



EFFECT OF FOUR WEEKS YOGIC PRACTICE ON SELECTED PSYCHOLOGICAL VARIABLE AMONG COLLEGE WOMEN

Geeta Rajaput * **Prof. D.M.Jyoti****

**Research Scholar, Department of Studies in Physical Education & Sports Sciences, Karnataka State Akka, mahadevi Women's University, Vijayapura.*

***Research Guide, Department of Studies in Physical Education & Sports Sciences, Karnataka State Akka, mahadevi Women's University, Vijayapura.*

Abstract

Yogic practices have become increasingly popular at present, as a method of coping with health problems, stress and as a means of exercise and fitness training. The purpose of the present study was to find out the Effect of Four Weeks Yogic Practice on Selected Psychological Variable among College Women. For this purpose, a total of 40 college women students in (mean age 19-22 years) were agreed to take part as subject. Psychological Anxiety were considered as criterion in this study. The parameters were measured by the standard tools and procedures. Four weeks training was provided to the subjects and selection of Yogic Practice and training schedule was fixed by the consultation with the experts on Yoga. Descriptive and inferential statistics were used to analyze the data and 0.05 level of significance was considered. Results revealed that no significant difference on selected parameters between pre-test and post-test value ($P > 0.05$). It was concluded that the four weeks yogic practice did not have significant effects on control group of college women students.

Keywords: *Yogic Practice, Anxiety, College Women Students.*

Introduction

A great Indian sage and yoga master, Sri Aurobindo says yoga is a methodical effort toward self-perfection through developing your talent potential on the physical, vital, mental, intellectual, and spiritual levels. And the most fundamental step you can take toward expanding the limits of your consciousness is to gain mastery over your mind.

Therefore, yoga is an extraordinary spiritual science of self-development and self-realization that shows us how to develop our full potential in our many-sided lives. It was first devised by the rishis and sages of ancient India and has been maintained by a stream of living teachers ever since, who have continually adapted this science to every generation.

Yoga's integrative approach brings deep harmony and unshakable balance to body and mind in order to awaken our latent capacity for a higher consciousness that is the true purpose of human evolution. The many methods of yoga spans a vast range from physical postures to breathing practices and meditation, all based upon a philosophy of consciousness and natural way of life.

The scientific evidence of yoga practice is traced back to Indus Valley Civilization (3000 BC) which is pre-vedic age before the Aryan civilization started to flourish in the Indus subcontinent. In archaeological excavations made in the Indus Valley at Mohenjo-Daro a figure is found that archeologists believe represents a yogi sitting in meditation posture. The figure is shown sitting in cross-legged traditional yoga pose with its hands resting on its knees. Archeologist Sir John Marshall, the discoverer of the seal named the figure Shiva Pashupati. According to Indian mythology Lord Adi



Nath, the other name for Lord Shiva is believed to be the founder of yoga and Parvati his divine consort first disciple.

Seal from the Indus Valley Civilization, showing a figure in meditation posture believed to be Pashupati.

The word Yoga means ‘unity’ or ‘onenesses. The word yoga is derived from the Sanskrit word Yuj which means ‘to join’. This joining is described in spiritual terms as the union of the individual consciousness with the universal consciousness.

In practical level yoga is to integrate body, mind and spirit to unfold our higher potential in life through the practice of asana, pranayama and meditation.

According to Swami Vivekananda Yoga is a means of compressing one’s evolution, into a single life, or a few months or even a few hours of one’s bodily existence.

The classical definition of yoga is found in Bhagavad Gita, the classical text of yoga:

Samatvam Yoga Uchyate: ‘Yoga is to keep the mind balance and equanimous in all vicissitudes of life’.

Yoga is an ancient Indian practice, which utilize mental and physical exercise to attain Samadhi, or the union of the individual self with the infinite. The Hatha yoga has become increasingly popular in western countries as a method of coping with stress and as a means of exercise and fitness training (Schellet al., 1994). Hatha yoga was developed to promote physical health. It consist of a series of postures, called Asanas, and various breathing exercise called in Pranayama, which encourage balance between the physical, mental, emotional and spiritual aspect of human being. Like other form of yoga, hatha yoga is purported to quite the mind and focus the concentration; however, all the yoga traditions, the importance of physical fitness is emphasized most in hatha yoga (Worthington, 1982).

Material and Methods

The subjects

A total of 40 college women students were agreed to take part in this work as subjects. All of them were regular students of a Govt. First Grade Women College, Vijayapura District of Karnataka and the age of the student was in between 19 to 22 years.

Design of the study

Single group design was adopted for this study. The group was given four weeks of Yoga Practice. The group was tested before the treatment (pre-test) and again they were tested after four weeks of Yoga Practice (post-test). Difference between pre-test and post-test mean were analyzed statistically by t-test to find out the effect of yoga treatment.

