

IMPACT OF SWIMMING AND MEDITATION PRACTICES ON HAEMOGLOBIN

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ABSTRACT

The point of the examination was intended to decide the Effect of six week Swimming and Meditation Practices on Haemoglobin. To accomplish the reason, Forty Five (N=45) Pre University understudies considering different Colleges in and around Belagavi, Karnataka State, India during the scholarly year 2019-2020 were chosen haphazardly as subjects. Their age went from 17 to 19 years.

The subjects were allocated indiscriminately into three Disciplines of fifteen each (n=15). Order I went through Swimming Practice (n=15), Discipline - II went through Meditation Practices (n=15) and Discipline-III went about as Control. The needy variable chose for this examination was Haemoglobin and it was evaluated by K.M. Samuel technique for blood testing.

All the subjects were tried preceding and following the preparation for the chose variable. Information was gathered and factually dissected utilizing ANCOVA. Scheffe's post hoc test was applied to decide the huge distinction between the matched methods. In all the cases 0.05 degree of essentialness was fixed. The aftereffects of the investigation indicated that there was a huge distinction among all the Experimental gathering's to be specific Swimming Practices and Meditation Practices. Further the consequences of the investigation indicated that there was no critical contrast between Swimming Practices gathering and Meditation Practices gathering.

The above information likewise uncover that Meditation Practices bunch had demonstrated preferred execution over Swimming Practices gathering and Control in Haemoglobin

KEYWORDS: *Swimming, Meditation, Haemoglobin*

INTRODUCTION

Swimming: Swimming is a standard kind of redirection, a huge worldwide game, and a sound exercise. It is a showing of going through water by using arm and legs (David and Jube, 1986)

Swimming licenses individuals to participate in a game that grants diverse clinical inclinations among its people. Since individuals considering everything and cutoff points swim, it is the second most outstanding strategy for work out, as appeared by the Centers for Disease Control. On the off chance that, at any rate you not among those people, there are a few key genuine variables you should know preceding starting the game to guarantee you practice in a guaranteed and sound way.

Meditation: Reflection is a particular practice in Indian way of thinking and it is referenced in numerous Indian customary writings. The first depiction of contemplation happens in Quite a while which is one of the most seasoned sacred text of Hindu culture. Reflection was a piece of day by day life and known to everybody during Vedic age. As of late, the archaeologists have found the figures in thoughtful posture in the antiquated human progress, Mohenjo-Daro and Harappa. Explicit contemplation strategies have been created for the comfort in the later period. Contemplation has been clarified in Vedas, Upaniñad,

BhagavadGétā, Patañjali Yoga Sūtra, Haōha Yoga Pradēpikā, and Tantra messages. Reflection was considered as upāsanā and polished by everybody during the Vedic age. The Upaniñadsemphasis on self-investigation through keenness, and setting up the psyche on self. LordKriñēa in Bhagavad Gétā says, 'contemplate the Supreme Self by coordinating all theLiterary research on meditationsenses towards inside utilizing the acumen'. Maybe, the most significant portrayal of reflection is found in Patañjali Yoga Sūtra. Sage Patañjali portrays añōāiga yoga (eight appendages of yoga) to understand a definitive. The 6th and the seventh appendage of añōāigayoga are relating to reflection. Haōha Yoga gives the depiction of the act of contemplation and its advantages. Tantra presents 112 of reflection strategies to understand a definitive.

Haemoglobin: Haemoglobin is the red colour of blood present inside the erythrocytes. The most trademark property of haemoglobin is the situation with which it consolidates with O₂ and separates from it. Haemoglobin is boss member in respiratory marvel just as corrosive base homeostasis. The physiological significance of haemoglobin is because of its ability to consolidate reversibility with O₂, oxygen joins with haemoglobin to frame oxyhaemoglobin promptly at high incomplete weight as existing in lungs. Oxygen is additionally promptly delivered from oxyhaemoglobin at low O₂ pressure, as overall in the tissues. This property of haemoglobin gives a viable and magnificent framework for the vehicle of O₂ from the climate (lungs) to the cells of the body.

