

๙ ๒๖๒/๑๕

Running Head: Effects of yoga on Female adolescents' health

ผลของการฝึกโยคะต่อภาวะสุขภาพวัยรุ่นหญิง

RA ๐๒๕๔๒



ผลงานอาจารย์

ผลของการฝึกโยคะต่อภาวะสุขภาพวัยรุ่นหญิง

The Effects of Yoga on Female Adolescents' Health.

Abstract:

Objectives: 1) to compare the effects of yoga on health and physical fitness of female adolescents who practised yoga with those who did not practise yoga. 2) to compare the effects of yoga before and after practicing yoga on health and physical fitness of female adolescents who practiced yoga.

Design: Experimental research

Methods: Subjects were female students studying at Prince of Songkla University, Hat Yai Campus. Randomization with the computerized minimization program (version 2.01) was used to assigned female adolescents to a practicing yoga group (n = 64) or a control group (n = 64). Female adolescents in the experiment group practiced yoga for 12 weeks. Health questionnaires and physical fitness forms were used for data collection. Frequency, mean, standard deviation, repeated measures ANOVA, t-test and paired t-test were employed for data analysis.

Result: After intervention, the results showed that the female adolescents who practiced yoga in the experiment group reported that their mean scores for physical health, mental health, social health, and spiritual health were significantly different from there of female adolescents who did not practise yoga in the control group ($p < .01$ - $p < .001$). Also the overall physical fitness, flexibility and vital capacity were statistically significant ($p < .05$). However, body fat, grip strength, leg strength, and aerobic capacity were not statistically significant.

The comparison of the physical health, mental health, social health and spiritual health of the female adolescents who practised yoga were statistically significant after the experiment to before the experiment. ($p < .001$). Also the overall physical fitness, flexibility and vital capacity were statistically significant too ($p < .01$ - $p < .001$). However, body fat, grip strength, leg strength, aerobic capacity showed no statistically significant change.

Conclusion: The results of this study have shown that all female adolescents who practised yoga had better physical health, mental health, social health, spiritual health, and physical fitness. Thus, practicing yoga can be applied for health promotion of female adolescent.

Keyword: yoga, health, female adolescent