

## Effect of pranayama with meditation on selected psychological variables among school girls

Dr.S.Selvalakshmi

Assistant Professor, Department of Yoga, TNPESU, Chennai.

### Abstract

*The purpose of the study was to find out the effect of pranayama with meditation on selected psychological variables among school girls. To achieve the purpose of the present study, thirty school girls from Kanchipuram District, Tamilnadu, India were selected as subjects at random and their ages ranged from 15 to 17 years. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=30) were randomly assigned to two equal groups as pranayama with meditation group (PWMG) and control group (CG) in an equivalent manner. Mental health was assessed by Peter Becker Inventory and self concept was assessed by Muktha Rani Rastogi Inventory. The pranayama with meditation group participated for a period of six weeks for alternate three days in a week and the post-tests were taken. To find out the difference between the two groups paired 't' test was used. The result reveals that the pranayama with meditation group showed better performance on mental health and self concept than the control group owing to the effects of pranayama with meditation.*

**Key words:** Pranayama, Meditation, Mental Health, Self Concept, School Girls.

### Introduction

In yoga we call this subtle life force "Prana". Prana is pure life without this subtle life force there would be no life. Pranayama is an important and little known part of yoga. Its techniques have been practiced for centuries by the people. Recently, this art and science of yoga breathing was almost completely unknown to the common man like many other Ancient Indian Arts. It has been beyond doubt that pranayama is a very important means of preventing and curing many ailments. Its aim is to bring the traditional knowledge of this great art of the common man, so that it can be used without much external help for the maintenance as well as the restoration of

wealth (Iyengar, 2008). Meditation is the act of focusing one's thoughts and a state of consciousness that can be understood only on a direct, intuitive level. Meditation is the royal road to the attainment of freedom a mysterious ladder that reached from earth to heaven, darkness to light, and mortality to immortality (Joshi, 2001). In the school times especially the teenage girls has to face so many problems like studies, their physiological functions and their friends behavior. In order to bring their mental health and self concept high this present study was focused with this purpose.

### Purpose of the study

The purpose of the study was to find out the effect of pranayama with

meditation on selected psychological variables among school girls.

### Hypothesis

It was hypothesized that the pranayama with meditation group would show significant improvement on selected psychological variables than control group.

### Methodology

To achieve the purpose of the present study, thirty school girls from Kanchipuram District, Tamilnadu, India were selected as subjects at random and their ages ranged from 15 to 17 years. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=30) were randomly assigned to two

equal groups as pranayama with meditation group (PWMG) and control group (CG) in an equivalent manner. Mental health was assessed by Peter Becker Inventory and self concept was assessed by Muktha Rani Rastogi Inventory. The pranayama with meditation group participated for a period of six weeks for alternate three days in a week and the post-tests were taken. To find out the difference between the two groups paired 't' test was used.

### Results and Discussions

The primary objective of the paired 't' ratio was to describe the differences between the pre-test and post-test mean of school girls.

**TABLE – I**

**SUMMARY OF 't' RATIO ON SELECTED PSYCHOLOGICAL VARIABLES OF EXPERIMENTAL GROUP**

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Mental Health	40.00	55.60	15.60	3.75	0.97	16.08*
2	Self Concept	141.86	168.13	26.26	10.32	2.66	9.85*

An examination of table - I indicates that the obtained 't' ratios were 16.08 and 9.85 for mental health and self concept respectively. The obtained 't' ratios were found to be greater than the

required table value of 2.14 at 0.05 level of significance for 1, 14 degrees of freedom. Hence it was found to be significant.

