



Influence of Yogic Practices on Selected Psychological Variables of College Women Students

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Received 25th January 2015, Accepted 23rd March 2015

Abstract

The purpose of this study was to determine how yogic practices influenced psychological factors in college women students. The current study included forty women students from Pondicherry University Community College in Lawpet, Puducherry, who ranged in age from 18 to 21 years old. The participants were divided into two equal-sized groups. With a pre- and post-test, the experiment was set up as a true random group design. The participants (n=40) were randomly allocated into two groups of twenty students each. Similarly, the classes were divided into two groups: yogic practices and control. Stress and aggression were assessed by Everlyn & Girdano's and Smith aggression questionnaire respectively. After the study group had completed twelve weeks of participation, the post-tests were administered. Analysis of covariance was used to examine the treatment influence of the training programs on all of the variables in the sample (ANCOVA). Stress and Anxiety of experimental group reduced significantly when compared to control group.

Keywords: Yogic Practices, Stress, Aggression, Women Students.

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Introduction

Yoga has been practised in India for over two millennia. Yoga, as well as the practitioners and divinities associated with it, are mentioned in ancient stories and legends. The practical aspect of yoga darsana conveys the artistic aspect of Yoga with its precision and beauty. The science of yoga works on a person's physical, mental, emotional, psychic, and spiritual aspects; when this level of imbalance is experienced, the organs, muscles, and nerves no longer function in harmony, but instead act in opposition to one another. Therefore, yoga aims at bringing the different bodily functions into perfect co-ordination so that they work for the good at the whole body. Therefore yoga develops the personality of an individual mentally, morally, spiritually and intellectually (Ananda, 1982).

Virtually everyone can see physical benefits from yoga, and its practice can also give psychological benefits, such as stress reduction and a sense of well-being, and spiritual benefits, such as a feeling of connectedness with God or Spirit, or a feeling of transcendence. Yoga can help reduce stress because it promotes relaxation, which is the natural opposite of stress. Yoga can benefit three aspects of ourselves that are often affected by stress: our body, mind, and breathing (Sahasi et al. 1989).

'Aggression' is inclination to attack that may result in hostility. If anxiety, aggression, and anger are uncontrolled, speed, yoga is the holistic art of slowing and culturing the body, mind, and emotions. Practitioner becomes calm and serene, experiencing increased body awareness, clarity of thoughts, and control over emotions, thus correcting physical, mental, and emotional dimensions (Eron & Huesmann, 1994; Prabhavananda, 2004).

Methodology

The purpose of this study was to determine how yogic practices influenced psychological factors in college women students. The current study included forty women students from Pondicherry University Community College in Lawpet, Puducherry, who ranged in age from 18 to 21 years old. The participants were divided into two equal-sized groups. With a pre- and post-test, the experiment was set up as a true random group design. The participants (n=40) were randomly allocated into two groups of twenty students each. Similarly, the classes were divided into two groups: yogic practices and control. Stress and aggression were assessed by Everlyn & Girdano's and Smith aggression questionnaire respectively. After the study group had completed twelve weeks of participation, the post-tests were administered. Analysis of covariance was used to examine the treatment influence of the training programs on all of the variables in the sample (ANCOVA).

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Results

Table 1. Computation of analysis of covariance of mean of yogic practices and control groups on stress

	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	49.70	50.50	BG	6.40	1	6.40	0.78
			WG	309.20	38	8.13	
Post-Test Means	39.80	50.55	BG	1155.62	1	1155.62	135.47
			WG	324.15	38	8.53	
Adjusted Post-Test Means	39.75	50.59	BG	1150.08	1	1150.08	132.69
			WG	320.69	37	8.66	

(Table Value for 0.05 Level for df 1 & 38 = 4.09)

(Table Value for 0.05 Level for df 1 & 37 = 4.10)

df- Degrees of Freedom

An examination of table - I indicated that the pretest means of yogic practices and control groups were 49.70 and 50.50 respectively. The obtained F-ratio for the pre-test was 0.78 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. The post-test means of the yogic practices and control groups were 39.80 and 50.55 respectively. The obtained F-ratio for the post-test was 135.47 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was significant

at 0.05 level of confidence for the degree of freedom 1 and 38. The adjusted post-test means of the yogic practices and control groups were 39.75 and 50.59 respectively. The obtained F-ratio for the adjusted post-test means was 132.69 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37. The pre, post and adjusted post test mean values of yogic practices and control groups, on stress are graphically represented in the figure - I.

