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# Effect Of Six Weeks Physical Exercises On Positive Breath Holding Time Of School Boys

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## Abstract

This study determined the effect of physical exercise on the positive breath-holding of school boys. There were thirty (n=30) boys selected from Gurukul Kangri Vidhyalaya and their ages ranged between 15-17 years. The researcher divided the subjects into two groups and fifteen (15) subjects in each. The first group was the physical exercise group (P.E..=15), the second group was control group (C.G.=15). The result of this study showed that there wasa significant effect of physical exercise on positive breath-holding time.

**Key Words-** Physical exercise, Positive breath-holding time.

## Introduction

Exercise is any bodily activity that enhances or maintains physical fitness, overall health and wellness. It is performed for various reasons, to aid growth and improve strength, to develop muscles and the cardiovascular system, athletic skills, weight loss or maintenance of body structure, to improve health, or some times for enjoyment. Many individuals choose to exercise outdoors where they can collect in groups, socialize, and improve well-being as well as mental health. In terms of health benefits, the amount of recommended exercise depends upon the goal, the type of exercise, and the age of the person. Even doing a small amount of exercise is healthier than doing none Positive breath holding time is the amount of time for which a person can hold his breath after a normal inspiration. Yoga and Pranayamaas exercise are a physical activity consisting mainly of postures and breath holding practices, often connected by flowing sequences, sometimes accompanied by breathing exercises, and frequently ending with relaxation lying down or meditation. Yoga in this form has become familiar across the world, especially in America and Europe. The Yoga is of course doing a great work in the buildup internal strength of human body, But in the present study the researcher wants do diagnose the effect of Six weeks, Physical Exercises training (Interval training) on the positive Breath Holding time on the school going students.

The Breath Holding time is of two types i.e. Positive and Negative. The researcher only wants to know the effect of Exercises on the Positive Breath Holding time, as we know that there is a Positive effect of long term training effect on vital organs of human body. A breath-holding spell is when a child holds their breath, usually after being angry, frustrated, shocked, or in pain. Sometimes the breath-holding leads to the child passing out. It can be alarming to watch a breath-holding spell, but they aren't harmful and usually last less than a minute. Kids outgrow the spells without any treatment

**Delimitations Of The Study:-**

1. The present study is strictly delimited to Gurukul Kangri Vidyalaya, Haridwar of Uttarakhand state.
2. The study is further delimited to boys (n=30) aged between 15-17 years, studying in GurukulKangri Vidyalaya, Haridwar of Uttarakhand state.
3. It is further delimited to the students studying in the Xth to XIIth class.
4. Finally the study is delimited to the non-sports persons.

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5. The Training period is of six-weeks only in the alternate days.

**Limitations:-**

1. The socio-economic background of the subjects selected for this study will be accepted as the limitation of the study.
2. The physical health background of the subjects is not under the researcher's control, so it could be treated as a limitation of this study.
3. The motivation level of the subjects for participation in the training program is beyond the research's control; there-fore it is another limitation of the study.

**Methodology:-**

**Selection Of Subject:-** For the purpose of this study the Gurukul Kangri Vidyalaya, Haridwar in Uttarakhand state was the set-up of the region as the reference point. Total thirty (n=30) boys were selected from Gurukul Kangri Vidyalaya (a residential school) by using simple random sampling. The age of the subjects ranged from 15-17 years, studying in classes X to XII. Finally, their groups were formed; each group consisted of 15 boys- the first was Experimental group for physical exercise the second one was control group respectively.

**Dependent Variables:-** Dependent variables were the variables, which were measured in the experiment and were affected during the experiment. The dependent variables respond to the independent variables.

**1.** Positive Breath Holding Time.

**Independent Variables:-** Independent variables were the variables over which the scholar was having control. Independent variables usually affect the dependent variables.

**I. Physical Exercise: (Six-weeks)**

1. Warming Up and Stretching
2. Interval Training
3. Active Recovery and Cooling Down

**Administration Of Test-**

Positive Breath Holding:

**Objective:** To measure the Positive Breath Holding of subjects.

**Equipment:** Stopwatch.

**Procedure:** To measure the breath-holding, the subjects were instructed to place the nose lip tightly. They were asked to engage through the mouth to the normal capacity. As soon as the subjects took a deep breath to the normal capacity of their lungs and close their lips, the stopwatch was started, as soon as the subjects opened their lips to exhale, the stopwatch was stopped.

**Scoring:** The time recorded through the stopwatch was recorded as the score of breath-holding.

**Administration Of Statistically Analysis:-** The researcher used the Paired 't' test in SPSS for the analysis of data. The Significance level was set at 0.05 level of confidence.

