

CHAPTER II
REVIEW
OF
RELATED LITERATURE



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- 2.0.0 Sources consulted for Review of Literature
- 2.1.0 Research related to present studies

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A careful review of literature makes a researcher aware of the important and unimportant variables in the concerned area of research. It helps in selecting the variables lying within the scope of his/her field. It helps in avoiding any duplication of work done earlier. Prior studies serve as the foundation for the present study. Through review of the literature, a researcher builds up better perspective for future researches. A cautious review of the literature enables the researcher to collect and synthesize prior studies related to the present study. A synthesized collection of previous studies also helps a researcher to identify the insignificant overlaps.

Reviewing assists in-

- ❖ Selecting appropriate research methods,
- ❖ Identifying appropriate research methods,
- ❖ Searching theories, explanations and hypothesis valuable in formulating research design,
- ❖ Locating data for making comparisons and interpretations,
- ❖ Having a vision of totality of field to be investigated.

2.1.0 Sources Consulted for Review of Literature

Review of literature gives an opportunity to the investigator to know what researches in the related area have been conducted and what were their results. This saves him or her from unnecessary duplication of work. After searching research studies, the investigator can derive whether the same study needs to be replicated or some new variable need to be included or dropped. Investigator used the following as the source for information -

- Journals
- Books
- Documents (Different Educational documents)
- Encyclopedia
- Educational surveys
- Dissertation abstracts.

2.2.0 Researches related to present study

- Bhole and Karamblekar studied 'The Effect of Yoga Training on Breath Holding Time'. The sample included 147 female and 139 males of 18-50 years old people. Pre test and post test were administered before and after the Yoga training respectively, which included 20 Yogasana, 2 Pranayama, 3 Sukshma Kriya. After yoga training statistically significant, 15 seconds increment in Breath holding time was found.
- Dolly, Rajesh, Lohan, U. studied 'The Effect of Yogasna and Pranayama On Physical and Phsiological Parameters'. The sample consist 120 students of 12-16 years age. Sample was divided into 4 subgroups having 30 students in each group. Although each Yoga Kriya improves the physical and physiological parameters of the subject but the combined treatment of Yogasna and Pranayama significantly improves the physical and physiological parameters of the subject was found.
- Ganguli and Gharote studied 'The Effect of Yoga training on cardio - respiratory Efficiency'. The sample included 12 students which were drawn from the G.S. College of Yoga and Culture Synthesis, Kaivalyadham, Lonavala. The Yoga training included Asamas, pranayama, Mudra, Kriyabandh for 1 hour daily for 8 months. Harvard Step Test was used as a tool for

pretest and post test. Cardio-respiratory efficiency increased by 7.6.

- Gharote studied 'The Effect of Yoga training on physical Efficiency'. The sample included 12 females (29-37 years) and 27 males (25-48 years) of Summer courses in Lonawala. 3 weeks of Yoga training included 20 Yogasna, 3 Sukshma kriya, Uddiyan Bondh, Ujjayani Prayanama. It was found that in males and females physical efficiency increased by +7.74, +11.75 respectively. It proved that Yogic Vyayama improves the physical efficiency of the subjects.
- Hassanagar et al in their article, "Yoga in the culture of Labour" stated that Practicing Yoga helps in improving the general health and the volunteers. The capability for removing the psychophysical fatigue is increased. The influence of the harmful factors from the working conditions to health is decreased because the immunity and the resistance of the body is reinforced and the participants learn how to protect themselves.
- Hassangar et al. in their article, "Yoga and cardio vascular Diseases " stated that our results show remarkable influence of yoga on eliminating and alleviating of chronic psycho stresses, increasing of self control, self- confidence and self discipline which help to eliminate other risk factors to and to undertake responsibility for improving one's own health and the quality of living which in turn helps in preventing coronary disease.
- Marthy also studied "The Impact of Yogasna on Cardio - Respiratory Efficiency. In sampling 16 male, 5 female students were randomly selected from Y.M.C.S. college of physical Education, Madras. Yoga treatment was given for 6 weeks. On the basis of Harvard step test, statistically significant impact of Yoga Vyayama on cardio respiratory efficiency was found.

- Murthy, H. in his article, " Management of Respiratory Diseases y Yoga", states that yoga gives us solace, confidence, reeleem all our miseries, obsession, conflicts. It is suitable to all and all times. It helps the person to change their attitude and bring a tremendous change in a way of life which is simple and which is very necessary, unless, there is no true solutions to all the problems and illnesses. Right knowledge of yoga burns out the likes and dislikes, ego and ignorance and there is establishment of pure bliss, which is natural state of being. For the management of stress in order to combat the so-called stress included disorders. All the above-discussed areas should be tapped. Yoga way is more holistic, which offers the lifestyle of bliss, efficiency, emotional equipoise, mental clarity, intellectual sharpness and physical well-being.

- Nedungade, in the article, "Physiological and philosophical aspects of Yoga" stated that Yoga science is a well proven treasures and it is up to us to tap the yoga power to relax and rejuvenate our mind, increase our physical strength, expand, our spiritual awareness, improve our concentration, help our body use oxygen and nutrients more effectively and to prevent illness and retard old age.