

EFFECT OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL VARIABLES AMONG WOMEN STUDENT TEACHERS

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Abstract

The purpose of the study was to find out the effect of Yogic practices on selected psychological variables among women student teachers. To resolve the purpose of the study 30 college women were randomly selected from Sarada college of Education student teachers (women) Salem. Their age ranged between 23 and 25 years. The selected subjects were randomly divided into two groups consisting of fifteen each. No attempt was made to equate the groups. Experimental Group I underwent Yogic practices (YPT) for a period of 12 weeks. Group II acted as control group (CG) and were not engaged in any training programme other than their work. The subjects were free to withdraw their consent in case of feeling any discomfort during the period of their participation but there was no dropout during the study. The psychological variables namely anger, stress and anxiety were selected and anger was tested through Anger inventory, and stress and anxiety were taken through DASS inventory. Pre and post tests were conducted in all the variables. Yogic practices was given to the experimental group for a period of 12 weeks. Dependent t test was used to determine the significant difference between the treatment means. Yogic practice group had significantly decreased in anger, stress and anxiety whereas the control group had no significant decrease in all the variables.

Key words: yogic practices, anger, stress and anxiety

INTRODUCTION

Yogic practices have become increasingly popular in western countries as a method for coping with stress and as a means of exercise and fitness training (Schell et al., 1994). Yogic practices are an ancient practice that was developed to promote physical health as well as an awareness of one's true nature. It consists of a series of postures, called asanas, and various breathing exercises, called pranayama, which encourage balance between the physical, mental/emotional, and spiritual aspects of a human being. In short, yogic practices promotes health. Like other forms of yoga, yogic practices is purported to quiet the mind and focus the concentration; however, of all the yoga traditions, the importance of physical fitness is emphasized most in yogic practices (Worthington;1982, Zorn;1968).

Yoga, a practice of controlling the mind and body, is an ancient art that began in India over thousands of years ago. Yoga is a systematic process of spiritual unfolding. The path of yoga teaches individuals how to integrate and heal their personal existence (Das, 2008). Since

yoga involves breath control, meditation and physical postures, it is supposed to increase the vitality of the human body, help with concentration, calm the mind, and improve common physical ailments (Vaidyanathan, 2004). Yoga is an art in all its aspects, from the most practical to the highest. Yoga is also considered as a full fledged science. The science of yoga consists of acquiring knowledge through observation and experiment. There are four types of yoga: Raj yoga, Karma yoga, Jnana yoga, and Bhakti yoga. Raj yoga, which is the yoga of meditation or concentration. The Raj yoga consists of eight steps and each step involves self-control, musclerelaxation postures, breath control, concentration, and deep meditation (Mishra, 1987). The most widely used steps out of Raj yoga in the Western World are Pranayama, Asana, and Dhayana (Mishra, 1987).

Meditation, being part of yoga, which is the seventh limb of Ashtanga Yoga (Tamini). As a relaxation technique, meditation is essentially a restorative exercise for the mind. By constant meditation, one slowly gains knowledge of the self and gets freed from bondages, not merely the external ones, but in one's inner consciousness. Meditation is the act of focusing one's thoughts or engaging in self – reflection or contemplation. Some people believe that, through deep meditation, one can influence or control physical and psychological functioning and the course of illness (Udupa, 1975).

Methods and Materials

The investigator used pre and post test random group design in this study. This procedure involves dividing the sample into two groups based on random selection. The investigator did not make any attempt to equate the groups in this study. The selected forty subjects were divided into two groups consisting of 20 each such as Experimental Group I and a Control Group. The treatment was administered to the experimental groups for a period of sixteen weeks. At the end of 16th week the post test were administered to both the groups.

The psychological variables namely anger, stress and anxiety were selected and anger was tested through Anger inventory and stress and anxiety were tested through DASS inventory. Pre and post tests were conducted in all the variables. Yogic practices were given to the experimental group for a period of 16 weeks. Dependent t test was applied to find out the significant difference between the pre test and the post test.

TRAINING PROGRAMME

The following training programme was given for the experimental group for a period of 12 Weeks.

Table I

Experimental Group - Yogic Practices				
Sl. No	Name of practice	Frequency	Duration of the practice	Total duration of the practice
A	Meditation			20 minutes
	prayer	12 Weeks	2 minutes	
	Thanduvadasudhi & Nadisod hana	12 Weeks	8 minutes	
	Nama-Rupa Meditation	12 Weeks	10 minutes	
B	Yogasana - Loosing exercise	12 Weeks	2 minutes	40 minutes
	Vrksasana & Trikonasana	12 Weeks	8 minutes	
	Trikonasana & Ardachakarasana	12 Weeks	8 minutes	
	Sugasana & Padmasan	12 Weeks	8 minutes	
	Yoga Mudra & Matsyasana	12 Weeks	8 minutes	
	Matsyasana	12 Weeks	6 minutes	
Total				60 minutes

RESULTS OF THE STUDY

The collected data were analyses using dependent t test and the results were given below

TABLE – II SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF YOGIC PRACTICE GROUP

S. No	Variables	Mean		Mean difference	SD (\pm)		σ DM	't' Ratio
		Pre	Post		Pre	Post		
1	Anger	65.52	55.30	10.14	4.52	3.50	1.30	7.70
2	Stress	32.87	22.45	10.09	5.90	4.20	1.40	6.82
3	Anxiety	18.85	11.32	6.80	4.73	2.34	0.85	7.62

An examination of table-II indicates that the obtained 't' ratios were 7.70, 6.82 and 7.62 for anger, stress and anxiety, respectively. The obtained 't' ratios on the selected variables were found to be greater than the required table value of 2.861 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The results of this study showed statistically significant and explained its effects positively.

