

EFFECT OF ASANAS AND PRANAYAMA PRACTICES ON SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE MEN STUDENTS

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ABSTRACT

In the Modern lifestyle stress, depression and aggression are increasing among players, Yoga practice was improved the variables of self-description, psychological status, and the quality of life. The Purpose of the present investigation was to find out the effect of asana and pranayama practices on psychological variables (stress and aggression). To achieve this purpose, 45 students were selected randomly as subjects from Department of Physical Education, Annamalai university, Annamalai Nagar, Chidambaram. And their age between 18 to 25 years. They were divided into three equal groups namely Asanas practices group pranayama practices group and control group. The Asanas practices group and pranayama groups did train for all eight weeks. The pre and post test were taken for all subjects before and after the training respectively. The data pertaining to the variables in this were examined by using dependent t- test and analysis of covariance (ANCOVA). The eight weeks of asana and pranayama practices on psychological variables improved the among the players.

Key words: Yoga, asana, pranayama, stress, aggression, College Men Students

INTRODUCTION

Yoga is the best and oldest Art of being and the Science of becoming, time tested for more than 5000 years ago, the Rishis and Siddhas of India turned their mind inwards and discovered their true nature. This resulted in the development of a holistic system called the **YOGA**. In recent decades, several medical and scientific studies on yoga proved it to be very useful in the treatment of some diseases. Yoga is the art and science of living and is concerned with the evolution of mind and body. It is a form of complete education that can be used on all because it develops physical stamina, emotional stability, and intellectual and creative talents. It is a unified system for developing a total and balanced personality. Yoga is basically a method by which the transmission of energies in the physical, mental, intellectual, and spiritual bodies are synchronized and optimized.

METHODOLOGY

The investigator selected 45 students were selected randomly as subjects from Department of Physical Education, Annamalai university, Annamalai Nagar, Chidambaram. And their age between 18 to 25 years. The selected subjects were divided into three groups. The experimental group I underwent Asanas and group II Pranayama practices weekly five days i.e., Monday to Friday, between 6.00 P.M to 7.00 P.M. For a period of eight weeks, and group III not practicing Asanas and Pranayama stress and aggression were selected as criterion variables all the subjects were tested at prior and immediately after the training period on selected dependent variables. The collected data was analyzed statistically by using analysis covariance (ANCOVA) to find out the significant differences if any between the groups at before and immediately after the training period on selected dependent variable separately. In all cases, .05 level of confidence was fixed to test the significance.

ANALYSIS OF DATA

RESULTS ON STRESS

The data on the effect of Asanas practices and Pranayama practices on psychological variable, stress was collected through pre and post test scores and

subjected to statistical treatment using ANCOVA. Table III shows the results obtained.

Table I

COMPUTATION OF ANALYSIS OF COVARIANCE OF STRESS (Scores in numbers)

Means	Asanas Group	Pranayama Group	Control Group	Source of Squares	Sum of squares	DF	Mean squares	Obtained
Pre test	53.73	53.47	52.53	Between	5.0	2	2.49	0.07
				Within	1579.6	42	37.61	
Post test	61.73	62.40	53.73	Between	912.2	2	456.09	21.04
				Within	910.3	42	21.67	
Adjusted	62.63	61.79	52.25	Between	994.9	2	497.44	79.83
				within	255.5	41	6.23	
Mean Diff	8.00	8.93	1.20					

Table I shows the obtained pre test means and post test means and the adjusted means for stress. The obtained F value on the scores of pre test means 0.07 was less than the required F value required 3.22, to be significant at 0.05 level This proved that the random assignment of the subjects were successful and their scores in stress before the training were equal and there was no significant differences.

The obtained F value on the scores of post test means 21.04 was greater than the required F value 3.22, which proved that the interventional programmes, Asanas practices and Pranayama practices were significantly influences stress of the subjects. Taking into consideration of the pre test means and post test means adjusted post test means were determined and analysis of covariance was done and the obtained F value 79.83 was greater than the required value of 3.22 and hence it was accepted that the Asanas practices and Pranayama practices significantly influenced stress of the subjects. Since significant differences were

recorded, the results were subjects to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table II

Table II
Scheffe's Confidence Interval Test Scores on Stress
(Scores in numbers)

Asanas	Pranayama	Control	Mean Difference	Required C.I.
62.63	61.79		0.84	2.29
62.63		52.25	10.38	2.29
	61.79	52.25	9.54	2.29

