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Review Article

Cloistered and Coalesce Upshot of Pilates Exercises and Yogic Practices on Genu varum Blemish of Ambipedal Jock

Rakheepoovanna M[1]*, Dr. V. A. Manickam[2]

[1]Ph.D Scholar (Part Time), Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, Tamilnadu, India
[2]Associate Professor, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, Tamilnadu, India

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***Corresponding author:** Rakheepoovanna M
Ph.D Scholar (Part Time), Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, Tamilnadu, India

Abstract

Aim of the study was to find out the upshot of Cloistered Pilates Exercises, Cloistered Yogic practices and coalesce of Pilates exercises and Yogic practices on Genu varum Blemish of Ambipedal Jock. For this study sixty (N=60) school level male jocks who were studying various schools in Virajpet Kodagu, Karnataka were selected as subjects. The age of the subjects was ranged between 12 to 14 years. Group-I underwent cloistered Pilates exercises (CPEG), Group-II underwent cloistered yogic practices (CYPG), Group-III underwent Coalesce of Pilates exercises and Yogic practices (CPEYPG) and Group-IV was acted as CG (CG). Genu varum Blemish was selected as dependent variable and it was assessed by Postural Grid Chart. The duration of the training period was restricted to twelve weeks and number of sessions is five days per week. The data was collected prior to and immediately after the training period of twelve weeks. The data obtained from the experimental groups before and after the experimental period were analyzed by using the statistical technique with depended 't' test and Analysis of Covariance (ANCOVA). Whenever, the obtained 'F' ratio for the adjusted post-test was found to be significant the Scheffe's Post hoc test was used to access the paired mean differences. In all cases, 0.05 level is fixed as level of confidence to test the significance which is considered as appropriate. The results of the study observed that there is a significant difference among cloistered Pilate's exercises group, cloistered CYPG and coalesce of Pilate's exercises and CYPG and control group. Further the results of the study concluded that coalesce of Pilate's exercises and CYPG is better than groups.

Keyword: Upshot Cloistered, Coalesce, Pilates Exercises, Yogic Practices, Genu varum Blemish, Ambipedal Jock.

1. PREFACE

Pilates is an exercise system developed over a period of approximately 60 years, beginning in the 1920's by Joseph H. Pilates. Joseph Pilates originally considered this to be a body/mind/spirit approach to movement founded on the integrative effect of six principles: centering, concentration, control, precision, breath and flow. These six principles are the foundation of the Pilates approach to exercise. Pilate's exercises are a structured exercise for each large and small muscle groups and aims to find the moderate in the natural shape of the body, taking into account all the factors involved in obtaining a healthy body (Hoseini *et al*., 2020).

Joseph Pilates presents his method as the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, and developing a strong powerhouse, and improving coordination and balance. Pilates' system allows for different exercises to be modified in range of difficulty from beginning to advance or to any other level, and also in terms of the instructor over time as the body conditions and adapts to the exercises (Rael Isacowitz, 2013)

Yoga is a spiritual discipline related to mind, body and soul, and this union gives a universal consciousness. Yoga is nothing but a relaxation, meditation physical exercise techniques which is use to derives sound body and sound mind. It also helps in breathing. "In fact, this is an effective therapeutic tool for many physical, psychological and mental disorders". Being holistic, it is the best means for reach the goal of physical, social, mental and spiritual wellbeing of the practitioners. No one witnessing on yoga where it was

origin and who gave it to society, and who is still caring it. So many histories are there to understand about yoga. The truth is that yogic practices were unknown even in the period of Veda, Upanishads and Bhagawad Gita. According to Bhagwad Gita "Yoga is a skilled and balancing action", mainly the aim of yoga is to bring balance into the body physically, mentally & emotionally, by connecting to ourselves through the breath, we can bring our bodies from a state of turbulence to a place of health (Aruna and John Parthiban, 2025).

Poor posture causes a cramped position of heart, lungs and abdominal organs. Circulation of the blood is impeded and the organs farthest from the heart fail to receive adequate oxygen. Under stretching of muscles in bad posture causes nerves and muscle fatigue. Bad posture is responsible for undue strain on joints and ligaments, which after a time results in pain. Just as lack of alignment in an automobile cause's friction so poor posture causes fatigue fear and tear in humans (Anbalagan and Venugopal, 2012).

