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**IMPACT OF THE PHYSICAL FITNESS AND ALPHA MEDITATION TRAINING ON  
THE ADOLESCENTS**

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**1.INTRODUCTION:**

The famous philosopher “Plato” amply described the importance of physical fitness in the following words “Lack of activity destroys the good condition of every human being while movement and methodical physical exercises save it and preserve it”.

A physical exercise is most importance for the coach and sportsman to know the purpose or effects of the exercises to be used. There are too many exercises and its impractical to discuss the effect of each exercise separately.

Fitness means that your body is in such a good condition that you feel on topic of the world, you move gracefully and you look well, you have the confidence, energy and endurance to enjoy yourself now, and to accomplish your goals in the life later.

Physical fitness is nothing but the capacity of the physique for sub stained activity. As fitness is compared of many complex factors. Many variables such as those included in measuring cardio-respiratory and cardio-vascular endurance, muscular strength, muscular endurance neuro-muscular skills agility, co-ordination, balance, flexibility and motivation reflex in a special way some aspects of total physical fitness.

Every individual must know the importance of physical fitness. In other words one most have a fundamental knowledge of anatomy and physiology. Physical fitness is the capacity of a person to function steadily and smoothly when a situation arises.

The benefits of physical fitness are numerous. The person who is physically fit has stamina and improves sense of well being, the well-developed muscles. Physical fitness varies with the individual and with the demands.

Physical fitness depends upon the nature of the task. It is most important and fundamental to success in all fields of games and sports. And sound and fit body is a prerequisite for a top level performance in any of the level of physical fitness.

The important components of physical fitness are speed, strength,agility, flexibility and endurance which couple also with mental fitness. The components of physical fitness are follows:

1. Speed
2. Flexibility
3. Agility
4. Endurance
5. Strength.

## 1. Speed:

Speed, like strength and endurance, is a conditional ability, it has a complex nature as it depends to a considerable extent on the central nervous system. Due to this fact the exact nature of speed abilities is difficult to discover and understand.

Speed ability should not be equated with mechanical speed, which is equal to the distance covered per unit and time.

“It is the performance pre-requisite to do motor action under given conditions (movement task, external factors, individual pre-requisites) in minimum of time, speed performance appears in different form in various spots we can divide speed abilities into five types:

1. Reaction ability
2. Movement speed
3. Acceleration ability
4. Loco motor ability
5. Speed endurance.

## 2. Flexibility:

Flexibility is a motor ability which is not clearly a conditional or a coordinative ability. It depends on energy liberation processes and partly on the coordinative processes of the CNS.

Stretch ability and elasticity are the qualities of the muscles and ligaments by which these can be stretched and can regain their normal length without any adverse effect on the concerned tissue.

Flexibility is also related to body size, sex, age and activity while age and sex difference are secondary. Eg: Babies are flexible at both however suppleness reduces quickly after 3 years of age. Mobility and flexibility from a very young age, flexibility is a mobility pertains to the degree of movement possible in a different plane at a joint, stretch ability, elasticity, mobility and suppleness, therefore, are a part and parcel of flexibility as these represent different capacities which enable the person to execute movements with greater amplitude.

## 3. Agility:

Agility may be defined as the physical ability, which enabled an individual to rapidly change body position and direction in and direction in a precise manner.

Agility is the ability to change the position of the body in a pace rapidly and accurately without loss of balance. It is recognized as a basic components of physical performance, but exact nature has not been determined.

Agility is the ability to change the directions of the body and its parts rapidly. And it is the capacity of the individual to measure the rate of change his position is in pace.

#### 4. **Endurance:**

Endurance, like strength, is a conditional ability. It is primarily determined by energy liberation process the ability of the human body to maintain a certain level of energy production forms the physiological basis of endurance.

Endurance is the ability to do sports movements with the desired availability and speed under condition of fatigue.

Endurance is considered distance race it's means overload training.

#### 5. **Strength:**

Strength is a conditional ability i.e., it depends largely on the energy liberation processes in the muscles. Strength is also perhaps the most important motor ability in sports as it is a direct product of muscle contractions. It is ability to overcome the resistance or act against resistance.

The ability to apply force and overcome resistance strength is an essential element in physical performance it is the quality or degree of physically or mentally stronger.

