoga practice received group showed significant superiority over the Control group in improving Flexibility test.

Conclusion

Yoga practice for a period of 06 weeks had significant effect in improving the work efficiency of sugar factory workers

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