



Research article

EFFECT OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL VARIABLES OF COLLEGE WOMEN STUDENTS

M. SARADHA* & Dr. A. RAJAM**

*Ph. D. Scholar, SKY Research Centre, WCSC, Aliyar, Pollachi Taluk, Coimbatore
District, Tamil Nadu, India.

**Lecturer, Department of Yoga for Human Excellence, WCSC Vision, SKY Research
Centre, Aliyar, Coimbatore, Tamil Nadu, India.

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Abstract

The purpose of the study was to find out the effect of Yogic practices on selected psychological variables of college women students. To resolve the purpose of the study 40 college women were randomly selected from Kumaraguru Institute of Technology, Coimbatore. Their age ranged between 18 and 22 years. The selected subjects were randomly divided into two groups consisting of twenty each. No attempt was made to equate the groups. Experimental Group I underwent Yogic practices (YPT) for a period of 16 weeks. Group II acted as control group (CG) and were not engaged in any training programme other than their work. The subjects were free to withdraw their consent in case of feeling any discomfort during the period of their participation but there was no dropout during the study. The psychological variables namely anger, stress and anxiety were selected and anger was tested through Anger inventory, and stress and anxiety were taken through DASS inventory. Pre and post tests were conducted in all the variables. Yogic practices was given to the experimental group for a period of 16 weeks. Dependent t test was used to determine the significant difference between the treatment means. Yogic practice group had significantly decreased in anger, stress and anxiety whereas the control group had no significant decrease in all the variables.

Key words: *yogic practices, anger, stress and anxiety*

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Corresponding Author: M. Saradha
e-mail: saradhamurugaswamy@gmail.com

INTRODUCTION

Yogic practices have become increasingly popular in western countries as a method for coping with stress and as a means of exercise and fitness training

(Schell et al., 1994). Yogic practices are an ancient practice that was developed to promote physical health as well as an awareness of one's true nature. It consists

of a series of postures, called asanas, and various breathing exercises, called pranayama, which encourage balance between the physical, mental/emotional, and spiritual aspects of a human being. In short, yogic practices promotes health. Like other forms of yoga, yogic practices is purported to quiet the mind and focus the concentration; however, of all the yoga traditions, the importance of physical fitness is emphasized most in yogic practices (**Worthington;1982, Zorn;1968**).Yoga has been practiced for thousands of years. It is based on ancient theories, observations and principles of the mind-body connections. Substantial research has been conducted to look at the health benefits of yoga – yoga postures (asanas), yoga breathing (pranayama) and meditation. These yoga practices might be interacting with various somatic and neuro-endocrine mechanisms bringing about therapeutic effects (**Malhotra and Singh, 2002**). Yoga is traditionally believed to have beneficial effects on physical and emotional health (**Gilbert, 1999**). The overall performance is known to be improved by practicing yoga techniques (**Upadhyay et al., 2008**) and their effects on physical functions were reported (**Hadi, 2007**). Yoga practices can also be used as psycho-physiological stimuli to increase the secretion of melatonin which, in turn, might be responsible for perceived well-being (**Harinath et al., 2004**). Yoga may be as effective as or better than exercise at improving a variety of health-related outcome measures (**Ross and Thomas, 2010**).

The science of Yoga is divided into several branches. Among the best

known and leading divisions are (1) Yogic practices; (2) Raja Yoga; (3) Karma Yoga; (4) Gnana Yoga. This book is devoted only to the first named, and we will not attempt to describe the others at this time, although we will have something to say upon all of these great branches of Yoga, in future writings. Yogic practices is that branch of the Yoga Philosophy which deals with the physical body its care its well being its health its strength- and all that tends to keep it in its natural and normal state of health. It teaches a natural mode of living and voices the cry which has been taken up by many of the Western world: "Let us get back to Nature," excepting that the Yogi does not have to get back for he is already there, for he has always clung close to nature and her ways, and has not been dazzled and befooled by the mad rush toward externals which has caused the modern civilized races to forget that such a thing as nature existed.

