



Influence of Asana with Meditation on Selected Hematological Variables among Residential School Boys

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Abstract

The purpose of the present study was to find out the influence of asana with meditation on selected hematological variables among residential school boys. To achieve the purpose of the present study, forty boys from Velammal Matriculation Higher Secondary School, Viraganoor, Madurai, Tamilnadu were selected as subjects at random and their ages ranged from 15 to 17 years. The selected subjects are divided in to two groups. The experimental group underwent asana with meditation for six weeks. The control group was not undergone any training other than their daily routine. The criterion measures HDL and LDL were tested using enzymatic calorimeter method. The two groups were statistically analysed by using analysis of covariance (ANCOVA) at 0.05 level. The result of the study reveals that there was a significant improvement in the experimental group on selected variables when compared to the control group after the completion of six weeks of asana with meditation practice. The asana with meditation practice group has showed better performance on HDL, LDL and explosive power than the control group.

Keywords: Asana, Pranayama, HDL, LDL, School Boys.

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Introduction

Yoga is a light, which once lit, will never dim, the better your practice, the brighter the flame'. The younger, the old, the extremely aged, even the sick and the infirm obtain perfection in yoga by constant practice. In short, yoga is a way to achieve total health, peace, bliss and wisdom. Hematological, mental and spiritual aspects of yoga help to make one's life purposeful, useful and noble. Yoga is an art, science and philosophy, which influence the life of man at every level. Therefore, the influence of yoga must be felt in every movement of our day to day lives. Yoga is a scientific method of life and also integrated educational system of our body, mind and soul. This was practiced by the Indian thousands years of ago but it is one of the universal truths and rectified lot of problems today as there were in the ancient times. Yoga is a practical aid. It does not belong to a particular religion but it could be practiced by all other religions like the Hindus, Muslims, Christians, Jews, Buddhists, Jainis and the Atheists so on. Therefore, yoga is union with all. (Iyengar, 2008).

Meditation is a process that anyone can use to clam oneself, cope with stress, and for those with spiritual inclination, feel as one with God or the universe. Meditation can be practiced individually or in groups and is easy to learn. It requires no change in belief system and is compatible with most religious

practices. Mind is a kin to monkey they say, and true for children as well. What might vary is the nature of thoughts that emanate. Children have boundless energies and always want to indulge in activities, sometimes aimlessly flitting from one activity to another. Though this conveys the innate curiosity in children that promotes learning, yet it also signifies the agitated nature of the mind. Meditation comes in handy, stilling the jumping monkey within and recharging batteries. Meditation will improve concentration in studies, get over disappointment, promote healthy competitive spirit, and infuse positive evaluation of self, creating a confident and winning personality (Malathi, 2012).

Methodology

The purpose of the present study was to find out the influence of asana with meditation on selected hematological variables among residential school boys. To achieve the purpose of the present study, forty boys from Velammal Matriculation Higher Secondary School, Viraganoor, Madurai, Tamilnadu were selected as subjects at random and their ages ranged from 15 to 17 years. The selected subjects are divided in to two groups. The experimental group underwent asana with meditation for six weeks. The control group was not undergone any training other than their daily routine. The criterion measures HDL and LDL were tested using enzymatic calorimeter method. The two groups were statistically analysed by using analysis of covariance (ANCOVA) at 0.05 level. The detailed procedure of analysis of data and interpretation were given below.

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Results

Table I. Summary of Descriptive Statistics on Selected Hematological Variables among Residential school boys

S.No	Variables	AMG					CG				
		Pre	SD (±)	Post	SD (±)	Adjusted Mean	Pre	SD (±)	Post	SD (±)	Adjusted Mean
1	HDL	52.17	1.23	56.62	1.76	56.63	51.78	1.56	52.37	1.67	52.35
2	LDL	120.94	3.56	114.25	4.21	114.24	120.81	2.78	121.78	3.12	121.78

AMG = Asana with Meditation Group, CG = Control Group

The table I shows that the pre and post test means and standard deviation of two groups on selected hematological variables among residential school boys.

Table II. Analysis of Variance of Pre Test Scores on Selected Hematological Variables among Residential school boys

Sl. No	Variables	Source of Variance	Sum of Squares	df	Mean Squares	F-Value
1	HDL	BG	1.52	1	1.52	0.63
		WG	91.04	38	2.39	
2	LDL	BG	0.18	1	0.18	0.01
		WG	567.50	38	14.93	

* P < 0.05 Table F, df (1,38) (0.05) = 4.09

In table II, the results of analysis of variance of pre test scores on HDL (0.63) and LDL (0.01) were lesser than the table value of 4.09 indicating that it was not significant for the degrees of freedom (1,38) at 0.05 level of confidence indicating that the random sampling was successful.