METHODOLOGY

With the end goal of this examination Forty five (N=45) Pre University male understudies concentrating in different Colleges in and around Belgavi, Karnataka State, India during the scholastic year 2019-2020 were chosen arbitrarily as subjects. Their age went from 17 to 19 years. The subjects were appointed indiscriminately into three Disciplines of fifteen each (n=15). Order I went through swimming Practice (n=15), Discipline-II went through Meditation Practices (n=15) and Discipline-III went about as Control. The preparation Program period was restricted to three days out of each week for about a month and a half. All the subjects were tried haemoglobin and it was surveyed by K.M. Samuel strategy for blood testing before and following the trial period.

ANALYSIS OF DATA

The information got from the test bunches when the trial time frame were factually dissected with subordinate 't'- test and Analysis of covariance (ANCOVA). At whatever point the 'F' proportion for changed post test implies was discovered to be huge, the Scheffe's Post hoc test was applied to decide the combined mean contrasts. The degree of certainty was fixed at 0.05 levels for all the cases.

The Analysis of covariance (ANCOVA) on Haemoglobin of Experimental Disciplines and Control Pack have been examined and introduced in Table 1. The examination of covariance on Haemoglobin of the pre, post, and changed grades of Swimming Practices Discipline, Meditation Practices Discipline and Control Pack have been investigated and introduced in Table 1.

Table 1 shows that they got F-proportion esteem 1.18 for pre-test mean of Swimming Practices Discipline, Meditation Practices Discipline and Control Pack on Haemoglobin is not exactly the necessary table estimation of 3.22 for centrality with df 2 and 42 at 0.05 degree of certainty.

The got F-proportion estimation of 5.28 for post test mean of Swimming Practices gathering, Meditation Practices gathering and Control bunch on Haemoglobin is more than the necessary table estimation of 3.22 for essentialness with df

2 and 42 at 0.05 degree of certainty.

The got F-proportion estimation of 7.54 for changed post test mean of Swimming Practices gathering, Meditation Practices gathering and Control bunch on Haemoglobin is higher than the necessary table estimation of 3.23 for criticalness with df 2 and 41 at 0.05 degree of certainty.

The consequences of the examination showed that there is a critical contrast between the changed post-test methods for Swimming Practices gathering, Meditation Practices gathering and Control bunch on Haemoglobin.

Since, three gatherings are looked at and at whatever point the got 'F' proportion for changed post test is discovered to be critical, Scheffe's test is utilized to discover the combined mean contrast and it is introduced in Table 2

Table 2 shows that the mean contrast benefits of Swimming Practices gathering and Control gathering, Meditation Practices gathering and Control bunch are 0.72 and 0.57 separately, which are more noteworthy than the certainty stretch estimation of 0.50 on Haemoglobin at 0.05 degree of certainty.

Further the table shows that the mean distinction benefits of Swimming Practices gathering and Meditation Practices bunch is 0.15 individually, which is lesser than the certainty span estimation of 0.50 on Haemoglobin at 0.05 degree of certainty.

The consequences of the investigation indicated that there was a critical distinction between Swimming Practices gathering and Control gathering, Meditation Practices gathering and Control gathering. Further the after-effects of the examination demonstrated that there was no huge distinction between Swimming Practices gathering and Meditation Practices gathering.

The above information additionally uncover that Meditation Practices bunch had demonstrated preferred execution over Swimming Practices gathering and Control in Haemoglobin.

The changed post mean benefits of Swimming Practices gathering, Meditation Practices gathering and Control bunch on Haemoglobin are graphically spoken to in the Figure 1.

