



Effect Of Eco-Conscious Yoga And Hybrid Yoga On Resting Heart Rate And Aggression Of College Men Students

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Abstract: Yoga had a most invaluable gift of our Indians ancient tradition. In last decade modern world has improved as marvelous way especially towards the artificial intelligence. Yoga also improved and translates towards the modern society requirement. The youth and college students can follow yoga as various ways. The Eco-Conscious yoga were involves the materials as sustainable, reduce waste and harmful materials. They were very much like our tradition and follow the tradition way of yogic practices. The Hybrid yoga was includes the online yoga classes, personalized classes prepared by artificial intelligence and combination of in-studio yoga with live-streaming.

Methodology: The aim of the investigation was to find out the effect of eco-conscious yoga and hybrid yoga on resting heart rate and aggression of college men students. To execute the investigation, ninety (N=90) College boys studying various first year courses in Ayya Nadar Janaki Ammal College, Sivakasi affiliated to Madurai Kamaraj University, Madurai, were randomly chosen for investigation. The chosen subjects were randomly distributed into three groups of thirty each i.e., (n=30) Group-I underwent eco-conscious yoga training group, Group-II hybrid yoga training group, Group-III was act as Control group their age ranged from 17-19 years. The variables selected for this investigation namely resting heart rate was measured by heart rate monitor and aggression was measured by aggression scale test.

Result: The results of this study show that eco-conscious yoga and hybrid yoga shows that there was no significant improvement in resting heart rate and there was a significant improvement on aggression.

Index Terms: Eco-Conscious Yoga, Hybrid Yoga, Aggression

1. INTRODUCTION

Yoga had a most invaluable gift of our Indians ancient tradition. Since the Vedic era, yoga has been cultivated and developed in India as a very old form of physical fitness and inner healing. It was believed that the use and exploitation of cosmic energies for enlightenment, emotional regulation and the development and healing of the human body all stem from external natural sources that regulated the body's internal energy flow. It was the natural energy sources from the sun, moon and air were the most notable. Yoga therefore aims to maximize the advantages of these sources. In last decade modern world has improved as marvelous way especially towards the artificial intelligence. Yoga also improved and translates towards the modern society requirement. The youth and college students can follow yoga as various ways. Recently yoga has become more popular as a form of exercise, with many people doing it to enhance their overall health and wellbeing. Additionally, yoga is utilized in psychosocial and rehabilitation care. During covid-19 rehabilitation it had existed patients in isolation and quarantine discovered that yoga is beneficial them to manage their fear and anxiety.

Eco-conscious was an impact on the environment and being conscious of how your actions affect it. It develops the principles of reduce, reuse, recycle and conserve the energy. They used the products with eco-friendly ingredients and more support to the environmental causes. The Eco-Conscious yoga were involves

the materials as sustainable, reduce waste and harmful materials. They resembled lot to our tradition and follow the tradition way of yogic practices. This entails concentrating on energy-efficient procedures at the studio and utilizing sustainable materials for yoga mats, blocks and clothing. Find environmentally friendly yoga props and equipment. Put green initiatives into action, such as water-saving techniques, energy-efficient lighting and zero-waste policies. Organize yoga workshops with an eco-themed theme, such as "Yoga for the Earth" or "Mindful Consumption."

The Hybrid yoga (In-studio + Virtual + AI) was includes the online yoga classes, personalized classes prepared by artificial intelligence and combination of in-studio yoga with live-streaming. Although face-to-face instruction will always be beneficial, hybrid yoga is here to stay. This includes online virtual classes and AI-powered personalized yoga experiences that can design customized poses according to users' objectives and needs. Hybrid yoga classes were attracting the college students through generates a virtual group with chatting, challenge and online events to keep students connected. Yoga had been at the moment more accessible through the development of digital technology and the internet. People can do yoga comfort from their homes through the mobile apps, online courses and virtual workshops. A vast array of content, ranging from beginner-friendly to advanced classes, is available on platforms such as YouTube, Zoom, and specialized yoga apps. Because of the flexibility offered by these digital resources, practitioners can arrange sessions whenever it is most convenient to them. Smart yoga mat, sensor digital lighting, sensor music system are all used as the artificial intelligent tools to improve the yoga attraction and benefits.