2. METHODOLOGY

For this study sixty (N=60) school level male jocks who were studying various schools in Virajpet Kodagu, Karnataka were selected as subjects. The age of the subjects was ranged between 12 to 14 years. Group-I underwent cloistered Pilate's exercises (CPEG), Group-II underwent cloistered yogic practices (CYPG), Group-III underwent Coalesce of Pilate's exercises and Yogic practices (CPEYPG) and Group-IV was acted as Control group (CG). Genu varum Blemish was selected as dependent variable and it was assessed by Postural Grid Chart. The duration of the training period was restricted to twelve weeks and number of sessions is five days per week. The data was collected prior to and immediately after the training period of twelve weeks. The data obtained from the experimental groups before and after the experimental period were analyzed by using the statistical technique with depended 't' test and Analysis of Covariance (ANCOVA). Whenever, the obtained 'F' ratio for the adjusted post-test was found to be significant the Scheffe's Post hoc test was used to access the paired mean differences. In all cases, 0.05 level is fixed as level of confidence to test the significance which is considered as appropriate.

3. Analysis of Data

The data collected from the experimental groups and CG on prior and after experimentation on selected variables were statistically examined by analysis of covariance (ANCOVA) was used to determine differences, if any among the adjusted posttest means on selected criterion variables separately. Whenever they obtained f-ratio value in the simple effect was significant the Scheffe's test was applied as post hoc test to determine the paired mean differences, if any. In all the cases 0.05 level of significance was fixed.

The Analysis of covariance (ANCOVA) on Genu varum Blemish of experimental groups and CG have been analyzed and presented in Table -1.

Table -1: The Summary of Mean and Dependent 't' Test for the Pre and Post Tests on Genu varum Blemish of Experimental Groups and Control Group

Mean	CPEG	CYPG	CPEYPG	CG
Pre- Test Mean	9.07±0.44	9.13±0.50	9.27±0.57	8.93±0.68
Post-Test Mean	7.53±0.50	7.93±0.25	7.46±0.50	8.87±0.62
't'-test	2.95*	3.15*	3.40*	0.11

* Significant at 0.05 level.

(Table value required for significance at .05 level for 't'-test with df 14 is 2.15)

Table-1 shows that the pre-test means on Genu varum Blemish of CPEG, CYPG, CPEYPG and CG are 9.07±0.44, 9.13±0.50, 9.27±0.57 and 8.93±0.68 respectively. The post-test means are 7.53±0.50, 7.93±0.25, 7.46±0.50 & 8.87±0.62 respectively. The obtained dependent t-ratio values between the pre and posttest means on Genu varum Blemish of CPEG, CYPG, CPEYPG and CG are 2.95, 3.15, 3.40 and 0.11 respectively.

The table value required for significant difference with df 14 at 0.05 level is 2.15. It was concluded that experimental groups such as CPEG, CYPG & CPEYPG had registered significant improvement on Genu varum Blemish.

To find out the significance improvement between groups on Genu varum Blemish analysis of covariance (ANCOVA) was applied. Whenever the 'F' ratio for adjusted posttest means was found to be significant, Scheffe's test was followed as a post hoc test to determine which of the paired means difference was significant.

Table 2: Computation of Analysis of Covariance of Experimental Groups and Control Group on Genu varum Blemish

Test	CPEG	CYPG	CPEYPG	CG	Source of Variance	Sum of Squares	df	Mean Squares	F ratio
Pre-Test Mean	9.07	9.13	9.27	8.93	Between	0.87	3	0.29	0.87
					Within	15.53	56	0.33	
Post Test Mean	7.53	7.93	7.47	8.87	Between	18.72	3	6.24	24.72*
					Within	14.13	56	0.25	
Adjusted Post Test Mean	7.55	7.92	7.40	8.94	Between	20.88	3	6.96	34.75*
					Within	11.02	55	0.20	

* Significant at 0.05 level of confidence, (Genu varum Blemish Scores in Centimeters)
Table value for df (3, 56) at 0.05 level = 2.76 Table value for df (3, 55) at 0.05 level = 2.78

The table-2 shows that the pretest means value on Genu varum Blemish of CPEG, CYPG, CPEYPG and CG are 9.07, 9.13, 9.27 and 8.93 respectively. The obtained 'F' ratio of 0.87 for pre test scores was lesser than the table value of 0.72 for degrees of freedom 3 and 56 required for significance at 0.05 level of confidence on Genu varum Blemish.

The post Test mean values on Genu varum Blemish of CPEG, CYPG, CPEYPG and CG are 7.53, 7.93, 7.47 and 8.87 respectively. The obtained 'F' ratio of 24.72 for post- Test scores was higher than the table value of 2.76 for degrees of freedom 3 and 56 required for significance at 0.05 level of confidence on Genu varum Blemish.

The adjusted post-Test means on Genu varum Blemish of CPEG, CYPG, CPEYPG and CG 7.55, 7.92, 7.40 and 8.94 respectively. The obtained 'F' ratio of 34.75 for adjusted post-Test scores was higher than the table value of 2.78 for degrees of freedom 3 and 55 required for significance at 0.05 level of confidence on Genu varum Blemish.

