



EFFECT OF YOGASANAS AND SURYANAMASKAR ON SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE WOMEN

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Abstract

The purpose of the study was to investigate the effects of yogasanas and suryanamaskar on selected psychological variables among College Women. For this research (N=90) College Women were selected from Shanmuga Industries Arts & Science College, Tiruvannamalai, in Tamil Nadu. The age group of the girls ranged from 23 to 25 years. To achieve the purpose of this study, the subject: were divided into three equal groups of 30 subjects each. Group I underwent yogasana. Group II underwent suryanamaskar and Group III acted as a control group. The duration of the experimental period for yogasana and suryanamaskar group was restricted to eight weeks and the number of session per week confined to six days. It was concluded that there was significant reduction in anxiety and study skill due to yogasanas and suryanamaskar as compared to control group. It was concluded that there was significant improvement in study skills due to yogasanas and suryanamaskar as compared to control group. On the basis of the findings and conclusions of the present study, the following recommendations were made, Similar study may be conducted for various other age groups, The present study was mainly focused on College Women only; Yoga may be included in other schemes of the government for the welfare society.

Keywords: Yogasanas, Suryanamaskar, anxiety, Study Skill, etc.

INTRODUCTION

Yoga has been practiced in India for over two millennia. Stories and legends from ancient times testify to the existence of yoga, and to the practitioners and divinities associated with it. India literature is a storehouse of knowledge about yoga covering every converging conceivable level. Roughly in chronological order are the vocals (books of scriptural knowledge), the Upanishada (Philosophical cosmologies), and the commentaries; then the Puranas (ancient cosmologies), and the two epics, the **Ramayar** and the **Mahabharatha**. The **Mahabharatha** contains within itself that master piece of Indian scripture the Bagawad Gita. Towards the end of Vedic period comes the aphoristic literature, with the “yoga Aphorisms” of Patanjali of special interest to yoga students. Besides, whole bodies of works both ancient (Pre-Christian) and more modern with various aspects of yoga and yoga philosophy, testifying to the continued relevance of yoga as a discipline (**Gharote, M.L. 1982**).

Yogasana and Suryanamaskara practices is very important those are school going children's mainly in girls, with this practices they can reduce the their anxiety level and can increase their studying skills too. The purpose of

the study was to investigate the effects of yogasanas and suryanamaskar on selected psychological variables among College Women.

HYPOTHESIS

1. It was hypothesized that there would be significant differences due to yogasanas and suryanamaskar on selected psychological variables among College Women than the control group.
2. It was hypothesized that there would be significant differences due to yogasanas on selected psychological variables among College Women of yogasana group than the suryanamaskar group.

SELECTION OF SUBJECTS

To achieve the purpose of the study, (N=90) College Women were selected from Shanmuga Industries Arts & Science College, Tiruvannamalai, in TamilNadu . The age group of the girls ranged from 21 to 25 years. To achieve the purpose of this study, the subjects were divided into three equal groups of thirty subjects each. Group I underwent yogasana, Group II underwent suryanamaskar and Group III acted as a control group. The duration of the experimental period for

yogasana and suryanamaskar group is restricted to eight weeks and the number of session per week confined to six days.

SELECTION OF THE VARIABLES

The following variables were selected for this study.

I. Dependent Variables

Anxiety and Study skills

II. Independent Variables

1. Yogasanas
2. Suryanamaskar

RESULTS ON ANXIETY

**TABLE-I
COMPUTATION OF ANALYSIS OF COVARIANCE OF ANXIETY**

	YG	SNG	CG	SV	SS	df	MS	F
Pre test mean	53.14	52.48	52.87	B	9.87	2	4.87	0.28
				W	2056.90	87	23.64	
Post test mean	50.52	49.67	52.76	B	151.47	2	75.61	3.81*
				W	1873.14	87	21.28	
Adjusted mean	49.85	50.27	52.78	B	145.28	2	72.54	26.96*
				W	231.981	86	2.78	