2. STATEMENT OF THE PROBLEM

To The aim of the investigation was to find out the effect of eco-conscious yoga and hybrid yoga on resting heart rate and aggression of college men students.

3. SELECTION OF SUBJECTS

To execute the investigation, ninety (N=90) College boys studying various first year courses in Ayya Nadar Janaki Ammal College, Sivakasi affiliated to Madurai Kamaraj University, Madurai, were randomly chosen for investigation. The chosen subjects were randomly distributed into three groups of thirty each i.e., (n=30) Group-I underwent eco-conscious yoga training group, Group-II hybrid yoga training group, Group-III was act as Control group their age ranged from 17-19 years.

Independent Variables

- Eco-Conscious yoga training
- Hybrid yoga training

Dependent Variables

Variable	Test Item
Resting heart rate	Heart rate monitor
Aggression	Aggression scale test

4. ANALYSIS OF THE DATA

4.1 RESTING HEART RATE

The ANCOVA on resting heart rate of collected data on the pretest and the posttest scores of Eco-Conscious yoga training program, hybrid yoga training program group and control group were analyzed and presented in the following table.

Table I

Test	Group I	Group II	CG III	Source of Variance	Sum of Squares	Df	Mean squares	Obtained 'F' Ratio
Pretest Mean	74.70	73.45	73.55	Between	24.14	2	12.12	2.30
				Within	456.38	87	5.25	
Posttest Mean	74.66	73.15	73.65	Between	2.400	2	1.200	0.22
				Within	464.500	87	5.339	
Adjusted Posttest Mean	74.62	73.38	73.64	Between	42.933	2	21.465	1.74
				Within	1060.91	86	12.336	

* Significant at a confidence level of 0.05. (The values in the table for "f" at the 0.05 level of confidence for 2 and 87 and 2 and 86 are 3.10).

The study discovered the impact of Eco-Conscious yoga training and hybrid yoga training on resting heart rate. The above table's Pretest, post and Adjusted Post test were served as an indicator of the experimentation process. The Pretest collected scores that was obtained F-ratio 2.30 was lesser than the

necessary amount of 3.10 and there was no variation in the coating and it made sense to assign the experimentation groups and control group. From the Posttest collected scores that was obtained F-ratio 0.22 was lesser than the necessary amount of 3.10 and here there was no difference in experiment's effectiveness in resting heart rate. The Adjusted post test scores that were obtained F-ratio 1.74 were lesser than the necessary value of 3.10 and here also there was no difference in experiment's effectiveness on resting heart rate after ruling out the potential impact of pre-test results. The scores were displayed in the following figure on Eco-Conscious yoga training program group, hybrid yoga training program group and control group on the resting heart rate.

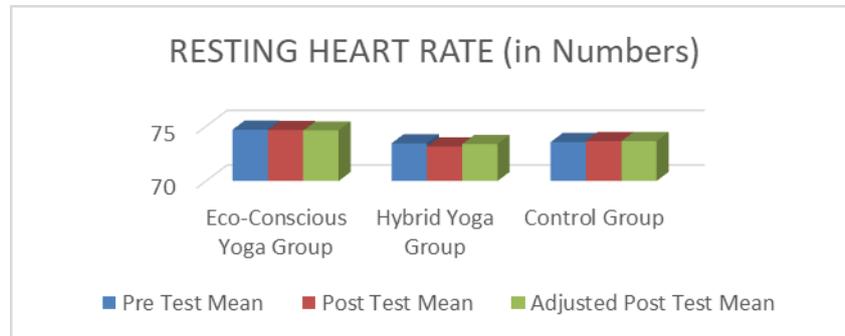


FIGURE – I

Scheffe's post hoc test applied to use as a statistical need for the statistical outputs mentioned above.

