



INFLUENCE OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE MEN STUDENTS

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Abstract

The purpose of the study was to find out the influence of yogic practices on selected psychological variables such as competition anxiety and stress. To achieve this purpose of the study, thirty men students studying in Department of Physical Education, Annamalai University, Annamalai Nagar, Tamil Nadu, India were selected as subjects at random. The age of the subjects were ranged from 18 to 20 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as yogic practices group (Group I) and control group (Group II). The yogic practices group (Group I) underwent their training programme for five days per week for twelve weeks. Group II acted as control in which they did not undergo any special training programme apart from their regular physical education programme. All the subjects of two groups were tested on selected criterion variable such as competition anxiety and stress at prior to and immediately after the training programme by using Rainer Marten's Competition Anxiety Test Questionnaire and Everly and Girdandos Psychological Stress Scale respectively. The analysis of covariance (ANCOVA) was used to analysis the significant difference, if any in-between the groups. The level of significant to test the 'F' ratio obtained by the analysis of covariance was tested at .05 level of confidence, which was considered as an appropriate. The results of the study revealed that there was a significant difference between yogic practices group and control group on selected psychological variables such as competition anxiety and stress. Significant changes on selected criterion variables namely competition anxiety and stress were also noticed due to yogic practices.

Keywords: Yogic Practices, Psychological Variables, Men students.

INTRODUCTION

The word 'Yoga' is derived from the root "Yuj" or Yoke that means union or merger. The merger of soul with God and the experience of oneness with him are meant by yoga. Patanjali stated that "Yoga Cittavrtti nirodha". It means stilling the minds' movement. It is also explained as seeing yourself in yourself by yourself. Yoga is a timeless Pragmatic science evolved over thousands of years dealing with the physical and spiritual being of man as a whole. The fundamental requirement of the body is good health in order to attain the four objectives of human existence, namely, acquisition of religious merits (dharma), wealth for living in comfort and generousness (artha), gratification of permissible pleasures and fulfillment of desires (kama), and lastly the Endeavour to obtain liberation from the shackles of mundane cycles of births and deaths (moksha).

METHODOLOGY

The purpose of the study was to find out the influence of yogic practices on selected psychological variables such as competition anxiety and stress. To achieve this purpose of the study, thirty men students studying in Department of Physical Education, Annamalai University, Annamalai Nagar, Tamil Nadu,

India were selected as subjects at random. The age of the subjects were ranged from 18 to 20 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as yogic practices group (Group I) and control group (Group II). The yogic practices group (Group I) underwent their respective training programme for five days per week for twelve weeks. Group II acted as control in which they did not undergo any special training programme apart from their regular physical education programme. All the subjects of two groups were tested on selected criterion variable such as competition anxiety and stress at prior to and immediately after the training programme by using Rainer Marten's Competition Anxiety Test Questionnaire and Everly and Girdandos Psychological Stress Scale respectively. The analysis of covariance (ANCOVA) was used to analysis the significant difference, if any in-between the groups. The level of significant to test the 'F' ratio obtained by the analysis of covariance was tested at .05 level of confidence, which was considered as an appropriate.

ANALYSIS OF THE DATA

The influence of yogic practices on each psychological variable were analyzed separately and presented below.

COMPETITION ANXIETY

The analysis of covariance on competition anxiety of the pre and post test scores of yogic practices

group and control group have been analyzed and presented in Table I.

TABLE I
ANALYSIS OF COVARIANCE OF THE DATA ON COMPETITION ANXIETY OF PRE AND POST TESTS
SCORES OF YOGIC PRACTICES GROUP AND CONTROL GROUP

Test	Yogic Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	24.98	26.61	Between	0.01	1	0.01	0.02
S.D.	0.97	0.85	Within	11.51	28	0.41	
Post Test							
Mean	21.07	26.01	Between	119.64	1	119.64	291.80*
S.D.	0.86	0.87	Within	11.41	28	0.41	
Adjusted Post Test							
Mean	20.89	26.15	Between	119.67	1	119.67	172.73*
			Within	14.68	27	0.54	

* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 28, 1 and 27 were 4.20 and 4.21 respectively)

The table I shows that pre-test means on competition anxiety of yogic practices group and control group are 24.98 and 26.61 respectively. The obtained "F" ratio of 0.02 for pre -test means is less than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on competition anxiety. The post-test means on competition anxiety of yogic practices group and control group are 21.07 and 26.01 respectively. The obtained "F" ratio of 291.80 for post-test means is more than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on competition anxiety.

The table I further shows that the adjusted post-test mean values on competition anxiety of yogic

practices group and control group are 20.89 and 26.15 respectively. The obtained "F" ratio of 172.73 for adjusted post-test means is greater than the required table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on competition anxiety. The results of the study indicated that there was a significant difference between the adjusted post-test means of yogic practices group and control group on competition anxiety.

STRESS

The analysis of covariance on stress of the pre and post test scores of yogic practices group and control group have been analyzed and presented in Table II.

TABLE II
ANALYSIS OF COVARIANCE OF THE DATA ON STRESS OF PRE AND POST TESTS SCORES OF YOGIC PRACTICES GROUP AND CONTROL GROUP

Test	Yogic Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	16.41	17.81	Between	0.83	1	0.83	0.7699
S.D.	0.962	0.951	Within	30.17	28	1.078	
Post Test							
Mean	14.23	17.06	Between	45.66	1	45.66	37.85*
S.D.	0.991	0.960	Within	1.189	28	1.189	
Adjusted Post Test							
Mean	14.89	16.97	Between	33.01	1	33.01	27.10*
			Within	1.87	27	0.069	

* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 28, 1 and 27 were 4.20 and 4.21 respectively)

The table II shows that pre-test means on stress of yogic practices group and control group are 16.41 and 17.81 respectively. The obtained "F" ratio of 0.7699 for pre -test means is less than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on stress. The post-test means on stress of yogic practices group and control group are 14.23 and 17.06 respectively. The obtained "F" ratio of 37.85 for post-test means is more than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on stress.

The table II further shows that the adjusted post-test mean values on stress of yogic practices group and control group are 14.89 and 16.97 respectively. The obtained "F" ratio of 27.10 for adjusted post-test means is greater than the required table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on stress. The results of the study indicated that there was a significant difference between the adjusted post-test means of yogic practices group and control group on stress.

CONCLUSIONS

1. There was a significant difference between yogic practices group and control group on competition anxiety.
2. There was a significant difference between yogic practices group and control group on stress.
3. And also it was found that there were significant changes on selected criterion variables such as competition anxiety and stress due to yogic practices.

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