Table F ratio at 0.05 level of confidence for 2nd and 87 (df) = 3.1

As shown in table I obtained F value on the scores pre test means 0.28 that random assignment of the subject were successful and their scores in anxiety. The analysis of post test means proud that the obtained F value 3.81 was greater than the required value of 3.1 to be significant at 0.05 level taking in to consideration of the pre test means adjusted post test means were

done and the obtained F value 26.96 was greater than the required value of 3.1 and hence it was accepted that the yogasana and suryanamaskar practices significantly dicers the anxiety. Since significance differences were recorded, the results were subjected 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 ANXIETY**

M			MD	RCL
YG	SNG	CG		
49.85	50.27	-	0.42	1.05
49.85	-	52.78	2.93	1.05
-	50.27	52.78	2.51	1.05

*significance at .05 level of confidence

From the table II, it was proved that there was significant differences between yogasana and suryanamaskar it was also interred that there was significant difference between yogasana and control group. The ordered adjusted means were

presented through bar diagram for better understanding of the result of this study in Figure I bar diagram on ordered adjusted means of psychological variables on anxiety.

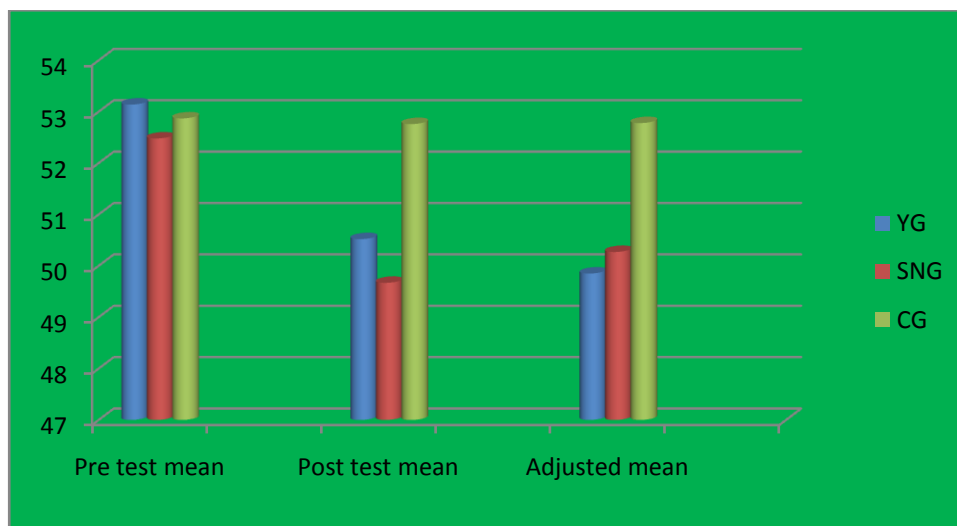


FIGURE I:
BAR DIAGRAM ORDERED ADJUSTED MEANS OF PSYCHOLOGICAL VARIABLE ANXIETY

DISCUSSION ON THE FINDINGS OF ANXIETY

Anxiety was measured through standard anxiety questionnaire the result presented in table showed significances differences in the adjusted means, as they obtained F value was greater than the required value the post hoc analysis of

obtained adjusted means proved that there was significances differences existed between control group and suryanamaskar group. It was also proved that there was significance difference between yogasana and suryanamaskar group control groups.

RESULTS ON STUDY SKILLS

TABLE – III
COMPUTATION OF ANALYSIS OF COVARIANCE OF STUDY SKILL

	YG	SNG	CG	SV	SS	df	MS	F
Pre test mean	29.79	30.72	29.38	B	29.29	2	14.68	0.93
				W	1366.38	87	15.70	
Post test mean	33.38	34.17	29.98	B	298.70	2	149.38	8.99
				W	1441.58	87	16.60	
Adjusted mean	33.60	33.49	30.40	B	189.82	2	94.98	14.21*
				W	570.119	86	6.68	

Table F ratio at 0.05 level of confidence for 2nd and 87 (df) = 3.1

As shown in table III obtained F value on the scores pre test means 0.93 that the random assignment of the subject were successful and their scores in study skills . The analysis of post test means proud that the obtained F value 8.99 was greater than the required value of 3.1 to be significant at 0.05 levels. Taking in to consideration of the pre test means adjusted post

test means were done and the obtained F value 14.21 was greater than the required value of 3.1 and hence it was accepted that the yogasana and suryanamaskar practices significantly increased the Study skills. Since significance differences were recorded, the results were subjected to post hoc analysis using scheffe’s confidence interval test. The result were presented in table –IV