Significant

Table II shows that there was significant differences between Pranayama group and control and Asanas practices and control group. And there was no significant mean difference between Asanas practices and Pranayama groups

RESULTS AGGRESSION

The data on the effect of Asanas practices and Pranayama on psychological variable, aggression was collected through pre and post test scores and subjected to statistical treatment using ANCOVA. Table III shows the results

Table III
COMPUTATION OF ANALYSIS OF COVARIANCE OF AGGRESSION
(Scores in numbers)

Means	Asanas Groups	Pranayama Groups	Control Groups	Source of variance	Sum of squares	DF	Mean squares	Obtained
Pre test	91.93	91.80	90.60	Between	4.6	2	2.29	0.03
				Within	3841.7	42	91.47	
Post Test	84.60	82.73	91.93	Between	506.8	2	253.42	3.29
				Within	3236.1	42	77.05	
Adjusted	82.59	84.34	91.00	Between	589.3	2	294. 63	74.92
				Within	161.2	42	3.93	
Mean Diff	-7.33	-9.07	1.33					

Table F-ratio at 0.05 level of confidence for 2 and 42 (df) = 3.22, and 41 (df) 3.23 Table III shows the obtained pre test means and post test means and the adjusted means for aggression. The obtained F value on the scores of pre test means 0.03 was less than the required F value required 3.22, to be significant at 0.05 level This proved that the random assignment of the subjects were successful and their scores in aggression before the training were equal and there was no significant differences. The obtained F value on the scores of post test means 3.29 was greater than the required F value 3.22, which proved that the interventional programmes, Asanas practices and Pranayama practices were significantly influences aggression of the subjects. Taking into consideration of the pre test and post test mean adjusted post test means were determined and analysis of covariance was done and the obtained F value 74.92 was greater than the required value of 3.22 and hence it was accepted that the Asanas practices and Pranayama practices significantly influenced aggression of the subjects.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table IV

Table IV

Scheff's Confidence Interval Test Scores on Aggression

MEANS			Mean Difference	Required .CI
Asanas practices	Pranayama	Control	1.75	1.82
82.59		91.00	8.40	1.82
	84.34	91.00	6.66	1.82

* Significant

Table IV shows that there was significant differences between Pranayama group and control group and Asanas practices and control group. And there was no significant mean difference between Asanas practices and Pranayama groups.

DISCUSSION OF FINDINGS

The results on psychological variable stress was presented in Table I proved that there was significant differences among the post means and adjusted means between Asanas practices, Pranayama and control group. The obtained F values of 21.04 for post test and 79.83 for adjusted means were greater than the required F value of 3.22 to be significant at 0.05 level. Since there was significant effect because of the treatment, the investigator subjected the adjusted means for post hoc analysis of the means through Scheffe's Confidence Interval test. The obtained results were presented in Table II and the results proved that Asanas practices significantly influences the Players Stress, comparing to the control group. Comparing between Asanas practices and Pranayama practices, there was no significant differences were recorded Hence, it was proved that though practices and Pranayama were significantly changed the stress, there was no significant difference between practices and Pranayama practices.

The results on psychological variable aggression was presented in Table III proved that there was significant differences among the post means and adjusted means between Asanas practices, Pranayama practices and control group. The obtained F values of 3.29 for post test and 74.92 for adjusted means were greater than the required F value of 3.22 to be significant at 0.05 level. Since there was significant effect because of the treatment, the investigator subjected the adjusted means for post hoc analysis of the means through Scheffe's Confidence Interval test. The obtained results were presented in Table IV and the results proved that Asanas practices significantly influences the Players aggression, comparing to the control group. Comparing between Asanas practices and Pranayama practices, there was no significant differences were recorded Hence, it was proved that though Asanas practices and Pranayama

practices were significantly changed the aggression, there was no significant difference between Asanas practices and Pranayama practices.

CONCLUSIONS

Asanas and Pranayama has an effective role in reducing stress, and aggression that can be considered as complementary medicine and reduce the medical cost per treatment by reducing the use of drugs.

Asanas and Pranayama is control of breath, breathing & blood circulation system, heart have close relation between them. Also, these are dependent on mental activities. If mental strain increases the breathing rate is affected. In Pranayama the breathing is controlled, and the rate is reduced, which reduces the strain on heart and also the rate. This increases the stability of mind and mental activities are also controlled.

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