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EFFECT OF SATTVIC DIET ON SYSTOLIC BLOOD PRESSURE AND DIASTOLIC BLOOD PRESSURE WHICH INFLUNCE ON YOGIC PRACTICES AMONG COLLEGE STUDENTS

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Abstract-- *The present random group experimental study was designed to find out the effect of Sattvic Diet on Systolic blood pressure and diastolic blood pressure on yogic practices among College Students. It was hypothesized that there would be significant difference due yogic practices with Sattvic Diet than the control group on Systolic blood pressure and diastolic blood pressure among College Students. To achieve the purpose of the study, thirty (30) College Students residing in Jammu and Kashmir age between 18 to 22 years were selected randomly two groups, namely a experimental group and control group of fifteen (15) subjects each. Training period of this study was twelve weeks. Experimental group underwent yoga practices with Sattvic Diet for twelve (12) weeks, six days a week for a maximum of one hour in the morning. The control group was kept in active rest. The pre test and post test were conducted before and after the training for all two groups. To analyses the data (ANCOVA) was used. The test of significance was fixed as 0.05 level of confidence. It was concluded that there was significant decreased in yogic practices with Sattvic Diet than the control group on Systolic blood pressure and diastolic blood pressure among College Students.*

Key Words: *Yogic practice, Sattvic Diet, Systolic blood pressure and diastolic blood pressure*

Introduction

A sport as the universal appeal has led the whole world towards gaining recognition as a simple, low cost and effective medium for achieving key developmental goals. Sport form is an inspirable and inseparable part of the system of physical education. Physical education offers opportunities in competitive situations for physical, social, emotional and moral developments. Sports and Games are the best ways to earn social recognition and acquire a status in the modern society. Sports and games in the modern era occupy a very prominent and important place in the life of people and also in every sphere of life. A sports that requires little in terms of technical equipments to play **Suman kumar A(October – 2019)**

Perceptual skills training provides a potentially valuable method for training players on key skills, such as anticipation and decision-making. It can be used when players are unable to physically train or are unable to experience repeated key situations from their sport. Perceptual skills training and describe future research areas focusing on a number of key theories and principles. The main aim of any training intervention should be the efficacy of retention and transfer of learning from training to field situations, which should be the key consideration when designing the representative tasks used in perceptual skills training. The principles that seek to create practice tasks that replicate those found in the field, so as to increase the amount of transfer that occurs. These principles are perception-action coupling, the contextual interference effect and contextual information, which suggest there should be a high level of similarity between training and real-life performance when designing perceptual skills training.

Football has attained greater level of popularity all over the World and played on sand, natural grass and artificial turf ground. The modem game of football demands that each member of the team be able to play in all positions. A lively attack needs all-rounder and they must develop their skills to play in any position. One of the greatest pleasure in the sports is exposure to performance at its highest level. The highest level requi res skill

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attainment,mental toughness, practice and dedication. Team sports require high level of hand and leg power for achieving success at elite level of competitions. As competitions are increasing day by day, the varieties of training also increase as they become important factors to improve the performance. Football is the game of great skill and to play it well is an art itself. It calls for powerful wrists, keen eyes, intelligence, presence of mind, good eyesight, reaction time, motivation, dedication and balanced diet. It also calls for great sportsmanship, tolerance and coolness. In short, the game demands the best both as a player and as a man. **Suman (2019 November)**

An increased agility can also help to reduce common injuries that are associated with too much stress being put onto inflexible muscles. (**Suman Kumar ., Yokesh 2019**)

A professional football player makes numerous explosive bursts, like kicking, tackling, jumping, turning, speed, and changing pace during a 90-minute football match, yogic workouts typically comprise of stopping, starting, and changing directions in an explosive manner. These actions are gears that can assist in developing skill performance in football players. Finding your own path is wholly accepted (**Suman Kumar ., Yokesh 2019**)

Statement of the problem

The purpose of the study was to find out the effect of yogic practices with sattvic diet on systolic blood pressure and diastolic blood pressure among Stressed College Students.