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**TABLE I**
**Paired Samples Statistics**

| | | Mean | N | Std. Deviation | Std. Error Mean |
|---|---|---|---|---|---|
| Pair 1 | Pre(PhyExe) | 31.7873 | 15 | 10.89607 | 2.81335 |
| | Post(PhyExe) | 35.9320 | 15 | 10.58337 | 2.73262 |
| Pair 2 | Pre(Con) | 31.1693 | 15 | 13.04494 | 3.36819 |
| | Post(Con) | 31.1453 | 15 | 13.02250 | 3.36239 |

**PhyExe.= Physical Exercise (Experimental Group)**
**Con.= Control Group**

Table I showsthat the Physical Exercise groupMean and Std.Deviation of pre and post-test is 31.7873 ± 35.9320, 10.89607 ± 10.58337 Std.Error Mean is 2.81335 ± 2.73262 respectively. Likewise,control group Mean and Std.Deviation of pre and post-test is 31.1693 ± 31.1453, 13.04494 ± 13.02250, and Std.Error Mean is 3.36819 ± 3.36239.

**GRAPH**

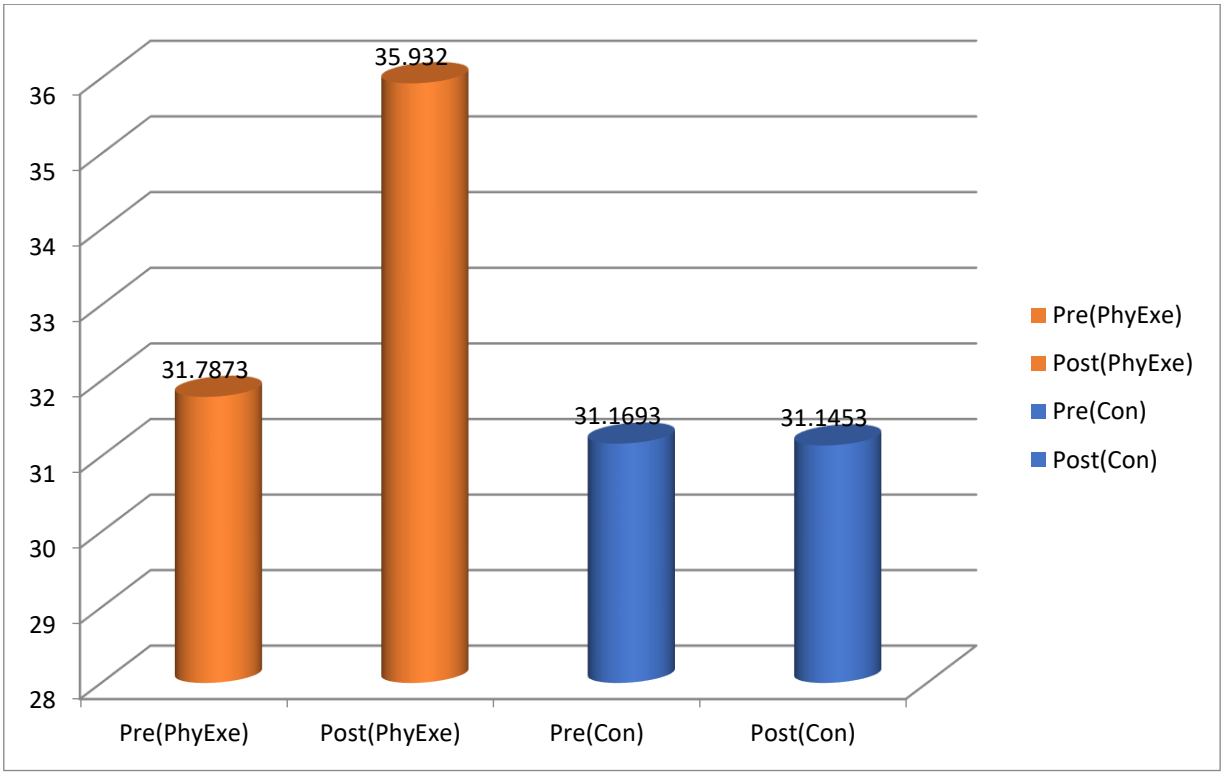

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**TABLE I.I**
**Paired Samples Test**

| | | Paired Differences | | | | | t | df | Sig. (2-tailed) |
|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference | | | | |
| | | | | | Lower | Upper | | | |
| Pair 1 | Pre(PhyExe) - Post(PhyExe) | 4.14467 | 2.92939 | .75637 | -5.76691 | -2.52242 | 5.480 | 14 | .000 |
| Pair 2 | Pre(Con) - Post(Con) | .02400 | .06967 | .01799 | -.01458 | .06258 | 1.334 | 14 | .203 |

***Sig. at 0.05 level of confidence t(14)=2.131**

**Result:-** The results show in table no. I.I is that there was significant effectof physical exercise on Positive breath holding time. Experimental groups received 't' value (5.480) is higher than the tabulated value t(14)= 2.131. So the 't'- value was insignificant at 0.05 levels.

**Conclusion:-** The results of this study showedthat there was significant improvement on positive breath-holding by six-week physical exercise.

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