Table 1: Calculation of Analysis of Covariance of Pre Test, Post Test and Adjusted Post Test on Haemoglobin of Experimental Disciplines and Control Pack

Test	Swimming Practices Discipline-I	Meditation Practices Discipline-II	Control Pack-III	Source of Variance	Sum of Squares	df	Mean Squares	F-ratio
Pre-Test Mean	12.24	11.69	12.04	Between groups	2.36	2	1.18	1.18
				Within groups	27.83	42	0.66	
Post-Test Mean	12.96	12.49	12.13	Between Groups	5.23	2	2.62	5.28 *
				Within groups	20.81	42	0.49	
Adjusted Post-Test Mean	12.82	12.67	12.10	Between sets	4.31	2	2.18	7.54 *
				Within Sets	11.73	41	0.29	

* Significant at 0.05 level of confidence

Table value for df (2, 42) at 0.05 level = 3.22 Table value for df (2, 41) at 0.05 level = 3.23 (Haemoglobin scores are in mg/dl)

Table 2: Scheffe's Test for the Difference between Paired Means on Haemoglobin

Swimming Practices Discipline-I	Meditation Practices Discipline-II	Control Pack	Mean Difference	Confident Interval Value
12.82	12.67	---	0.15	0.50
12.82	---	12.10	0.72*	
---	12.67	12.10	0.57*	

*Significant at 0.05 level of confidence.

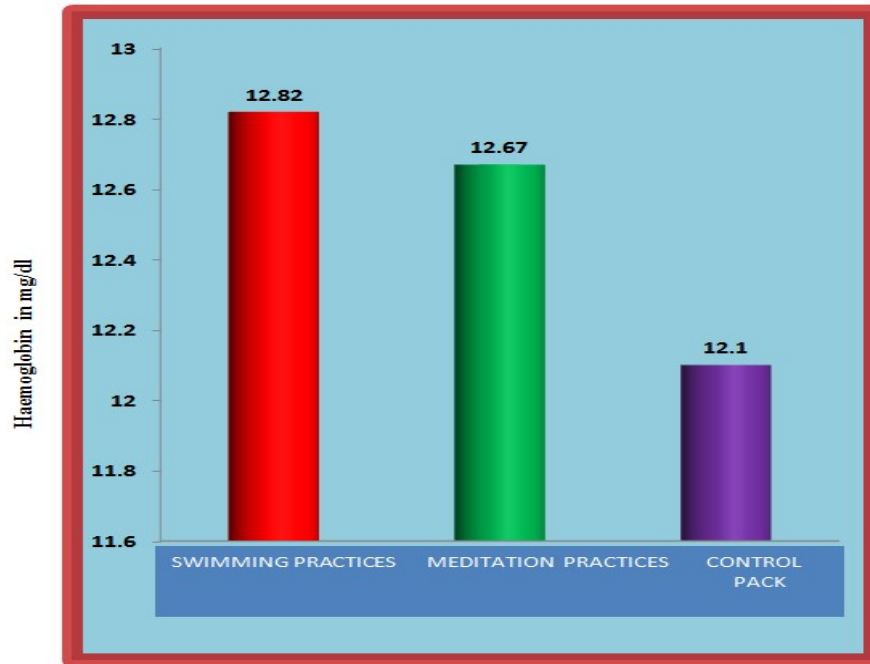


Figure 1: The Adjusted Post Test Mean Values of Swimming Practices Discipline, Meditation Practices Discipline Also, Control Pack on Haemoglobin.

CONCLUSIONS

From the investigated of the information the accompanying ends were drawn

- Significant contrasts in accomplishment were found between swimming practices Discipline Meditation rehearses Discipline and control pack in the chose measure variable on Haemoglobin.
- The exploratory gatherings to be specific swimming practices Discipline, Meditation rehearse Discipline, had essentially better Improvement in Haemoglobin.
- The Meditation rehearses discipline was discovered to be superior to the Swimming practices order and control bunch in improvement of haemoglobin.

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