

# IMPACT OF ASANA AND MEDITATION PRACTICES ON FLEXIBILITY AMONG YOUNG ADULT MEN

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## Abstract

The purpose of the study was to find out the impact of asana and meditation practices on flexibility among young adult men. To achieve the purpose of this study, 45 adult men are randomly selected as subjects from the Mother Teresa College of Physical Education, Pudukkottai, Tamilnadu, India. Their age ranged from 20 to 25 years. The selected participants were randomly divided into three groups such as Group 'A' asana practices (n=15) and Group 'B' meditation practices (n=15) and Group 'C' acted as control group (n=15). The training session were five days per week and each session lasted for an hour for six week. Control group was not exposed to any specific training but they were participated in regular activities. The pre and post tests data were collected on selected criterion variables prior and immediately after the training program. The pre and post-test scores were statistically examined by the Analysis of Co-Variance (ANCOVA) for selected variable. It was concluded that the asana and meditation training group had shown significantly improved on flexibility. However the control group had not shown any significant improvement on flexibility among adult men.

**Keywords:** Asana, Meditation and flexibility.

## 1. Introduction

Yoga is the science of right living and as such is intended to be incorporated in daily life. It works on all aspects of the person, the physical, vital, emotional, psychic and spiritual. (Saraswati, 2009)

The term 'yoga' is a common word in the Sanskrit language, the language in which most of the yoga scriptures are written. It also happens to be one of the most versatile Sanskrit terms having a whole range of meaning that extend from 'simple union' to 'team,' 'constellation,' and 'conjunction'. It is derived from the verbal root 'yuj' meaning 'to harness, yoke, prepare, equip, and fasten. (Feuerstein, et al 2011)

The third limb of yoga is asana or posture. Asana brings steadiness, health and lightness of limb. A steady and pleasant posture produces mental equilibrium and prevents fickleness of mind. Asanas are postures. To perform them, one needs a clean airy place, a blanket and determination, while for other systems of physical training, one needs large playing field and costly equipments. Asanas can be done alone, as the limbs of the body provide the necessary weights and counter weights. By practising them, one develops flexibility, agility, balance, endurance and great vitality. Many actors, acrobats, athletes, dancers, musicians and sportsmen also possess a physique and have great control over the body, but they lack control over the mind, the intellect and the self. Hence they are in disharmony with themselves and one rarely comes across a balanced personality among them. They often put the body above all else. Though the yogi does not under rate his body, he does not think merely of its perfection, but of his senses, mind, intellect and soul. The yogi conquers the body by the practice of Asanas and makes it a fit vehicle for the spirit.

According to Patanjali "Yoga Sutra (Ashtanga Yoga)", Meditation (Dhyan) means "Full concentration of the mind focused on one of those experiences." In simple terms the spontaneous concentration of the mind on the object is Meditation. Mind can recall past experiences, keep think about the future and experience the present with all its might and we do not have any control over our minds journey. Dhyan' (Meditation) is the deep concentration, calmness and tranquillity of the mind. It is the study of attaining complete control over ones mind. Meditation takes the consciousness beyond conscious. Sub conscious and unconscious states to super conscious.

## 2. Purpose of the Study

The purpose of the study was to find the impact of asana and meditation practices on flexibility among young adult men.

## 3. Methodology

To achieve the purpose of this study, 45 adult men are randomly selected as subjects from the Mother Teresa College of Physical Education, Pudukkottai, Tamilnadu, India. Their age ranged from 20 to 25 years. The selected participants were randomly divided into three groups such as Group 'A' Asana practices training (n=15) and Group 'B' meditation practices and Group 'C' acted as control group (n=15). The training session for five days per week and each session lasted for an hour for six week. However, control group was not exposed to any specific training but they participated in the regular schedule. The flexibility was assessed by sit & reach test were selected as variable. The pre and post tests data were collected on selected criterion variables prior and immediately after the training program. The pre and post-test scores were statistically examined by the Analysis of Co-Variance (ANCOVA) for selected variable and whenever F-ratio were significant Scheffe's post-hoc test were used at 0.05 level of confidence, which was considered as appropriate.

## 4. Analysis of Data

**TABLE – I**  
ANALYSIS OF COVARIANCE FOR THE PRE, POST AND ADJUSTED POST-TESTS DATA ON  
FLEXIBILITY OF EXPERIMENTAL AND CONTROL GROUPS  
(In Centimeters)

Test	Expt-A	Expt-B	Control group	SOV	SS	df	MS	F-ratio
<b>Pre-test</b>								
<b>Mean</b>	25.26	26.34	26.12	<b>B.M.</b>	2.22	2	1.11	1.46
<b>SD(±)</b>	3.65	2.22	2.64	<b>W.G.</b>	45.36	42	1.08	
<b>Post-test</b>								
<b>Mean</b>	38.44	34.38	27.06	<b>B.M.</b>	58.10	2	29.05	34.24*
<b>SD(±)</b>	2.20	2.09	2.55	<b>W.G.</b>	80.22	42	1.91	
<b>Adjusted post-test</b>								
<b>Mean</b>	38.05	34.12	27.69	<b>B.S.</b>	55.42	2	27.71	28.06*
				<b>W.S.</b>	75.44	41	1.84	

