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## EFFECT OF FAST AND SLOW YOGIC POSTURE ON MUSCULAR STRENGTH

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**Abstract:** The objective of this study was to find out the effect of fast and slow yoga postures on muscle strength and to compare them. For this research, Bhagawantrao Shivaji Patil Mahavidyalaya of Paratwada city was taken as the source of data. In this study, male students were selected as the subject. The selected students were studying Bachelor of Arts and their age was between 18 to 20 years. A total 20 subjects were selected for this study. The selected subjects were divided into two equal groups. Various tests were used to measure physical strength, including pull-ups and push-ups. The training program was conducted for six weeks. The training was given 6 days in a week. The ANCOVA statistical method and paired 't' was used to determine the effects. To test significance in each case, a confidence level of 0.05 was used, which was considered appropriate. The findings of this study show that the fast and slow yoga exercise program is an effective mechanism for increasing muscle strength. By comparing the effects of fast and slow yoga practice on the given group, it was found that slow yoga practice had more effect on the given group. It has been suggested by the researchers that yoga practice should be done in a slow training method from which a lot of benefits can be obtained.

**Index Terms - Component, formatting, style, styling, insert.**

### Introduction:

The cultural heritage of India has given a very precious gift to the entire world, which is very helpful in improving the mental health of every human being and increasing the capabilities, it is called Yoga. Yoga provides many benefits not only physically but also mentally. Physical deficiencies can be removed through yoga and it is a very good way to lead a healthy life. Yoga has innumerable benefits in human life. Yoga is like a virtue. By practicing it continuously, many diseases can be avoided and by adopting yogic lifestyle in one's life, one can also attain a long life. Practicing yoga has many benefits physical, mental, spiritual and the shape and weight of the body reflects how strong and flexible it is. Mental capacity can also be seen in how calm or happy someone is. We can easily see the benefits of practicing yoga at the physical level. Therefore, the researcher had chosen this topic out of curiosity to know what is the importance of yoga in physical strength and what is the effect of slow or fast of the asanas mentioned in the yoga practice methods. However, previous studies on this subject show that many asanas have a positive effect on physical strength. but what is the result of slow and fast asanas practice has not been made clear.

### Methodology:

For this research, Bhagawantrao Shivaji Patil Mahavidyalaya of Paratwada city was taken as the source of data. In this study, male students were selected as the subject. The selected students were studying Bachelor of Arts and their age was between 18 to 20 years. A total of 20 subjects were selected for this study. The subjects selected were not participants in any sports. Before inclusion in this study, all the subjects were given

complete information about the study and it was also noted that they did not have any kind of disease. The selected subjects were divided into two equal groups and Group-1 was trained to perform asanas with speed and Group-2 was trained with slow speed. Various tests were used to measure physical strength, including pull-ups and push-ups.

### Training program:

The training program was conducted for six weeks. The training was given 6 days in a week. Both the training groups were required to do micro exercises for 10 minutes before practicing yoga.

### Fast Yoga Training:

Sr. No/	Asanas	Weeks/Time/Repetition		
		1 to 2	3 to 4	5 to 6
		18 Minuets	30 Minuets	40 Minuets
1	Pranamasana or Namaskarasana	06	12	20
2	Hastauttasana	06	12	20
3	Padahastasana	06	12	20
4	Ashwasanchalanasana	06	12	20
5	Parvatasana	06	12	20
6	Ashtanga Namaskar	06	12	20
7	Bhujangasana	06	12	20
8	Parvatasana	06	12	20
9	Ashwasanchalanasana	06	12	20
10	Padahastasana	06	12	20
11	Hastauttasana	06	12	20
12	Pranamasana	06	12	20

### Slow Yoga Training:

Sr. No/	Asanas	Weeks/Time/Repetition		
		1 to 2	3 to 4	5 to 6
		30 Minuets	45 Minuets	60 Minuets
1	Pranamasana or Namaskarasana	06	12	20
2	Hastauttasana	06	12	20
3	Padahastasana	06	12	20
4	Ashwasanchalanasana	06	12	20
5	Parvatasana	06	12	20
6	Ashtanga Namaskar	06	12	20
7	Bhujangasana	06	12	20
8	Parvatasana	06	12	20
9	Ashwasanchalanasana	06	12	20
10	Padahastasana	06	12	20
11	Hastauttasana	06	12	20
12	Pranamasana	06	12	20

**Statistical Analysis:**

To determine whether there was a statistically significant difference between Group-1 and Group-2, the ANCOVA statistical method was used and paired 't' was used to determine the effects. To test significance in each case, a confidence level of 0.05 was used, which was considered appropriate.

