

Effect of Selected Yoga Practices on Physical Fitness of A. P. S. University Non Teaching Staff

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Abstract

Vital capacity is measure of the ventilation power of the lungs, or in the other words it is the largest volume of air that the lungs can exhale after the fullest inhalation. It is the largest volume of air that the lungs can exhale after the fullest inhalation. it is usually measured by a spirometer and may be expressed in cubic inches or centimeters. It should be noticed that it is not a measure of the total capacity of the lungs because after the fullest exhalation about three tenths of the total air remains in the lungs which cannot be expelled. This is the termed the residual air in quiet breathing about one tenth of the total air passes in and out this is called the 'Tidal Air'.

Vital capacity is the maximum volume of the air that a person can exhale after maximum inhalation. It can also be the maximum volume of air that a person can inhale after maximum exhalation.

Keywords: Yoga, Physical Fitness, Habits, Life Style, Social Status, Culture, Religion.

Introduction

A person's vital capacity can be measured by a spirometer which can be a wet or regular spirometer. In combination with other physiological measurement, the vital capacity can help make a diagnosis of underlying lung disease. The unit that is vital capacity is milliliter.

So, in order to test the functions of lungs we have to test vital capacity. the vital capacity is amount of air which an individual can exhale with maximum effort. It capacity various from 3500 cc to 4500 cc in a normal adult. It is sum of tidal volume. Due to regular exercise its capacity increases up to 3500cc.

The study was undertaken to evaluate the vital capacity of A. P. S. University non teaching staff.

Purpose of the Study

The main purpose of the study was to compare the vital capacity of A. P. S. University non teaching staff with their estimated vital capacity.

Significance of the Study

The study might helps to recommended physical activity and exercises in order to maintain or develop condition.

Hypothesis

There might be significant similarities between the measure vital capacity and estimated vital capacity of A. P. S. University Rewa non teaching staffs.

Delimitation and Limitation

The study was Delimited to 30 male and female officers grade 35 to 55 year of age and habits, life style, social status, culture, religion, community, experiences of subject ware not considered.

Methodology

To measure the lung capacity of the non teaching staffs of A. P. S. University Rewa.

Tool

Regular spirometer.

Statistical Technique

Mean difference method (t-ratio) was employed to find out the significant similarities if any between measured vital capacity and estimated vital capacity of A. P. S. University Rewa non teaching staffs.

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Level of Significance

To test the hypothesis the level of significance was observed at 0.05 level confidences.

The significant similarities between means of measured vital capacity and estimated vital capacity of A. P. S. University Rewa non teaching staffs has been present in the table below-

Comparison between Means of Measured Vital Capacity and Estimated Vital Capacity of A. P. S. University Rewa Non Teaching Staffs

Vital Capacity	Mean	S.D.	M.D.	S.E.	t-ratio
Measured V C	50.01	35.40	1.29	47.94	0.0267
Estimated V C	48.73	260.23			

@ Not significant at 0.05 level of confidence
Tabulated $t_{0.05,29}=1.699$

It is evident from the above table that there were significant similarities between measured vital capacity and estimated vital capacity of A. P. S. University Rewa non teaching staff as the calculated t-value of 0.0267 is quite less than the tabulated t-value of 1.699 at 0.05 level of confidence for 29 degree of freedom.

Discussion of Finding

The finding of the table revealed that there was a significant similarity between measured vital capacity and estimate vital capacity of A. P. S. University Rewa non teaching staff. It may be attributed to be fact that in order to fulfilled the

responsibility towards students and University the non-teaching staffs of A. P. S. University have to run through a busy schedule due which their heart may get sufficient exercises to maintain their vital capacity.

Finding of the data clearly showed that there was significant similarity between measured vital capacity and estimated vital capacity of A. P. S. University Rewa non teaching staffs.

Conclusion

With considering the limitation of the study on the basis of the finding it was concluded that there was significant similarities between measured vital capacity and estimated vital capacity of A. P. S. University Rewa non teaching staffs.

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