\*Significant at 0.05 level confidence. The table value required for significance at 0.05 level with df 1 & 42 is 3.22 and df 1 & 41 is 3.23

The table I show that the pre-test mean values on asana practices, meditation practices and control group are 25.26, 26.34 and 26.12 respectively. The obtained 'F' ratio 1.46 for pre-test scores was less than the table value, 3.22 for degrees of freedom 2 and 42 required for significance at 0.05 level of confidence on flexibility. The post-test mean values on asana practices, meditation practices and control group are 38.44, 34.38 and 27.06 respectively. The obtained 'F' ratio 34.24 for post-test scores was greater than the table value 3.22 for degrees of freedom 2 and 42 required for significance at 0.05 level of confidence on flexibility. The adjusted post-test means of asana practices, meditation practices and control group are 38.05, 34.12 and 27.69 respectively. The obtained 'F' ratio of 28.06 for adjusted post-test means was greater than the table value of 3.23 for degrees of freedom 2 and 41 required for significance at 0.05 level of confidence on flexibility. The result of the study indicates that there was a significant difference among the adjusted post-test means of control group, asana practices and meditation practices on flexibility.

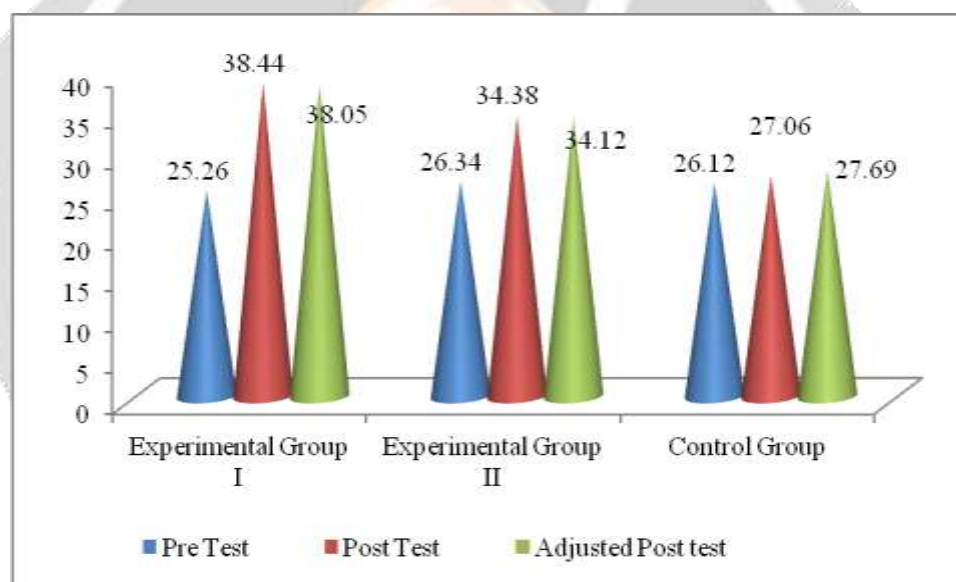
Since the obtained 'F' ratio value was significant further to find out the paired mean difference, the Scheffe's test was employed and presented in table-II.

**TABLE – II**  
**THE SCHEFFE’S TEST FOR THE DIFFERENCE BETWEEN PAIRED MEANS ON FLEXIBILITY**

Asana Practice	Meditation Practice	Control group	MD	CI
-	34.12	27.69	6.43*	3.16
38.05	34.12	-	3.93*	
38.05	-	27.69	10.36*	

\*Significant at 0.05 level of confidence.

The table II shows that the mean difference values between meditation practices & control group, asana practices & meditation practices and asana practices & control group are 6.43, 3.93 and 10.36 respectively which are greater than the confidence interval value 3.16 at 0.05 level of confidence. The results of the study showed that there were a significant difference between meditation practices & control group, asana practices & meditation practices and asana practices & control group on flexibility.



**Figure- I:** The pre, post and adjusted post- test means values of asana practices, meditation practices and control group on flexibility are graphically represented in the above figure.

### 5. Discussion and findings

The result of the study indicates that the experimental groups namely asana practices and meditation practices groups had shown significant improvement in flexibility among the young adult men. The control group adult men had not shown significant changes in flexibility.

### 6. Conclusions

1. The experimental groups showed significant improvement on flexibility among adult men after underwent of six weeks of asana practices and meditation practices.
2. The control group did not shown significant improvement in flexibility.

### 7. References

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