Methods and Materials

The investigator used pre and post test random group design in this study. This procedure involves dividing the sample into two groups based on random selection. The investigator did not make any attempt to equate the groups in this study. The selected forty subjects were divided into two groups consisting of 20 each such as Experimental Group I and a Control Group. The treatment was administered to the experimental groups for a period of sixteen weeks. At the end of 16th week the post test were administered to both the groups.

The psychological variables namely anger, stress and anxiety were

selected and anger was tested through Anger inventory and stress and anxiety were tested through DASS inventory. Pre and post tests were conducted in all the variables. Yogic practices was given to the

experimental group for a period of 16 weeks. Dependent t test was applied to find out the significant difference between the pre test and the post test.

TRAINING PROGRAMME

The following training programme was given for the experimental group for a period of sixteen weeks

Table I

Experimental Group - Yogic Practices				
s.no	Name of practice	Frequen cy	Duration of the practice	Total duration of the practice
A	Meditation			20 minutes
	prayer	16Weeks	2 minute	
	Thanduvadasudhi&Nadisod hana	16Weeks	8 minute	
	Nama-Rupa Meditation	16Weeks	10 minutes	
B	Yogasana - Loosing exercise	16Weeks	2 minutes	40 minutes
	Vrksasana & Trikonasana	16Weeks	8 minutes	
	Trikonasana & Ardachakarasana	16Weeks	8 minutes	
	Sugasana & Padmasan	16Weeks	8minutes	
	Yoga Mudra & Matsyasana	16Weeks	8 minutes	
	Matsyasana	16Weeks	6 minutes	
Total				60 minutes

RESULTS OF THE STUDY

The collected data were analysed using dependent t test and the results were given below

TABLE – II

SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF YOGIC PRACTICE GROUP

S.No	Variables	Mean		Mean difference	SD (±)		σ DM	't' Ratio
1	Anger	65.50	55.35	10.15	4.50	3.52	1.31	7.72
2	Stress	32.60	22.50	10.10	5.99	4.27	1.46	6.88
3	Anxiety	18.20	11.35	6.85	4.71	2.43	0.89	7.67

An examination of table-II indicates that the obtained 't' ratios were 7.72, 6.88 and 7.67 for anger, stress and anxiety, respectively. The obtained 't' ratios on the selected variables were found to be greater than the required table

value of 2.861 at 0.05 level of significance for 19 degrees of freedom. So it was found to be significant. The results of this study showed statistically significant and explained its effects positively.

TABLE - III
SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF CONTROL GROUP

S.No	Variables	Mean		Mean difference	SD (\pm)		σ DM	't' Ratio
		Pre	Post		Pre	Post		
1	Anger	65.95	64.80	1.15	5.27	4.84	1.38	0.83
2	Stress	32.80	34.50	1.70	7.66	4.68	1.58	1.07
3	Anxiety	18.85	19.00	0.15	5.30	4.97	1.69	0.08

An examination of table-III indicates that the obtained 't' ratios were 0.83, 1.07 and 0.08, for anger, stress and anxiety respectively. The obtained 't' ratios on the selected variables were

found to be lesser than the required table value of 2.861 at 0.05 level of significance for 19 degrees of freedom. So it was found to be insignificant.

DISCUSSION ON THE FINDINGS

The prime intention of the researcher was to analyse the effect of yogic practices on selected psychological variables among college women. The yogic practices group had significantly reduced anger, stress and anxiety. But there is no significant change in the selected variables anger, stress and anxiety in the control group.

Yoga can help to check any imbalance in muscular development and enable individual both mind and body to function more efficiently. Practicing yogasanas strengthens the muscles release physical tension and improves concentration and poise. Yoga makes

limbs balanced, strong and relaxed. The standing poses improve balance and muscle flexibility. Yogic practice can help players to relax and replenish their energy after strenuous games. It also promotes calm, clear thinking even in situations that call for fast reactions. Yoga stretches and strengthens all muscles of the body and brings peace and calm to the mind and spirit (Chandrasekaran, 1999).

CONCLUSION

It was very clear that sixteen weeks of yogic practices produced significant changes in psychological variables anger, stress and anxiety of college women

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