



COMPARISON OF PHYSICAL WELL-BEING AMONG STUDENT ATHLETES AND REGULAR YOGIC PRACTITIONERS: A PILOT STUDY

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Abstract: The objective of the study is to compared the Physical well-being of Student Athletes and Regular Yogic Practitioners. Total 100 students athletes Who had participated in inter collegiate tournaments and 100 Regular Yogic Practitioners was randomly selected as subject for the present study. The findings of the study reveal that Students Athlete was better Nutritional dimension of physical well being Universal Supreme Health compared to Yogic Practitioners . The findings of the study reveal that Students Athlete was better Exercise dimension of physical well being Universal Supreme Health compared to Yogic Practitioners. This study will help to know about to improve Universal supreme Health for all well being among all people

INTRODUCTION

Yoga is an ancient Indian science designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. Yoga has multiple physical, mental and spiritual benefits and holds that the influence of the mind on body is far more powerful than the influence of body on mind. Yoga helps in gentle and automatic massaging of internal organs and thus helps in enhancing functioning of nervous system, and endocrine system, (Khalsa, et.al 2012). Yoga teaches participants to quiet the mind and concentrate (Tran, Holly, Lashbrook, & Amsterdam, 2001). Yoga has multiple emotional , physical, mental and spiritual benefits and holds that the influence of the mind on body is far more powerful than the influence of body on mind. Yoga promotes in automatic massaging of internal organs and thus helps in enhancing functioning of circulatory system nervous system, and endocrine system, (Khalsa, et.al 2012). According to a study conducted in a secondary school, preliminary results suggest that yoga has the potential of playing a vital role in maintaining, psychological well-being cognitive skills and mental health (Wacharasin et.al 2003). **Student-athletes** are a participant in an organized competitive sport sponsored by the educational institution in which the **student** is enrolled. **Student-athletes** are full-time **students** and **athletes** at the same time. Colleges offer athletic scholarships in many sports. Student athletes put a great deal of time into their studies and athletics. Student athletes face high levels of stress.

‘ Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity ‘ defines the Constitution of the World Health Organization. This concept is very close to the definition of health according to Ayurvedic literature. Sushrut, a prominent proponent of this traditional system of Indian medicine, defines it is a state characterized by a feeling of spiritual, physical and mental well being (Prasanna atam indriya mana).

METHODS

Total 100 students athletes Who had participated in inter collegiate tournaments and 100 Regular Yogic Yogic Practitioners was randomly selected as subject for the present study. For the present study, U.S.H.A. well being questionnaires used as a tools of the study Data was collected individually through a questionnaire by contacting respondent personally. To analyzee the data, t-ratios was comprised of respondents.

Table-1

Mean Scores, Standard Deviation and t-ratio of Nutritional dimension of physical well being Universal Supreme Health and Yogic Practitioners

Dimension	Target Population	Number	Mean	S.Ds.	t-ratio
Nutrition	Students Athlete	50	2.56	0.31	2.89*
	Yogic Practitioners	50	2.04	0.27	

Table -1 depicted Mean scores, Standard deviation and t-ratio of Nutritional dimension of **physical well being Universal Supreme Health.**



Table-2

Mean Scores, Standard Deviation and t-ratio of Hygiene and safety dimension of physical well being Universal Supreme Health and Yogic Practitioners

Dimension	Target Population	Number	Mean	S.Ds.	t-ratio
Hygiene and safety	Students Athlete	50	2.30	0.32	1.67 NS
	Yogic Practitioners	50	2.38	0.38	

Table -2 depicted Mean scores, Standard deviation and t-ratio of **Hygiene and safety** dimension of **physical well being Universal Supreme Health**.

Table-3

Mean Scores, Standard Deviation and t-ratio of Exercise dimension of physical well being Universal Supreme Health and Yogic Practitioners.

Dimension	Target Population	Number	Mean	S.Ds.	t-ratio
Exercise	Students Athlete	50	2.67	0.46	3.38*
	Yogic Practitioners	50	2.13	0.37	

Table – 3 depicted Mean scores, Standard deviation and t-ratio of Exercise dimension of physical well being Universal Supreme Health.