FIGURE – I

**PRE AND POST TEST DIFFERENCES OF THE EXPERIMENTAL GROUP  
ON SELECTED PSYCHOLOGICAL VARIABLES**

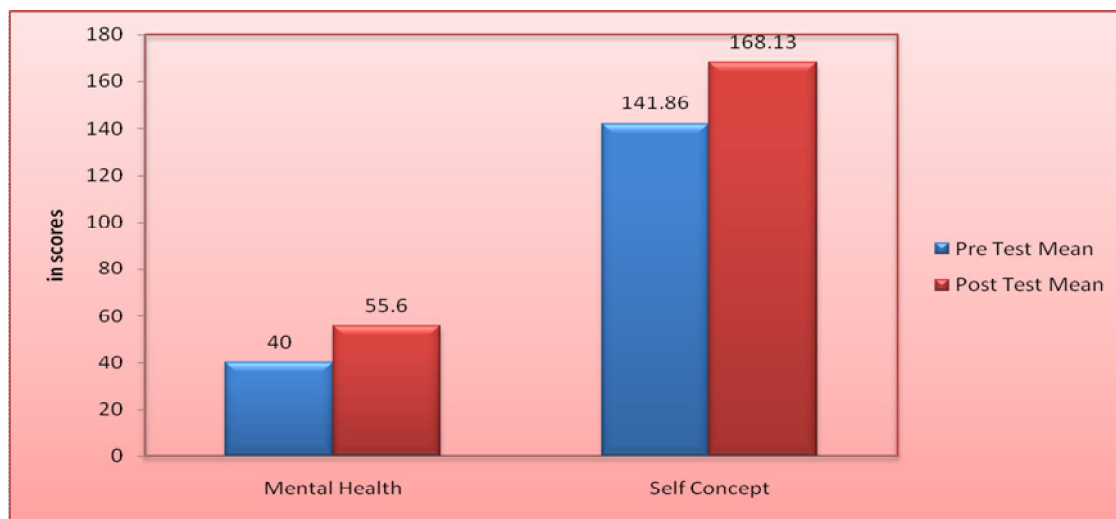


TABLE – II

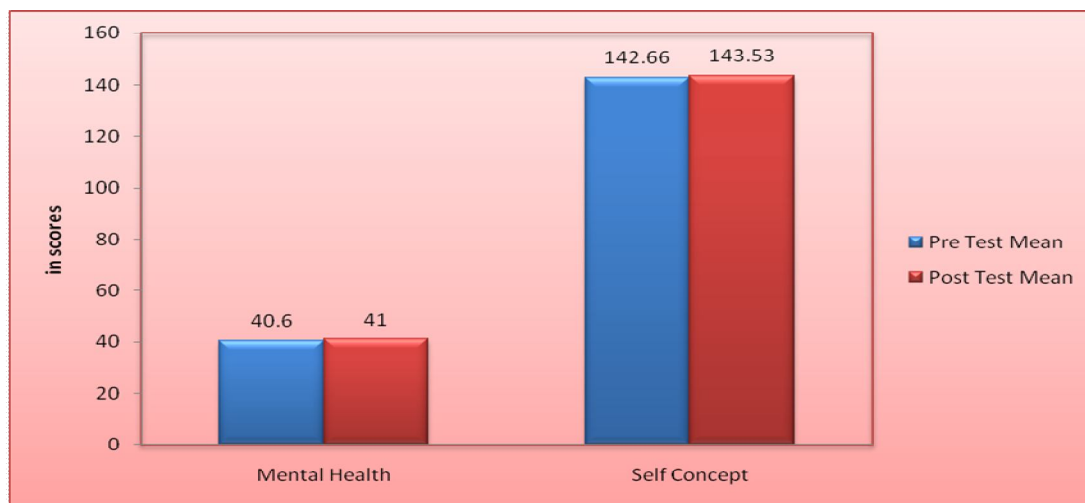
**SUMMARY OF 't' RATIO ON SELECTED PSYCHOLOGICAL VARIABLES  
OF CONTROL GROUP**

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	$\sigma$ DM	't' Ratio
1	Mental Health	40.60	41.00	0.40	4.32	1.11	0.35
2	Self Concept	142.66	143.53	0.86	7.15	1.84	0.46

An examination of table - II indicates that the obtained 't' ratios were 0.35 and 0.46 for mental health and self concept respectively. The obtained 't' ratios were found to be lesser than the required table value of 2.14 at 0.05 level

of significance for 1, 14 degrees of freedom. Hence it was found to be insignificant. The results of this study showed that the control group was statistically insignificant.

**FIGURE – II**  
**PRE AND POST TEST DIFFERENCES OF THE CONTROL GROUP ON**  
**SELECTED PSYCHOLOGICAL VARIABLES**



### Discussions and Conclusions

In case of psychological variables i.e. mental health and self concept the results between pre and post (6 weeks) test has been found significantly higher in experimental group in comparison to control group. The findings of the present study have strongly indicates that six weeks of pranayama with meditation group had significant effect on selected psychological variables i.e. mental health and self concept of school girls. Hence the hypothesis earlier set that pranayama with meditation would have been significant effect on selected psychological variables in light of the same the hypothesis was accepted. The result reveals that the pranayama with meditation group showed better performance on mental health and self concept than the control group owing to the effects of pranayama with meditation.

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