The results of the study indicate that there are significant differences among the adjusted posttest means of CPEG, CYPG, CPEYPG and CG in Genu varum Blemish.

To determine which of the paired means have a significant difference, the Scheffe's test is applied as Post hoc Test and the results are presented in Table - 3.

Table 3: The Scheffe's Test for the Differences Between the Adjusted Post Tests Paired Means on Genu varum Blemish

Adjusted Post-test Means				Mean Difference	Confidence Interval
CPEG	CYPG	CPEYPG	CG		
7.55	7.92			0.37	0.47
7.55		7.40		0.15	0.47
7.55			8.94	1.39*	0.47
	7.92	7.40		0.52*	0.47
	7.92		8.94	1.02*	0.47
		7.40	8.94	1.54*	0.47

* Significant at 0.05 level of confidence

Table-3 shows that the mean difference values of CPEG and CG, CYPG and CPEYPG, CYPG and CG & CPEYPG and CG are 1.39, 0.52, 1.02 and 1.54 respectively, which are greater than the confidence interval value of 0.47 on Genu varum Blemish at 0.05 level of confidence. The results of the study showed that there was a significant difference between CPEG and CG, CYPG and CPEYPG, CYPG and CG & CPEYPG and CG on Genu varum Blemish. Further the results of the study showed that the mean difference between CPEG and CYPG, CPEG and CPEYPG are 0.37 and 0.15 respectively, which are less than the confidence interval value of 0.47 on Genu varum Blemish at 0.05 level of confidence.

The above data also reveal that CPEYPG is better than CPEG, CYPG and CG.

The graphical representation of pre, post-test and adjusted posttest mean values of experimental groups and control group on Genu varum Blemish are represented in the Figure-1.

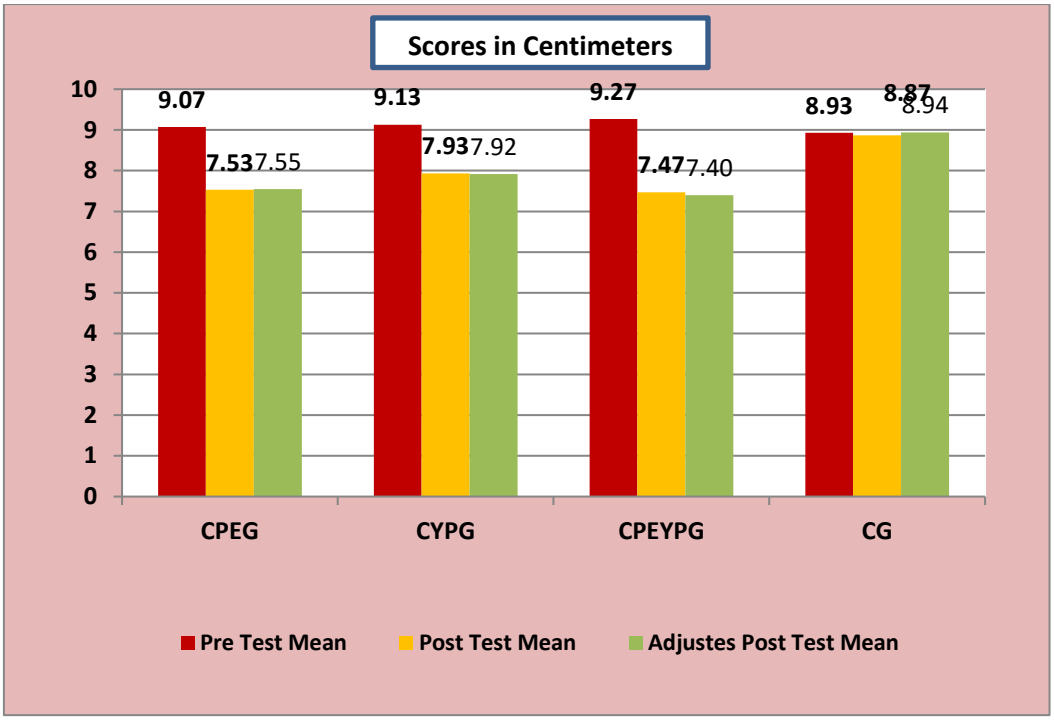

Figure 1: Pre, Post, and Adjusted Post Test on Genu varum Blemish among Experimental Groups and Control Group (In Centimeters)

4. CONCLUSIONS

From the analysis of the data, the following conclusions were drawn.

1. Significant differences in achievement were found between CYPG, CPEG, CPEYPG and CG in the selected criterion variable such as Genu varum Blemish.
2. The experimental groups namely, CYPG, CPEG and CPEYPG had significantly improved in Genu varum Blemish
3. The CPEYPG was found to be better than the CYPG, CPEG and CG in decreasing Genu varum Blemish.

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