



Impact of Chakra Sadhana on Selected Respiratory Physiological and Socio Psychological Factors among Adolescent Boys

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Abstract

The purpose of the present study was to find out the effect of Chakra Sadhana training on selected respiratory physiological and socio psychological factors among Adolescent boys. The study was conducted on 80 adolescent boys. Totally two groups, namely, control & experimental group I, consisting of 40 adolescent boys underwent 12 weeks practice in Chakra Sadhana training whereas the control group did not undergo any type of training. The Internet addiction test level was measured before and after the experimentation using the standardized test to measure the Computer Vision syndrome. The data were analyzed by Analysis of Covariance (ANCOVA) and it was concluded that the Chakra Sadhana training had significant ($P < 0.05$) effect on the internet addiction level. The analysis of co-variance of computer vision syndrome indicated that experimental group I (Chakra Sadhana), and group II (Control group), were significantly improved the computer vision syndrome. It may be due to the effect of Chakra Sadhana Training. Nearly everything in life requires balance. Chakra Sadhana Training on its own is a good step toward a healthy life style. However, as individual, it is important to realize that we need to work on our body as well as our mind. We can use Chakra Sadhana Training not only as part of a program to improve computer vision syndrome, but also as a way to assist in attaining other goals.

Keywords: Chakra Sadhana, Computer Vision Syndrome.

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Introduction

The origin of the word, “adolescence” is from the latin verb. “adolescere,” means, “to grow up.” Adolescence is a transitional stage of physical and mental human development that occurs between the childhood and adulthood. This transition involves biological, social and psychological changes. The teenage years are from ages 13 to 19. In fact, early adolescence is the most difficult phase of life, as children cannot express their problems correctly because their power of expression and their knowledge of their own psychology are not mature enough. Due to physical changes, hormonal changes, and constantly changing moods, Teenaged children have many unexplained and unexpressed problems. Sexual consciousness should develop when the child is able to balance his reaction in his mind. Nowadays, as children grow up, their pineal gland begins to decay and their pituitary gland begins to develop automatically, before the child possesses the mental and emotional stability to cope with such hormonal drives. As a result, the whole confusion starts at the wrong time. The child becomes restless because he/she is not physically ready to express this new affecting their behavior. If we can delay emotional

growth, in relation to physical growth, the child’s stability is enhanced greatly. To remove these kinds of problems of children, we will have to study the emotional effect of the hormones in the system. Sometimes, such problems are also caused by an imbalance of the thyroid hormones. The literal meaning of the word Chakra is ‘Wheel’ or ‘Circle’ but in the yogic context a better translation of the Sanskrit word is ‘Vortex’ or ‘Whirlpool’. The Chakras are vortices of Psychic energy and they are visualized and experienced as circular movement of energy at particular rates of vibration. In each person there are myriads of chakras, but in the practices of tantra and yoga, only a few Principal ones are utilized. These chakras span the full spectrum of man’s being, from the gross to the subtle. The Chakras relate to physiological as well as psychic center whose structures correspond more or less with the traditional descriptions. These nerve centers are not situated inside the spinal cord itself, but lie like junctions on the interior walls of the spinal column. If you cut see that the grey matter in the cross section resembles the lotus shape and the ascending and descending tracts of nerve fibers correspond to the nadis. These communicating nerve fibers control the different physiological function of that portion of the body. Many books state that the chakras are reservoirs of power but this is not true. A Chakra is like a centrally placed electricity pole from electrical wires are run to different

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places, house and street lights in the vicinity, this arrangement is the same for each one chakras. The nadis emerge from each chakra carry Prana in both directions. There is a forward and backward Pranic motion in the nadis, the outgoing communication and the incoming reaction enter and level the chakras in the form of this pranic flow in the corresponding nadis.

Methodology

The purpose of the study was to find out the. For the purpose of this study “Impact of Chakra Sadhana on selected Respiratory Physiological and Socio Psychological Factors among Adolescent Boys”. 80 adolescent boys were chosen on random basis from Chennai only. Their age group ranges from 15 to 18. The

subjects were divided into two group of forty. The experimental group I would undergo Chakra Sadhana and second group consider as control group not attend any practices, and the pre test and post tests would be conducted before and after the training. Training would be given for 12 weeks. It would be found out finally the Impact of Chakra Sadhana on selected Respiratory Physiological and Socio Psychological Factors among Adolescent Boys” in scientific method. To estimate the computer vision syndrome with the Equipment standardized questioners. The collected data were statistically analyzed by using analysis of covariance (ANCOVA).