Criterion Measure

Psychological criterions were measures in this study:

- Psychological Anxiety

Instruments and tools used

Instrument and tool were used in this study to collect the data.

- Anxiety - Questionnaire developed by Dr.Pallavi Bhatnagar



Training Schedule

Yoga practice was scheduled as three days per week basis for a period of twelve weeks continuously. But later it was ended after four weeks due to the serious pandemic situation. The exercise set was repeated two times for each asana in during four weeks. Duration of the exercise programmed was 40minute per day in during the training period. The yogic practices are Padmasana, Sarvangasana, Halasana, Bhujangasana, Matsyasana, Chakarasana, Dhanurasana, Ardhamatsyenderasana, Vajrasana, Sirashasana and Savasana. The tests were carried out with standardized procedure. The pre and post test were conducted on selected Psychological variable of Anxiety. The Psychological parameters were assessed through standardized questionnaire.

Statistical Procedure Used

To conduct the present study single group design was adopted. Therefore descriptive and inferential statistics were used for analyzed the data. Mean and standard deviation were used as descriptive statistics. The significance of difference between the pre-test score and post-test score was computed by using t-test. Only 0.05 level of significance was considered in this study. The statistical calculations have done by the standard statistical software (Excel 2010).

Results and Discussions

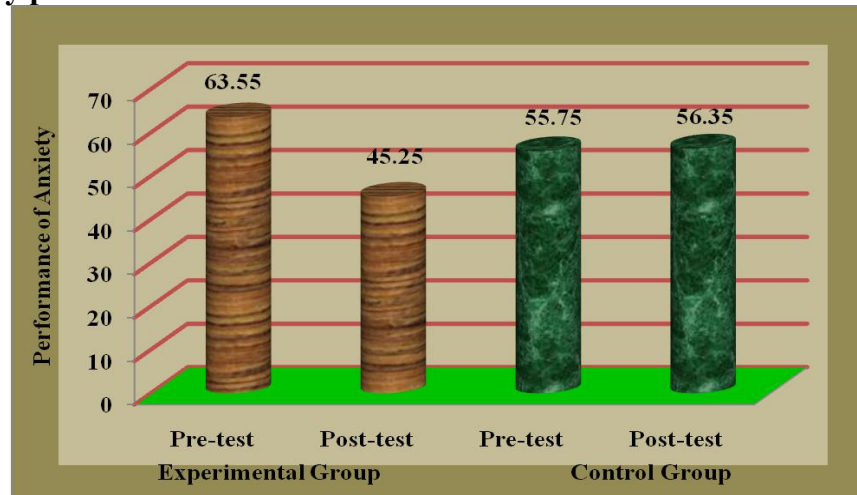
Table No.1.Shows the Mean, Standard Deviation and ‘t’- value of Pre-test and Post–test for yogic practice Experimental Group and Control Group on Anxiety performance.

Variable	Group	Test	N	Mean	SD	t- Value
Anxiety	Experimen tal Group	Pre-test	10	63.5500	6.66076	5.113*
		Post-test	10	45.2500	13.63770	
	Control Group	Pre-test	10	55.7500	18.47865	.177
		Post-test	10	56.3500	16.57924	

The level of significant 0.05=Table value =2.000

Table No1. Indicates that the ‘t’- value is more than the table value that is 2.000, hence it is significant. The pre-test mean value is 63.5500 And the post-test mean value 45.2500. The post-test mean value is less than pre-test mean value. It shows significant improvement in the Anxiety performance of women owing to the Four weeks yogic practice. The pre-test mean value is 55.7500 and the post-test mean value 56.3500. The post-test mean value is more than the pre-test mean value. It is shows no improvement in the Anxiety performance of women subjects control group did not undergo any kind of training Programme the same as displayed in the figure 1. (a)

Figure No.1.The Pre-test and Post–test for yogic practice Experimental Group and Control Group on Anxiety performance.



The above figure 1. (a) Indicates that the post test values of Experimental group significantly improved the performance of Anxiety and also the post test values of Anxiety were less than the pre test values due to Four weeks of yogic practice. The Control group pre- test and post- test performance of Anxiety shows no improvement.

Summary

The purpose of the study was to investigate the “Effect of Four Weeks Yogic Practice on Selected Psychological Variable among College Women”. The researcher selected Anxiety for psychological Variable. Four weeks of Yogic Practice were given to 40 subjects before training the researcher conducted pre-test performance on psychological Variable. After the 4 weeks of Yogic Practice the post-test performance was recorded on Anxiety performance. The result of the post-test performance indicates significant improvement.

Conclusions

Four weeks of Yogic Practice has shown significant improvement on Anxiety among College Women.

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