**THE SCHEFFE'S TABLE ON RESTING HEART RATE
(Scores in numbers)**

Adjusted Post-test Means				Mean Differences	Confidence Interval
Eco-Conscious Yoga Group	Hybrid Yoga Group	Yoga	Control Group		
74.62	73.38			1.24	1.55
74.62			73.64	0.98	
	73.38		73.64	0.26	

Every group was identical when compared on the basis of obtained confidence interval of 1.55. However, there is no discernible difference between groups and any training. It was determined that training groups, including those that practiced eco-conscious yoga training and hybrid yoga training, had not achieved appreciable increases in resting heart rate.

4.2 AGGRESSION:

The ANCOVA of the score of aggression from the pretest and the posttest scores of Eco-Conscious yoga training program, hybrid yoga training program groups and control group was analyzed and given in the following table.

Test	Group I	Group II	CG III	Source of Variance	Sum of Squares	df	Mean squares	Obtained 'F' Ratio
Pretest Mean	92.90	91.45	90.55	Between	24.14	2	12.12	2.30
				Within	456.38	87	5.25	
Posttest Mean	83.90	80.15	89.65	Between	232.15	2	116.08	28.31*
				Within	356.44	87	4.10	
Adjusted Posttest Mean	83.62	82.84	90.94	Between	304.86	2	152.43	36.37*
				Within	360.38	86	4.19	

* Significant at a confidence level of 0.05. (The values in the table for "f" at the 0.05 level of confidence for 2 and 87 and 2 and 86 are 3.10).

The study discovered the impact of Eco-Conscious yoga training and hybrid yoga training on aggression. The above table's Pretest, post and Adjusted Post test were served as an indicator of the experimentation process. The Pretest collected scores that was obtain F-ratio 2.30 was lesser than the necessary amount of 3.10 and there was no variation in the coating and it made sense to assign the experimentation groups and control group. From the Posttest collected scores that were obtained F-ratio 28.31 exceeded the necessary value of 3.10 and covering the experiment's effectiveness and notable differences. The Adjusted post test scores that were obtained F-ratio 36.37 exceeded the necessary value of

3.10 and coating the experiment's effectiveness and notable differences after ruling out the potential impact of pre-test results.

The scores were displayed in the following figure on Eco-Conscious yoga training program group, hybrid yoga training program group and control group on aggression.

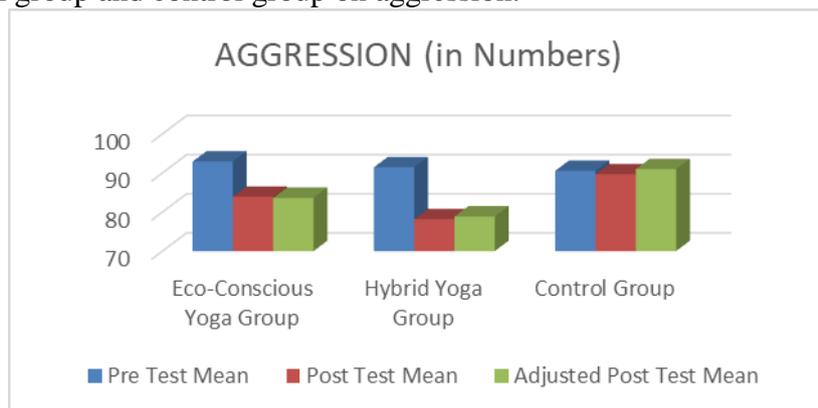


FIGURE – II

Scheffe's post hoc test applied to use as a statistical need for the statistical outputs mentioned above.

**THE SCHEFFE'S TABLE ON AGGRESSION
(Scores in numbers)**

Adjusted Post-test Means				Mean Differences	Confidence Interval
Eco-Conscious Yoga Group	Hybrid Group	Yoga	Control Group		
83.62	82.84			0.78	1.61
83.62			90.94	7.32*	
	82.84		90.94	8.1*	

All of the groups were found to vary from each other and the Hybrid Yoga Training program group got outperforming the other groups in mean difference to demonstrate its superiority over the others, according to the obtained confidence interval of 1.61. However, the two training groups do not differ significantly.

5. RESULT:

The results of the investigation show that eco-conscious yoga and hybrid yoga shows that there was no variation or no significant improvement in resting heart rate and there was a variation and significant improvement on aggression.

6. REFERENCES

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