#### **Physical Fitness Tests:**

Sl. No.	Components	Tests	Unit of measurement
1.	Speed	50 Yard Dash	Time
2.	Endurance	12 Minute Run & Walk	Distance
3.	Flexibility	Sit and Reach Test	Inches
4.	Agility	Shuttle run 10x4 yards	Time
5.	Strength	Pull ups	Score

- Physical fitness is very essential or good health to live and lead a happy life. To achieve physical fitness we need to have minimal diet habits, regular exercise and good sleep. These three basic things are very essential in every individuals life.
- Physical fitness is essential for a healthy and happy life. Exercise helps you in this age in many ways. A person who has been exercising regularly will look young, you can start exercising and can slow or reverse ageing and look and feel much younger. Therefore make it a point to exercise 30 minutes every day for a better and healthy life.

**ALPHA MEDITATION:**

Alpha meditation taps into the state of consciousness between being completely awake and nearly asleep. In a busy world where sleep doesn't always have the effect it is meant to, alpha meditation is a powerful method where you can refresh yourself and bring about positive changes, both in your body and your spirit. Alpha meditation is a scientific method that unleashes and then harnesses the power of the subconscious mind. It combines psychology with meditation techniques like Pranic healing and Reiki.

At the alpha level, the brain waves slow to half the normal frequency. At 7-14 pulsations per second, the brain is in a natural comfort zone, a comfortable, relaxed state that heals and refreshes the body. This is the state where a person falls into a deep sleep and then rises from it, rested, in the morning. This calm state is one that is used by alpha meditation. Instead of falling into an alpha state just by falling asleep, you can induce one and reap the benefits from this resource within yourself.

To begin alpha meditation, you must ground yourself. Inhale deeply through your nose and exhale just as deeply. As you do this, release all the stress and worries that have been troubling you, focusing only on your breathing. Repeat this until your pulse slows and you are calm. Understand that this will not make those stressors go away, but that through deep thought and consideration, you will be able to take control of them. In this fashion, you can find a spiritual center and the resulting balance will give you a firm ground to stand on.

As your body relaxes and your mind and heart release the stresses that have burdened it, you will achieve an alpha meditation state. In this state, you are open but not vulnerable, powerful without being constrained. At this point, deliberation and visualization become tools where you sharpen your mind and your will.

As you continue to breathe deeply, you can visualize yourself in places where you want to be, like getting a novel published or being rewarded for excellent performance at your job. Your ruminations are more than just fantasy; in this state, they become more real, more solid to you.

Repeat affirmations out loud, and understand that you are strong and you will provide your own solutions.

When you have finished count backwards from one to five, opening your eyes as you finish.

Alpha meditation is superior to methods like drugs because it takes an existing source of power within a person and pushes it out. Through accessing this simple yet powerful technique, you can better your life and your spirit.

**DEFINITION OF THE TERMS:****Fitness:**

What does it mean to be physically "fit"? Physical fitness is defined as a set of attributes that people have or achieve that relates to the ability to perform physical activity. In other words, it is more than being able to run a long distance or if lift a lot of weight at the gym.

**Physical fitness:**

Physical fitness is defined as “a set of attributes that people have or achieve that relates to the ability to perform physical activity”.

Physical fitness is used in two close meanings: General Fitness (a state of health and well-being) and specific fitness. Definition based on the ability to perform specific aspects of sports or occupations.

Physical fitness is the capacity of the heart, blood vessels, lungs and muscles to function at optimum efficiency.

**METHODOLOGY:**

Around development of the adolescents is possible only when physical fitness as well as psychological fitness is achieved purposefully with a greater level of higher vision based plan. Otherwise most of the adolescents studying at 8<sup>th</sup> to 12<sup>th</sup> Standard (Student) would not develop essential competencies that a sure their allround development in the present study therefore an attempt is made to explore the impact of psychophysical fitness and alpha meditation training on the adolescents.

**Alpha meditation:**

Brain or our conciousness works at four levels. They are Beta level, Alpha level, Theta level and Delta level.

**1. Beta Level:**

When we are working at Beta level we can think critically, observe analytically and pursue clearly any of the happiness aroundness, even we can experience and express emotionals and feelings. All there is possible only when brain is functioning at Beta level. At this level our brain produces 14-19 cycles per seconds (CPS) waves.

**2. Alpha Level:**

Alpha level is known as meditative level also. Because whenever and individual starts meditating soon after (three) 3-10 minutes his brain starts to function from Beta to Alpha level. At this level Brain released 8-14 waves cycles per seconds (CPS) this is called Alpha level. At this level our brain becomes completely receptive and thereby whatever is imagined, felt or visualized that would become reality or an individual acts according to the content of alpha mind. At this level whatever suggestions are given by other people accordingly that individual acts at beta level therefore its called as alpha level and also as meditative level.

