

**EFFECT OF SURYANAMASKAR ON HEART RATE AND BLOOD
PRESSURE OF HOUSE WIVES**

BY

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A THESIS

SUBMITTED TO

VIDYASAGAR UNIVERSITY



DEPARTMENT OF PHYSICAL EDUCATION

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FOR THE DEGREE OF MASTER OF PHYSICAL EDUCATION

BHUPATINAGAR, PURBA MEDINIPUR

WEST BENGAL, PIN- 721425

AUGUST 2023

DEPARTMENT OF PHYSICAL EDUCATION

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CERTIFICATE

This is to certify that Ms. Saraswati Murmu is a regular student of Mugberia Gangadhar Mahavidyalaya under Vidyasagar University, in the season of 2021-2023. For the Master of Physical education, semester -IV, carried out her research study under my supervision and guidance in lieu of the requirements for the master of Physical Education degree with her thesis entitled “**EFFECT OF SURYANAMASKAR ON HEART RATE AND BLOOD PRESSURE OF HOUSE WIVES**” the material and data composed from house wife in this study are genuine and were collected by her.

Place- Mugberia

Date- 06/08/2023



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DECLARATION

I do hereby declare that the research work entitled “**EFFECT OF SURYANAMASKAR ON HEART RATE AND BLOOD PRESSURE OF HOUSE WIVES**” is an original piece of work done by me under the supervision and guidance of Dr. Adityanarayan Adak, Assistant professor, Mugberia Gangadhar Mahavidyalaya. I have specified, by means of reference, the sources of information.

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ACKNOWLEDGEMENT

The investigator acknowledges sincere gratitude to Dr. Swapan Kumar Mishra, the principal of Mugberia Gangadhar Mahavidyalaya, & Dr. Debasish Ray, H.O.D Department of physical education, Mugberia Gangadhar Mahavidyalaya who gave me the opportunities to undertake the study. The investigator places on record her guide Dr. Adityanarayan Adak, Assistant professor of Mugberia Gangadhar Mahavidyalaya, Vidyasagar University , for her critical evaluation, successful valuable guidance and suggestion, constant encouragement in the formulation completion of the study.

The investigator wishes to express her heartiest thanks to all the Associate Professor and Assistant Professor, Mugberia Gangadhar Mahavidyalaya, for their help and support for the successful completion of the study.

The scholar expresses her obeisance to her parents without the guidance and inspiration of whom the researcher could never be able to reach to her present position. Finally, the researcher expresses her deep indebtedness to her friends for taking the pains while providing continuous co-operation, inspiration and encouragement throughout the course of study.

The investigator sincerely appreciates the courageous attitude of the performance who was the subject of the study.

TABLE OF CONTENTS

CHAPTER-1		PAGE
	Introduction	1-6
	Statement of the Problem	4
	The objective of the study	4
	Delimitations	5
	Limitations	5
	Hypothesis	5
	Significance of the Study	6
CHAPTER-2	REVIEW OF RELATED LITERATURE	7-10
CHAPTER -3	METHODOLOGY	11-15
	Sample	11
	Procedure of data collection	11
	Design of the study	12
	Criterion measure	12
	Administration of test	13-14
	Analytical procedure	15
CHAPTER-4	RESULT AND DISCUSSION	16-22
	The Data	16
	Statistical analysis	16
	Discussion of findings	22
	Discussions of hypothesis	22
CHAPTER-5	SUMMARY, CONCLUSION AND RECOMMENDATION	23-24
	Summary	23
	Conclusions	23
	Recommendations	24
	BIBLOGRAPHY	25-26
	APPENDICES	27-29

List of Table

Table No	Particulars	Page No
1	Weekly Suryanamaskar practice schedule for the house wife	11
2	St selection	12
3	Mean and S.D. of Pre-Test and Post Test on Body Weight	17
4	Mean and S.D. of Pre-Test and Post Test on Pulse Rate	18
5	Mean and S.D. of Pre-Test and Post Test on Systolic Blood Pressure	19
6	Mean and S.D. of Pre-Test and Post Test on Diastolic Blood Pressure	20
7	Mean and S.D. of Pre-Test and Post Test on breath Holding Capacity	21

List of Figures

Figure	Particulars	Page No
1	Graphical representation of body weight of house wife in mean and standard deviation.	17
2	Graphical representation of pulse rate of house wife in mean and standard deviation.	18
3	Graphical representation of systolic blood pressure of house wife in mean and standard deviation	19
4	Graphical representation of Diastolic blood pressure of house wife in mean and standard deviation .	20
5	Graphical representation of breath holding capacity of house wife in mean and standard deviation .	21

CHAPTER-V

SUMMARY CONCLUSION AND RECOMMENDATION

In this chapter summary of the total work done in this dissertation as describe in previous chapter has been delimited. The conclusion drawn from the result and recommendation for future research work have also been presented here.

5.1 SUMMARY

The purpose of this study was to examine the health related physical fitness of house wife .specifically, this study tried to determine the effect of suryanamaskar on heart rate physical fitness of sedentary house wife before and after 9 weeks of training . The study was carried in purba Medinipur district the participant were 30 house wife , age range 26-45 years selected variable. We selected health related physical fitness parameters those are - Height, Weight, Pulse rate, SBP, DBP, and BHC, flexibility . those parameters measuring by- height measure by Stadiometer, weight measure by weighing machine, heart rate measure by digital sphygmomanometer it was an experimental study . A pre test was conducted to identify the wife initial health status and post test was conduct to test the similarity to the pre test . The research was conducted under the pre and post test experimental desined . Twelve steps suryanamaskar were conducted for 9 weeks as training in between pre and post data collection . To analysis the data and find out the result descriptive statistic were used can to find out the difference if any between pre and post suryanamaskar training t- test were used and statistical significance was set at $p < 0.05$ level . The data was processed by means of MS Excel Data analysis tool pack.

5.2 CONCLUSION

- (i) Based on the result of the present study and with in the limitation mentioned earlier the Following conclusion may be drawn.
- (ii) Body weight of the house wife do not significantly change due to regular 9 weeks practise of suryanamaskar .
 - (iii) 9 weeks regular practise of suryanamaskar do not any effect on pulse rate of house wife.
 - (iv) SBP and DBP never significantly influence by practise of suryanamaskar regular.
 - (v) BHC significantly increase by 9 weeks regular practise of suryanamaskar on house wife.

5.3 RECOMMENDATION

- (i) Similar study may be conducted using another component of yoga like asana pranayama kriya, etc .
- (ii) Similar study may also be conducted on another age group .
- (iii) A study of similar nature may be conducted on the same subject .
- (iv) Study may be conducted by using another physiological or sociological parameter.