Table-4

Mean Scores, Standard Deviation and t-ratio of De-Medication dimension of physical well being Universal Supreme Health and Yogic Practitioners

Dimension	Target Population	Number	Mean	S.Ds.	t-ratio
De-Medication	Students Athlete	50	1.87	0.27	1.48NS
	Yogic Practitioners	50	1.94	0.29	

Table -2 depicted Mean scores, Standard deviation and t-ratio of **De-Medication** dimension of **physical well being Universal Supreme Health**.

Table-5

Mean Scores, Standard Deviation and t-ratio of De-addiction dimension of physical well being Universal Supreme Health and Yogic Practitioners

Dimension	Target Population	Number	Mean	S.Ds.	t-ratio
De-addiction	Students Athlete	50	1.90	0.25	
	Yogic Practitioners	50	1.95	0.27	

Table -5 depicted Mean scores, Standard deviation and t-ratio of **De-addiction** dimension of **physical well being Universal Supreme Health**.

RESULTS AND DISCUSSION

The Students Athlete obtained 2.56 mean score of Nutritional dimension of physical well being Universal Supreme Health and Yogic Practitioners were obtained 2.04 mean scores, whereas, the Students Athlete obtained 0.31 Standard Deviations of Nutritional dimension of physical well being Universal Supreme Health and Yogic Practitioners were obtained 0.27 Standard Deviation Nutritional dimension of physical well being Universal Supreme Health. The Result of the study indicates that, there was significant difference of Nutritional dimension of physical well being Universal Supreme Health between Students Athlete and Yogic Practitioners. The findings of the study reveal that Students Athlete was better Nutritional dimension of physical well being Universal Supreme Health compared to Yogic Practitioners. The Students Athlete obtained 2.30 mean score of Hygiene and safety dimension of physical well being Universal Supreme Health and Yogic Practitioners were obtained 2.38 mean scores, whereas, the Students Athlete obtained 0.32 Standard Deviations of Hygiene and safety dimension of physical well being Universal Supreme Health and Yogic Practitioners were obtained 0.38 Standard Deviation Hygiene and safety dimension of physical well being Universal Supreme Health. The Result of the study indicates that, there was No significant difference of Hygiene and safety dimension of physical well being Universal Supreme Health between Students Athlete and Yogic Practitioners. The Students Athlete obtained 2.67 mean score of Exercise dimension of physical well being Universal Supreme Health and Yogic Practitioners were obtained 2.13 mean scores, whereas, the Students Athlete obtained 0.46 Standard Deviations of Exercise dimension of physical well being Universal Supreme



Health and Yogic Practitioners were obtained 0.37 Standard Deviation Exercise dimension of physical well being Universal Supreme Health. The Result of the study indicates that, there was significant difference of Exercise dimension of physical well being Universal Supreme Health between Students Athlete and Yogic Practitioners. The findings of the study reveal that Students Athlete was better Exercise dimension of physical well being Universal Supreme Health compared to Yogic Practitioners. The Students Athlete obtained 1.87 mean score of Exercise dimension of physical well being Universal Supreme Health and Yogic Practitioners were obtained 1.94 mean scores, whereas, the Students Athlete obtained 0.27 Standard Deviations of De-Medication dimension of physical well being Universal Supreme Health and Yogic Practitioners were obtained 0.29 Standard Deviation De-Medication dimension of physical well being Universal Supreme Health. The Result of the study indicates that, there No was significant difference of De-Medication dimension of physical well being Universal Supreme Health between Students Athlete and Yogic Practitioners.

The Students Athlete obtained 1.90 mean score of De-addiction dimension of physical well being Universal Supreme Health and Yogic Practitioners were obtained 1.95 mean scores, whereas, the Students Athlete obtained 0.25 Standard Deviations of De-addiction dimension of physical well being Universal Supreme Health and Yogic Practitioners were obtained 0.27 Standard Deviation De-addiction dimension of physical well being Universal Supreme Health. The Result of the study indicates that, there was No significant difference of De-addiction dimension of physical well being Universal Supreme Health between Students Athlete and Yogic Practitioners.

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