

**STATUS ANALYSIS OF PHYSICAL AND SOCIAL VULNERABILITY OF
COASTAL AREA CHILDREN AND INTERVENTION OF PHYSICAL
EDUCATION PROGRAMME WITH AND WITHOUT HATHA
YOGA PRACTICES ON SELECTED HEALTH-RELATED
FITNESS AND PSYCHOSOCIAL VARIABLES**

*Abstract submitted to the Tamil Nadu Physical Education
and Sports University, Chennai, for the fulfilment
of the requirement for the Degree of*

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IN

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Submitted by

H. SATHISH KUMAR

REGISTER NUMBER: F1801PEFM152

(Full time)

Guided by

Dr. S. THIRUMALAI KUMAR



DEPARTMENT OF PHYSICAL EDUCATION

TAMIL NADU PHYSICAL EDUCATION

AND SPORTS UNIVERSITY

CHENNAI-600127

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TITLE

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Approved by :.....

STATUS ANALYSIS OF PHYSICAL AND SOCIAL VULNERABILITY OF COASTAL AREA CHILDREN AND INTERVENTION OF PHYSICAL EDUCATION PROGRAMME WITH AND WITHOUT HATHA YOGA PRACTICES ON SELECTED HEALTH RELATED FITNESS AND PSYCHOSOCIAL VARIABLES

The prime effort of this research work was to assess the presence of physical and social vulnerability of coastal area children and to quantify the impact of adopted experimental training in the research. To achieve the purpose of the study One Thousand and Seventeen (1017) children were taken for analysis from the Chennai Coastal Area (CCA). The children age range was fixed from 10 to 14 years. They were analysed through a Physical and Social Vulnerability (PSV) checklist made for this research purpose which consist of Thirty (30) statements. From the investigation, Six Hundred and Forty-One (641) children were identified with Physical and Social Vulnerability (PSV) in Coastal Area Children (CAC), a score greater than 15 as fixed as Vulnerability. Among the Six Hundred and Forty-One (641) Vulnerable children Seventy-five (75) subjects were selected randomly for this Experimental training and they were assigned into three groups. Two experimental training groups and Non-Experimental Group (NEG), each group consist of 25 children at random. Group-I Physical Education Programme with Hatha Yoga Practices (PEPWHYP), Group-II Physical Education Programme without Hatha Yoga Practices (PEPWOHYP) and Group-III Non-Experimental Group (NEG). Pre-test was accompanied for all the 75 subjects on selected Health-Related Physical Fitness (HRPF) variables namely Flexibility (FX), Muscular Endurance (ME), Muscular Strength (MS), Cardio-Vascular Endurance (CVE) and Psychosocial variables namely Quality of Life (QOL), Self-Esteem (SE), Depression (DP). The two Experimental groups underwent scheduled experimental

training for a period of twelve weeks, five days a week scheduled from 4.00 pm to 5.15 pm. Non-Experimental Group (NEG) was not exposed to experimental training, other than their regular activities. Afterward, the Experimental training all the three groups was measured on above mentioned Health-Related Physical Fitness and Psychosocial variables. The pre-test and post-test scores were analyzed using statistical package of Analysis of covariance (ANCOVA), to find out the significant difference between the two experimental groups and the Non-Experimental Group (NEG). When the F-ratio indicated significant difference between the means, scheffe's post-hoc test was applied to identify which means are significantly different from each other. For this study, 95% confidence was fixed to test the stated hypotheses.

CONCLUSIONS

By the results and within the boundaries of this study that the following conclusions were drawn:

1. It was concluded that adopted experimental training of physical education programme with hatha yoga practices (PEPWHYP) was established appropriate to improve selected health-related fitness variables of this research such as cardiovascular endurance, muscular strength, muscular endurance and flexibility among Chennai coastal area children.
2. It was also concluded that experimental training of physical education programme without hatha yoga practices (PEPWOHYP) was found suitable to improve on particular health-related fitness variables of this research such as cardiovascular endurance, muscular strength, muscular endurance and flexibility among Chennai coastal area children.

3. It was determined that the adopted experimental training of physical education programme with hatha yoga practices (PEPWHYP) was established appropriate to improve on selected psychological variables of this research such as quality of life, self-esteem and depression among Chennai coastal area children.
4. It was concluded that experimental training of physical education programme without hatha yoga practices (PEPWOHYP) was found suitable to improve on selected psychological variables such as psychological variables of this research such as quality of life, self-esteem and depression among Chennai coastal area children.
5. It was determined that the adopted Physical Education Programme with hatha yoga practices (PEPWHYP) were established to be enhanced in improving the selected health-related fitness and psychosocial variables of this research than the Physical Education Programme without hatha yoga practices (PEWHOYP) in Chennai coastal area children.

KEYWORDS: Health Related Fitness, Psychosocial, Physical Education, Hatha Yoga, Coastal Children, Physical and Social Vulnerability.