**3. Theta Level:**

When we go to bed after 90 minutes we reach at Theta level wherein one brain starts to release the waves between 4-7 cycles / per seconds (CPS). At this level of dreams happen then our eyeballs start to move rapidly that is an indication that individual is dreaming. If no rapid eye moments (REM) then no any dream as such in this state of consciousness is called as Theta level, REM sleep if at all takes place, it takes place only at this level.

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#### 4. Delta Level:

In this level brain could produce only 0-3 waves) cycles per seconds. Wherein the whole body of an individual becomes at a dead body and whatever resolutions are passed accordingly brain producers its deceiving that is to be executed at Beta level. At this Delta level an individual loses any sort of control over the body.

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For decades fluctuating asymmetry (FA) has been considered a good descriptor of developmental stability. Correlations have been shown between FA and several fitness components, including mating success and heterozygosity level. However, some doubts have been expressed about the generalization of these results, perhaps because of bias towards positive results and a poor critical approach in the first phase of FA studies. Studies on Odonata are scarce and are concentrated on the Coenagrionidae family, with contrasting results in the relationships between FA and mating success, size and other fitness components. We investigated the relationships between FA expressed as right-left wing length (R-L), body size expressed as  $(R+L)/2$ , multilocus and single locus heterozygosity assessed by allozyme electrophoresis and short-term mating success (SMS) assessed from the status (mated or not) of the males at the moment of collection. We collected 260 males from a breeding population. The data were analysed by both univariate and multifactorial statistical methods. After excluding a correlation between FA and body size, we checked the presence of a true FA by using tests for normality, directional asymmetry, antisymmetry and difference from the interindividual variations. The results showed no correlation between FA (either signed or absolute) and heterozygosity, body size and SMS, while heterozygosity was clearly positively correlated with body size and with SMS. Our data suggest an effect of the presence of some particular alleles on SMS, instead of an effect of the multilocus heterozygosity, even if the presence of only three polymorphic loci weakens the conclusions. Finally, no correlation was found between body size and SMS.

#### Variables:

1. Physical fitness training
2. Alpha meditation training

#### Hypotheses:-

1. Physical fitness and alpha meditation Training would bring significant changes of the adolescents studying at 8<sup>th</sup> to 12<sup>th</sup> standard.
2. Physical fitness and Alpha meditation Training would have got significant positive effect of the adolescents studying at 8<sup>th</sup> 12 the Std.
3. Physical fitness and alpha meditation Training would effect significantly on factors of the Adolescents Studying at 8<sup>th</sup> to 12<sup>th</sup> Std.

#### Objectives:-

The Major Objectives of the Present Study as Follows:

1. To explore the effect of physical fitness and Alpha meditation Training on some physical factors Viz., speed endurance flexibility agility strength and food habits of the Adolescents studying at 8<sup>th</sup> to 12<sup>th</sup> Std.
2. To study the impact of physical fitness and Alpha meditation Training on Studying at 8<sup>th</sup> to 12<sup>th</sup> Std.
3. To verify the influence of physical fitness and Alpha meditation Training on Adolescents Studying at 8<sup>th</sup> 12<sup>th</sup> Std.

### Sample:-

In the present study the following study consist of total 240 Adolescents studying at 8<sup>th</sup> to 12<sup>th</sup> std. and it consist 3 experimental group.

First Experimental group will be given only physical fitness training second experimental group receives Alpha meditation training and another experimental group is receives both physical fitness training and Alpha meditation training were at one control group.

Each group consist of 60 students total 240 students the following of tables of sample.

Sl.no	Group	Consist of students
1.	Exeperimtal group	
	1. physical fitness	60
	2. Alpha meditation	60
	3. Both physical fitness and Alpha meditation	60
2	Control Group	60
	<b>Total</b>	<b>240</b>

### Tools:

The following tools to access deferent factors are used.

1. Speed Test
2. FlexibilityTest
3. AgilityTest
4. EnduranceTest
5. StrengthTest



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**Statistical Tools:**

Statistical Tools used in Study of Physical Fitness and Meditation Training.

This is an Experimental Study Test and ANNOVA used to analyze the Effect of Physical fitness and Alpha meditation Training on various Physical factors Psychological factors and educational factors.

T-Test ANNOVA to the effect of Independent and dependent variables know the effect of physical fitness and Alpha meditation and various factors of the study. To Explain the Nature of the factors Just frequency tastes are drawn and graphs were shown.

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