Hypothesis

It was hypothesized that there would be significant differences due to yogic practices with sattvic diet than the control group on systolic blood pressure and diastolic blood pressure among college students.

Methodology

For the purpose of this random group experimental study, thirty (30) stressed college students in Jammu and Kashmir were selected at random as subjects based on their systolic blood pressure and diastolic blood pressure and their age was ranged from 18 to 22 years. Yogic practices with sattvic diet were given six days (monday to saturday) per week for twelve weeks. All the subjects were randomly assigned to experimental groups and control group each consisted of 15 subjects. Experimental group was involved in yogic practices with sattvic diet for twelve (12) weeks and the control group kept in active rest. The yogic practices with Sattvic Diet given to experimental group include breakfast; sprouts idly chattni, banana or guava, snacks; vegetable soup / vegetable, Lunch; Rice, Green leafy vegetables, vegetables, fruits, butter milk and Honey, snacks; Nuts, fruits like Banana, Grapes, dinner; chapatti, dal or cereals, vegetables, fruit salad, fruits and milk, prayer, Loosening the joining, Suryanamakar, Tadasana, Trikonasana,Padahastasana,Gomukhasana,Paschimottasana, Ustrasana, Ardhamatsyendrasana, Bhujangasana, Salabasana, Dhanurasana, Navasana, Sarvangasana, Shashangasana, Savasana, Bhramari Pranayama, Kapalbhati Pranayama, Sukha Poorva Pranayama, Yoga Nidra Meditation and Relaxation Techniques. Initially pre-test was taken and after the experimental period of twelve weeks, post-test was taken from all the two groups. The differences between initial and final Systolic blood pressure and diastolic blood pressure were considered as the effect of yogic practices with Sattvic Diet on selected subjects. Analysis of Covariance (ANCOVA) was used to find out the difference among the experimental group and control groups. The test of significance was fixed as 0.05 level of confidence.

Results and discussion

The data pertaining to the variables collected from the two groups before and after the training period were statistically analyzed by using Analysis of Covariance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance.

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Results on systolic blood pressure

The Analysis of Covariance (ANCOVA) on systolic blood pressure yogic practices with Sattvic Diet and control group was analyzed and are presented in table-1

Table-I
Computation of analysis of covariance of training groups and control group on systolic blood pressure (in mmhg)

Test	EXPGROUP	CON GROUP	SV	SS	Df	MS	
Pre test Mean	**131.4**	**130.33**	**Between**	**8.53**	**1**	**8.53**	**0.48**
			Within	**88.93**	**28**	**17.46**	
Post test Mean	**123.26**	**132.4**	**Between**	**25.63**	**1**	**312.81**	**4.88***
			Within	**588.53**	**28**	**21.01**	
Adjusted test Mean	**122.87**	**132.79**	**Between**	**725.64**	**1**	**362.82**	**30.47***
			Within	**321.40**	**27**	**11.90**	
Mean difference	**8.13**	**2.06**					

***Significant at 0.05 level of confidence** (Table F-ratio at 0.05 level of confidence with df one and 28(df) =3.22, one and 27(df)=3.23).

The obtained F-ratio value for the systolic blood pressure were greater than the table value, it indicates that there was a significant difference among post test and adjusted post-test means of the yogic practices with Sattvic Diet group than the control group.

The pre-test, post-test and adjusted post-test mean values of yogic practices with Sattvic Diet and the control group on systolic blood pressure were graphically presented in Figure 1.