**Table 1:** Pre and post test means & Paired 't' test of muscular strength of experimental groups

Variables	Group	N	Mean	SD	SE	MD	Ot	df	Tt
Pull Ups	Fast_Pre	10	4.70	1.25	0.54	0.30	1.152	9	2.262
	Fast_Post	10	5.00	1.15					
	Slow_Pre	10	4.50	1.08	0.46	1.40	8.573*	9	2.262
	Slow_Post	10	5.90	0.99					
Sit Ups	Fast_Pre	10	21.80	4.61	2.28	1.60	3.748*	9	2.262
	Fast_Post	10	23.40	5.54					
	Slow_Pre	10	20.80	4.64	2.05	2.60	11.759*	9	2.262
	Slow_Post	10	23.40	4.55					

\*Significant at 0.05 level Tabulated 't' 0.05 (9) = 2.262

Table 12 clearly reveals that the significant difference were found between the Pre and Post test means of pull ups and sit ups in experimental slow groups, as calculated 't' is greater than the tabulated 't' of 2.262. and significant difference were found between the Pre and Post test means of sit ups in experimental fast groups, as calculated 't' is greater than the tabulated 't' of 2.262.

**Table No. 2:** Analysis of covariance of pull ups between fast group and slow group

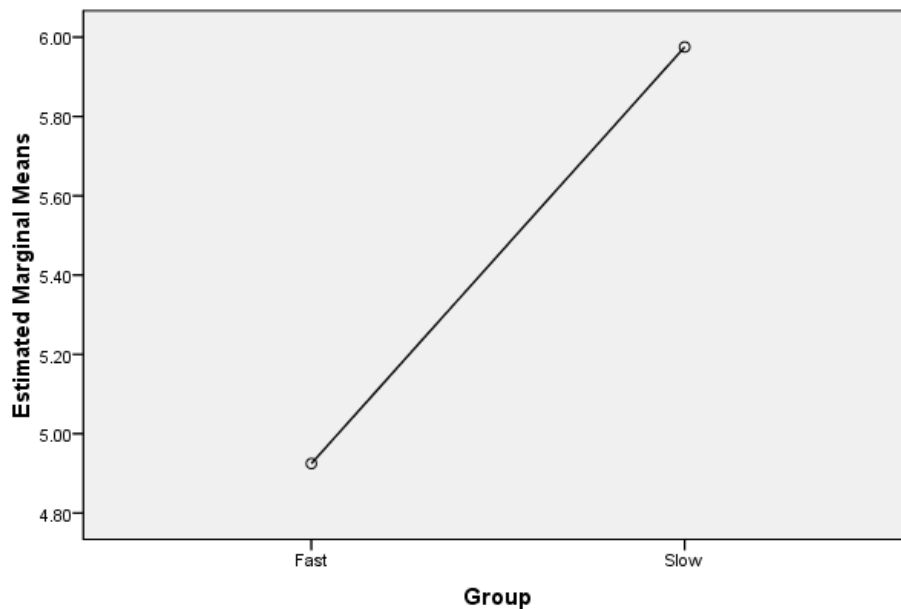
	Sum of Squares	df	Mean Square	F	Sig.
Contrast	5.472	1	5.472	13.314	.002
Error	6.987	17	.411		

Table No. 2 shows that analysis of covariance of fast and slow group on pull ups. Since the computed value of F ratio was 13.314, which was significantly higher than the table value. Therefore, there is need of post hoc test.