Table III. Analysis of Variance of Post Test Scores on Selected Hematological Variables among Residential school boys

Sl. No	Variables	Source of Variance	Sum of Squares	df	Mean Squares	F-Value
1	HDL	BG	180.62	1	180.62	49.97*
		WG	137.33	38	3.61	
2	LDL	BG	567.00	1	567.00	63.24*
		WG	340.66	38	8.96	

* P < 0.05 Table F, df (1,38) (0.05) = 4.09

In table III, the results of analysis of variance of post test scores on HDL (49.97) and LDL (63.24) were greater than the table value of 4.09 indicating that it was significant for the degrees of freedom (1,38) at 0.05 level of confidence.

Table IV. Analysis of Covariance of Adjusted post test scores on Selected Hematological Variables among Residential school boys

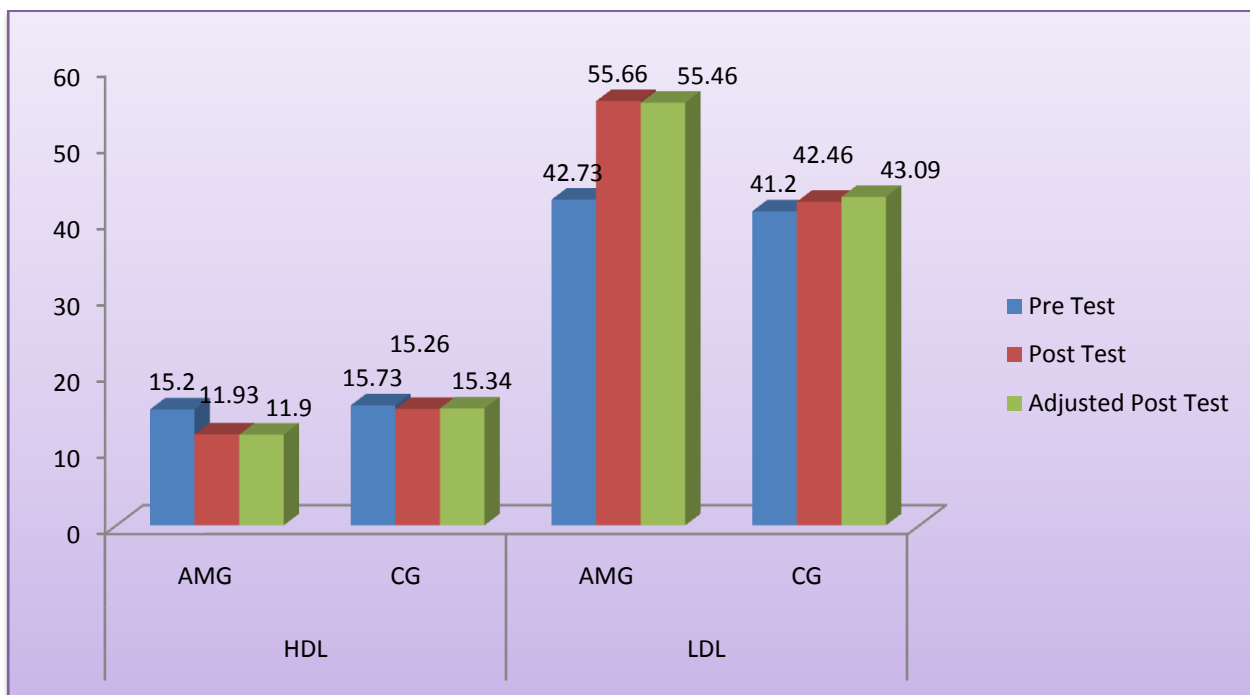
Sl. No	Variables	Source of Variance	Sum of Squares	df	Mean Squares	F-Value
1	HDL	BG	179.67	1	179.67	48.53*
		WG	136.98	37	3.70	
2	LDL	BG	569.62	1	569.62	63.88*
		WG	329.93	37	8.91	

* P < 0.05 Table F, df (1,37) (0.05) = 4.10

In table IV, the results of analysis of covariance of adjusted post test scores on HDL (48.53) and LDL (63.88) were greater than the table value of 4.10

indicating that it was significant for the degrees of freedom (1,37) at 0.05 level of confidence.

Figure I. Shows the Mean Values of Experimental and Control Groups on Selected Hematological variables among Residential school boys



Conclusions

In the light of the study undertaken with certain limitations imposed by the experimental conditions, the following conclusions were drawn.

1. The result of the study reveals that there was a significant improvement in the experimental group on selected variables when compared to the control group after the completion of six weeks of asana with meditation practice.
2. The asana with meditation practice group has showed better performance on HDL and LDL than the control group.

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