TABLE –IV
SCHEFFE’S CONFIDENCE INTERVAL TEST SCORES ON STUDY SKILLS

M			MD	RCL
YG	SNG	CG		
33.60	33.49		0.11	1.66
33.60		30.40	3.2	1.66
	33.49	30.40	3.09	1.66

*significant at .05 level of confidence

From the table IV, it was proved that there was significant differences between yogasana and suryanamaskar it was also interred that there was significant difference between yogasana and control group. The ordered

adjusted means were presented through bar diagram for better understanding of the result of this study in Figure II bar diagram on on adjusted means of psychological variable study skills.

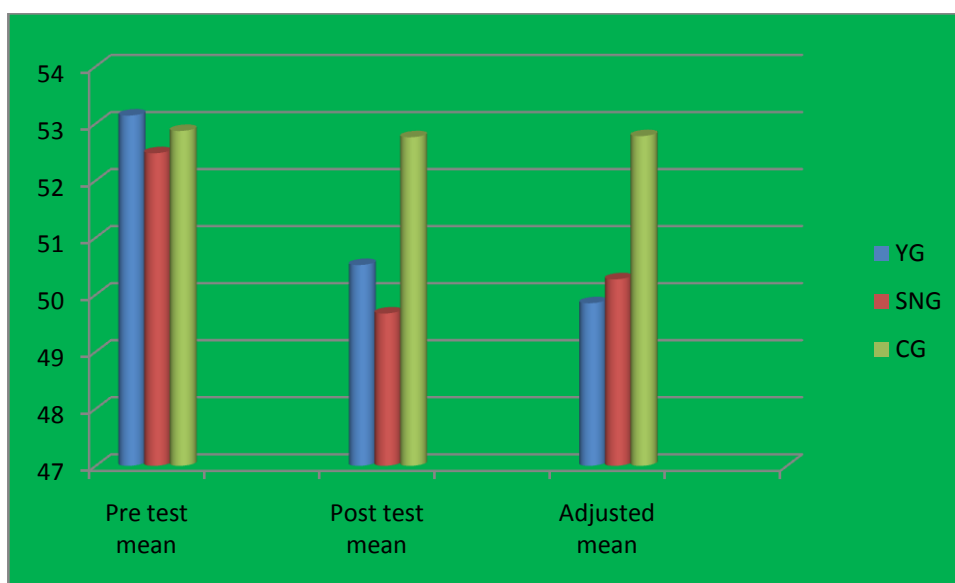


FIGURE - II
BAR DIAGRAM ORDERED ADJUSTED MEANS OF PSYCHOLOGICAL VARIABLE STUDY SKILLS

DISCUSSION ON THE FINDINGS OF STUDY SKILLS

Study skills was measured study skills scale test result presented in table showed significances differences in the adjusted means, as they obtained F value was greater t the required F value the post hoc analysis of obtained adjusted means proved that there ’ significances differences existed between control group and yogasana group. It was also proved that there was significance difference between yogasana group and suryanamas group and control group.

DISCUSSION ON REVIEWS

These results are found to be in good agreement with the earlier works done by differ researchers. Telles, Gaur and Balkrishna, (2009) examined the theoretical aspects of yoga appears to reduce state

anxiety, with a greater reduction following yoga practice. Anxi significantly has decreased and study skill also improved.

DISCUSSION ON HYPOTHESIS

For the purpose of the study the investigator formulated hypothesis number one stati that ‘It was hypothesized that that would be a significant deferens on selected in psycl logical variables among College Women due to yogasanas and suryanamaskar. The result presented in tables I to IV proved that there were significant different among the yogasana group and suryanamaskar group and control group on the select criterion variables such as anxiety, study skills the results proved that yogasana and sui anamaskar practices has significantly improved than the control group The result proved that yogasana group and suryanamaskar groups

control groups significantly different.

It was hypothesized that there was significant difference among yogasanas groups, suryanamaskar group and control group would be the dependant variables would be improvement due to yogasanas and suryanamaskar and the same were improved at 0.05 level of significant also.

CONCLUSION

Within limitations and delimitations of this study it was concluded that there was significant reduction in anxiety and improvement study skill due to yogasana and suryanamaskar comparing to control group.

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