



AFFLUENCE OF YOGIC PRACTICES ON BALANCING ABILITY AND REACTION ABILITY AMONG SPECIAL CHILDREN

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Abstract:

The purpose of the study was designed to examine the effect of Yogic practices on balancing ability and reaction ability among special children. For the purpose of the study, thirty special children studying in Sri Sivananda Balalaya IEU, Tamil Nadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent Yogic practices for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely balancing ability and reaction ability were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables namely balancing ability and reaction ability by using stork stand and Visual Reaction Timer at prior to and immediately after the training programme. The analysis of covariance [ANCOVA] was used to analyze the significant difference, if any between the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed that there was a significant difference between Yogic practices group and control group on balancing ability and reaction ability. And also, it was found that there was a significant change on selected criterion variables such as balancing ability and reaction ability due to Yogic practices.

Key Words: Yogic Practices, Balancing Ability, Reaction Ability, Special Children

Introduction:

Yogic practices, often simply referred to as yoga, constitute a profound and ancient system of physical, mental, and spiritual disciplines that have been practiced for millennia. Rooted in the rich tapestry of Indian culture and philosophy, yoga has transcended its origins to become a global phenomenon embraced by people of diverse backgrounds and beliefs. This holistic approach to well-being encompasses a wide range of techniques and principles aimed at promoting harmony and balance in all aspects of life.

Yogic practices are deeply intertwined with the philosophy of unity and interconnectedness. At their core, they seek to unite the individual with the universal, fostering a sense of oneness with the world and the inner self. While yoga includes various schools and traditions, it often revolves around physical postures (asanas), breath control (pranayama), meditation (dhyana), ethical principles (yamas and niyamas), and a profound understanding of the mind-body connection.

Yoga can be a highly beneficial practice for children with special needs, including those with physical, developmental, or cognitive challenges. When adapted and customized appropriately, yoga can help enhance their overall well-being, providing physical and emotional support. Yoga poses can help improve joint mobility and flexibility, which can be particularly beneficial for children with physical disabilities. Many yoga poses require the use of different muscle groups, promoting strength and coordination. Yoga practices that focus on balance and coordination can be helpful for children with motor difficulties. Yoga encourages relaxation techniques like deep breathing and mindfulness, which can help children manage stress and anxiety.

Methodology:

The purpose of the study was designed to examine the effect of Yogic practices on balancing ability and reaction ability among special children. For the purpose of the study, thirty special children studying in Sri Sivananda Balalaya IEU, Tamil Nadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent Yogic practices for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely balancing ability and reaction ability were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables namely balancing ability and reaction ability by using stork stand and Visual Reaction Timer at prior to and immediately after the training programme. The analysis of covariance [ANCOVA] was used to analyze the significant difference, if any between the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate.

Analysis of the Data:

Balancing Ability:

The analysis of covariance on balancing ability of the pre and post test scores of Yogic practices group and control group have been analyzed and presented in table 1.

Table 1: Analysis of Covariance of the Data on Balancing Ability of Pre and Post Tests Scores of Yogic Practices and Control Groups

Test	Yogic Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	6.20	6.27	Between	0.03	1	0.03	0.04
S.D.	0.91	0.44	Within	25.33	28	0.90	
Post Test							
Mean	8.27	6.40	Between	26.13	1	26.13	18.92*
S.D.	0.93	0.80	Within	38.67	28	1.38	
Adjusted Post Test							
Mean	8.29	6.38	Between	27.18	1	27.18	178.19*
			Within	4.12	27	0.15	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

The table 1 shows that the adjusted post-test means of Yogic practices group and control group are 8.29 and 6.38 respectively. The obtained "F" ratio of 178.19 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on balancing ability.

The results of the study indicated that there was a significant difference between the adjusted post-test means of Yogic practices group and control group on balancing ability.

Reaction Ability:

The analysis of covariance on reaction ability of the pre and post test scores of Yogic practices group and control group have been analyzed and presented in table 2.

Table 2: Analysis of Covariance of the Data on Reaction Ability of Pre and Post Tests Scores of Yogic Practices and Control Groups

Test	Yogic Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	1.40	1.43	Between	0.01	1	0.01	0.28
S.D.	0.14	0.08	Within	0.53	28	0.02	
Post Test							
Mean	1.19	1.39	Between	0.30	1	0.30	12.38*
S.D.	0.13	0.14	Within	0.68	28	0.02	
Adjusted Post Test							
Mean	1.20	1.39	Between	0.27	1	0.27	23.53*
			Within	0.31	27	0.01	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

The table 2 shows that the adjusted post-test means of Yogic practices group and control group are 1.20 and 1.39 respectively. The obtained "F" ratio of 23.53 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on reaction ability.

The results of the study indicated that there was a significant difference between the adjusted post-test means of Yogic practices group and control group on reaction ability.

Conclusions:

1. There was a significant difference between Yogic practices group and control group on balancing ability and reaction ability.
2. And also it was found that there was a significant change on selected criterion variables such as balancing ability and reaction ability due to Yogic practices.

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