Table I. Training Schedule

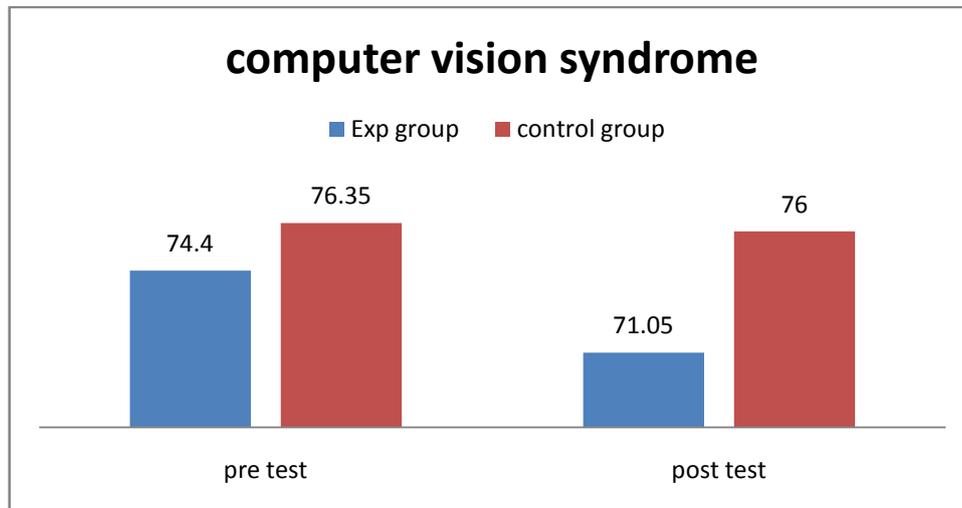
| S. No | Chakra Sadhana Course | Duration |
|-------|--|--------------|
| 1 | Practice for Ajna | First week |
| 2 | Practice for Mooladhara | Second week |
| 3 | Practice for Swatdhisthana | Third week |
| 4 | Practice for Manipura | Fourth week |
| 5 | Practice for anahata | Fifth week |
| 6 | Practice for Vishuddhi | Sixth week |
| 7 | Practice for binduVisarga | Seventh week |
| 8 | Practice for integrated chakra awareness | 8-12 week |

Attention is to be brought to them when performing Chakra Sadhana. Group II: Control Group (No Practice).

The statistical analysis comparing initial and final means of Internet addiction level due to Chakra Sadhana Training Among adolescent boys is presented in Table II.

Table II. Computation of Analysis of Covariance on Computer Vision Syndrome

| Test | Chakra Sadhana group | Control group | Source of variance | df | Sum of square | Mean square | F |
|----------------|----------------------|---------------|--------------------|----|---------------|-------------|--------|
| Pre-test mean | 74.40 | 76.35 | Between | 1 | 38.02 | 38.02 | 3.08 |
| | | | Within | 38 | 469.35 | 12.35 | |
| Post-test mean | 71.05 | 76.00 | Between | 1 | 403.23 | 403.23 | 50.78* |
| | | | Within | 38 | 301.75 | 7.94 | |
| Adjusted mean | 71.10 | 76.00 | Between | 1 | 361.00 | 361.00 | 44.46* |
| | | | Within | 37 | 300.44 | 8.12 | |

Figure I. Bar Diagram on Ordered Adjusted Means of Internet Addiction Level (Scores in Centimeters)

Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 50.78 was greater than the required value of 6.32 and hence it was accepted that the Chakra Sadhana training significantly improved the computer vision syndrome of the adolescent boys. The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Chakra Sadhana group and control group on computer vision syndrome. This proved that due to eight weeks Chakra Sadhana practices computer vision syndrome was significantly improved among adolescent boys.

Conclusion

The analysis of co-variance of computer vision syndrome indicated that experimental group I (Chakra Sadhana), and group II (Control group), were significantly improved the computer vision syndrome. It may be due to the effect of Chakra Sadhana Training. Nearly everything in life requires balance. Chakra Sadhana Training on its own is a good step toward a

healthy life style. However, as individual, it is important to malaise that we need to work on our body as well as our mind. We can use Chakra Sadhana Training not only as part of a program to improve computer vision syndrome, but also as a way to assist in attaining other goals.

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