EFFECT OF ASANAS AND AEROBIC TRAINING ON SELECTED PSYCHOLOGICAL VARIABLES OF COLLEGE MALE STUDENTS

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ABSTRACT

The purpose of the study was to investigate the effect of asanas and aerobic training on selected psychological variables of college male students. Hundred male students of Panskura Banamali College, Panskura, Dist-Purba Medinipur, West Bengal, were randomly selected as the subjects for this study. The average age of the subjects was ranging from 18 years to 23 years. They were divided into four equal groups on random basis (Groups A, B, C & D) consisting of 25 subjects in each group. Three out of the four groups were given experimental treatments i.e. Aerobic training, yogasanas and combination of hatha yoga and aerobic training and thereafter the groups A, B, C were designated as Aerobic training group, Yoga asanas group and combination of Asanas and Aerobic training groups respectively. While the remaining one group (Group- D) was designated as control group, which were not given any experimental treatment. On the basis of finding it was concluded that both Yogasanas and Aerobic training had significant contributing role over the Stress and Anxiety of the subjects as a result of eight weeks training.

KEY WORDS: Yogasanas, Aerobic training, Stress and Anxiety.

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