Figure 1
Bar diagram showing the mean difference of yogic practices with Sattvic Diet group, and control group on systolic blood pressure (in mmHg)

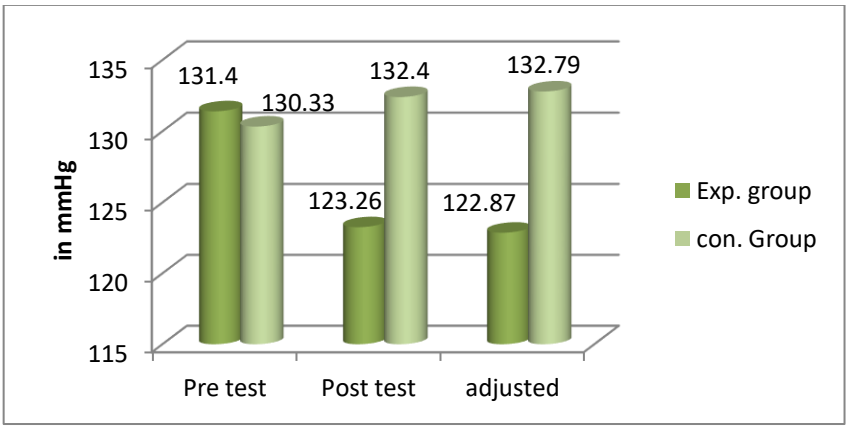

Table- II
Computation of analysis of covariance of training groups and control group on diastolic blood pressure (in mmhg)

Test	XP GROUP	CON GROUP	SV	SS	Df	MS	F
Pre test Mean	**0.6**	**9.66**	**Between**	**6.53**	**1**	**6.53**	**0.63**
			Within	**286.93**	**28**	**0.24**	

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Post test Mean	**4.13**	**0.93**	**Between**	**346.8**	**1**	**173.4**	**17.05***
			Within	**284.66**	**28**	**10.16**	
Adjusted test Mean	**83.89**	**91.16**	**Between**	**387.56**	**1**	**193.78**	**4.68***
			Within	**211.93**	**27**	**7.84**	
Mean difference	**6.46**	**1.26**					

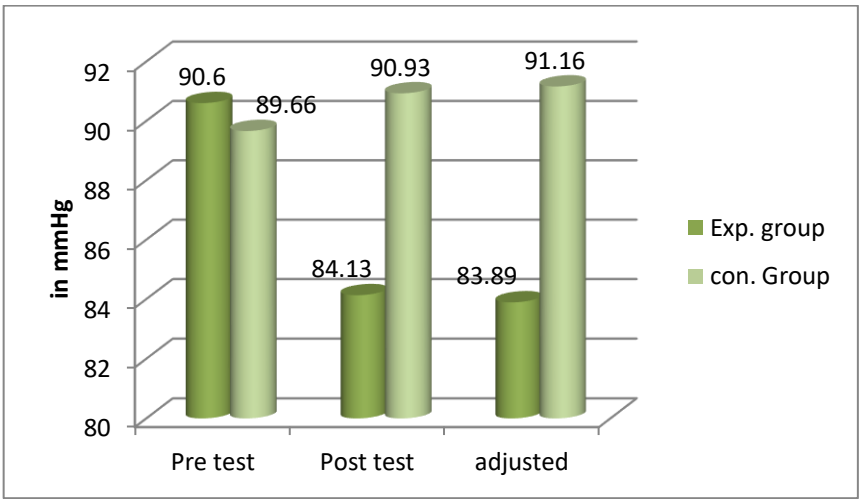
***Significant at 0.05 level of confidence** (Table F-ratio at 0.05 level of confidence with df one and 28(df) =3.22, one and 27(df)=3.23).

The obtained F-ratio value for the diastolic blood pressure were greater than the table value, it indicates that there was a significant difference among post test and adjusted post-test means of the yogic practices with Sattvic Diet group than the control group.

The pre-test, post-test and adjusted post-test mean values of yogic practices with Sattvic Diet and the control group on diastolic blood pressure were graphically presented in Figure 2.

Figure 2

Bar diagram showing the mean difference of yogic practices with Sattvic Diet group and control group on diastolic blood pressure (in mmHg)



CONCULSIONS

It was concluded that there was significant decreased in yogic practices with sattvic diet than the control group on systolic blood pressure and diastolic blood pressure among stressed college students.

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