SHOWING MEAN DIFFERENCE OF EXPERIMENT GROUP AMONG STUDENT TEACHERS IN THEIR YOGIC PRACTICES OF PSYCHOLOGICAL VARIABLES

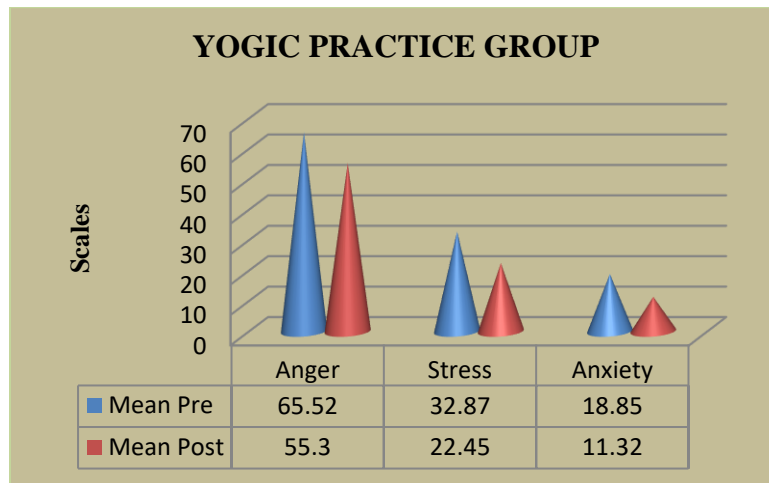
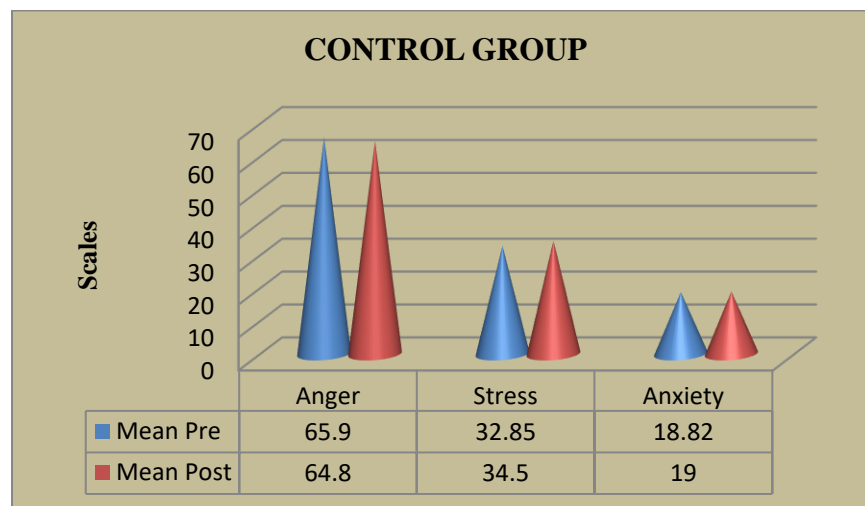


TABLE - III SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF CONTROL GROUP

S. No	Variables	Mean		Mean difference	SD (±)		σ DM	't' Ratio
		Pre	Post		Pre	Post		
1	Anger	65.90	64.80	1.15	5.24	4.81	1.38	0.83
2	Stress	32.85	34.50	1.70	7.62	4.64	1.58	1.07
3	Anxiety	18.82	19.00	0.15	5.33	4.90	1.69	0.08

An examination of table-III indicates that the obtained 't' ratios were 0.83, 1.07 and 0.08, for anger, stress and anxiety respectively. The obtained 't' ratios on the selected variables were found to be lesser than the required table value of 2.861 at 0.05 level of significance for 14 degrees of freedom. So it was found to be insignificant.

SHOWING MEAN DIFFERENCE OF CONTROL GROUP AMONG STUDENT TEACHERS IN THEIR YOGIC PRACTICES OF PSYCHOLOGICAL VARIABLES



DISCUSSION ON THE FINDINGS

The prime intention of the researcher was to analyse the effect of yogic practices on selected psychological variables among women student teachers. The yogic practices group had significantly reduced anger, stress and anxiety. But there is no significant change in the selected variables anger, stress and anxiety in the control group. Yoga can help to check any imbalance in muscular development and enable individual both mind and body to function more efficiently. Practicing yogasanas strengthens the muscles release physical tension and improves concentration and poise. Yoga makes limbs balanced, strong and relaxed. The standing poses improve balance and muscle flexibility. Yogic practice can help players to relax and replenish their energy after strenuous games. It also promotes calm, clear thinking even in situations that call for fast reactions. Yoga stretches and strengthens all muscles of the body and brings peace and calm to the mind and spirit (Chandrasekaran, 1999).

CONCLUSION

It was very clear that twelve weeks of yogic practices produced significant changes in psychological variables anger, stress and anxiety of women student teachers.

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