**Table No.3:** Paired mean difference of pull ups between fast group and slow group

Fast Group	Slow Group	Mean Difference	Std. Error	Sig. <sup>a</sup>	95% Confidence Interval for Difference <sup>a</sup>	
					Lower Bound	Upper Bound
4.925	5.975	1.050*	.288	.002	0.443	1.658

Table-3, the mean difference values of fast group and slow group (1.050) reveal that there is significant difference in pull ups as the obtained mean difference values is found to be significant at .05 level of significance.



Graph-1: Graphical representation in pull ups of adjusted mean values difference between pre and post test of fast group and slow group

**Table No. 4:** Analysis of covariance of sit ups between fast group and slow group

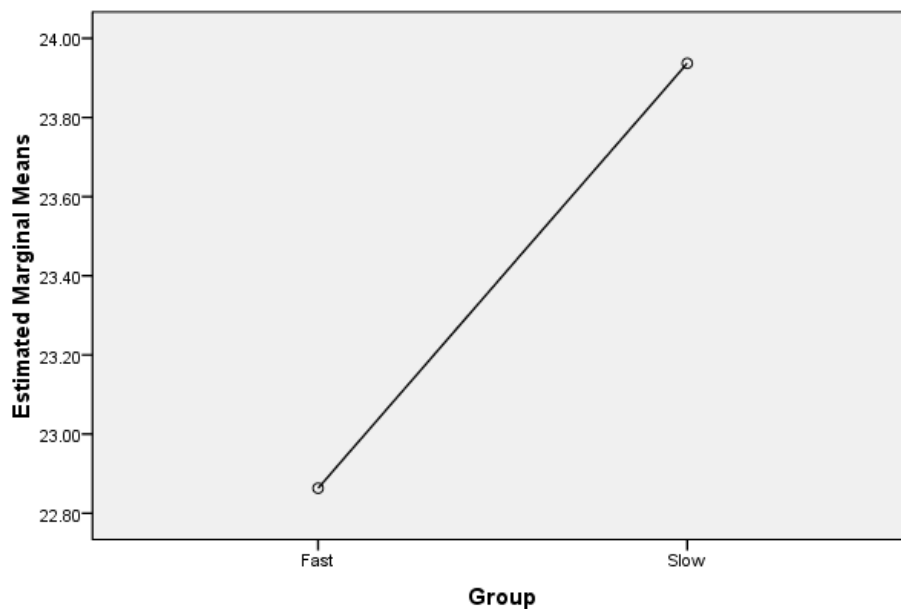
	Sum of Squares	df	Mean Square	F	Sig.
Contrast	5.691	1	5.691	5.172	.036
Error	18.706	17	1.100		

Table No. 2 shows that analysis of covariance of fast and slow group on sit ups. Since the computed value of F ratio was 5.172, which was significantly higher than the table value. Therefore, there is need of post hoc test.

**Table No.5:** Paired mean difference of sit ups between fast group and slow group

Fast Group	Slow Group	Mean Difference	Std. Error	Sig. <sup>a</sup>	95% Confidence Interval for Difference <sup>a</sup>	
					Lower Bound	Upper Bound
22.863	23.937	1.074*	0.472	0.036	0.078	2.070

Table-5, the mean difference values of fast group and slow group (1.074) reveal that there is significant difference in sit ups as the obtained mean difference values is found to be significant at .05 level of significance



Graph-2: Graphical representation in situ ups of adjusted mean values difference between pre and post test of fast group and slow group

### Conclusion:

The findings of this study show that the fast and slow yoga exercise program is an effective mechanism for increasing muscle strength. By comparing the effects of fast and slow yoga practice on the given group, it was found that slow yoga practice had more effect on the given group. Yoga is a very useful exercise which is very easy to do and it helps in getting rid of some serious health problems which are common in today's lifestyle. Yoga is the best exercise for our body, which helps us to stay physically and mentally healthy. Yoga keeps our body healthy both inside and out. It has been suggested by the researchers that yoga practice should be done in a slow training method from which a lot of benefits can be obtained.

### References:

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