Figure I. Pre and post test differences of the yogic practices and control groups on stress

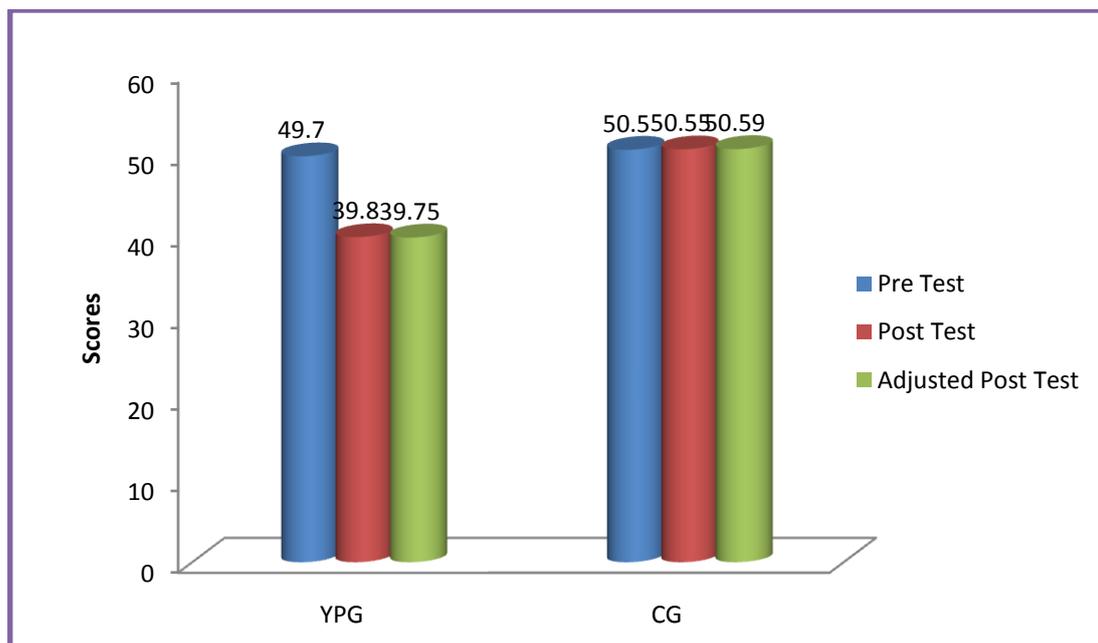


Table II. Computation of analysis of covariance of mean of yogic practices and control groups on aggression

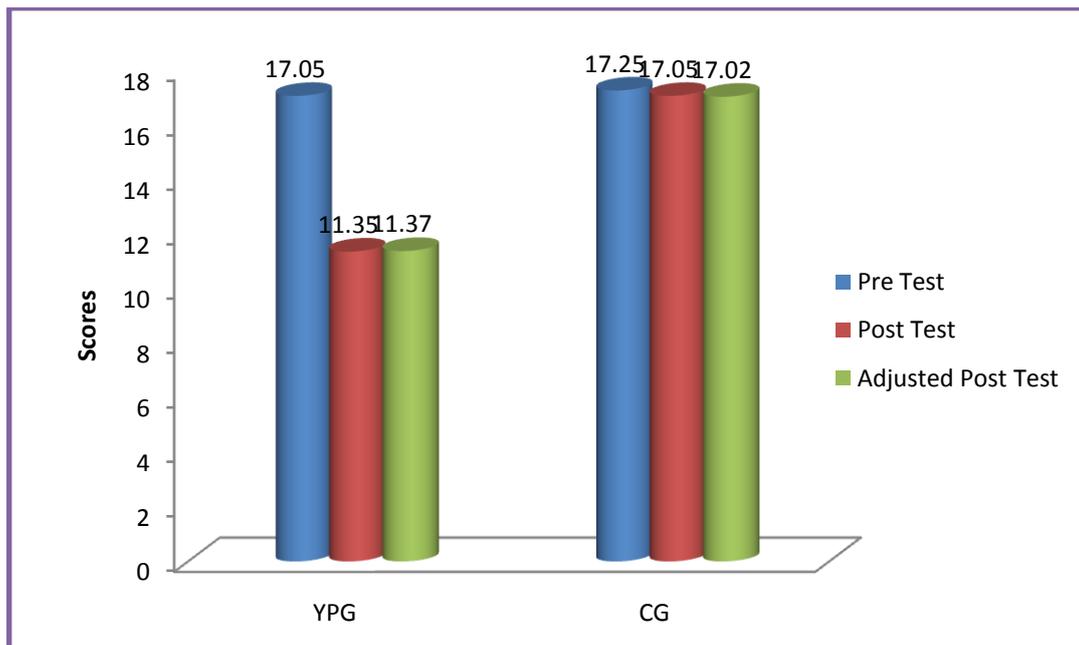
	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	17.05	17.25	BG	0.40	1	0.40	0.10
			WG	140.70	38	3.70	
Post-Test Means	11.35	17.05	BG	324.90	1	324.90	61.27*
			WG	201.50	38	5.30	
Adjusted Post-Test Means	11.37	17.02	BG	317.32	1	317.32	62.01*
			WG	189.31	37	5.11	

(Table Value for 0.05 Level for df 1 & 38 = 4.09)
 (Table Value for 0.05 Level for df 1 & 37 = 4.10)
 df- Degrees of Freedom

An examination of table - II indicated that the pretest means of yogic practices and control groups were 17.05 and 17.25 respectively. The obtained F-ratio for the pre-test was 0.10 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. The post-test means of the yogic practices and control groups were 11.35 and 17.20 respectively. The obtained F-ratio for the post-test was 61.27 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was significant

at 0.05 level of confidence for the degree of freedom 1 and 38. The adjusted post-test means of the yogic practices and control groups were 11.37 and 17.02 respectively. The obtained F-ratio for the adjusted post-test means was 62.01 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37. The pre, post and adjusted post test mean values of yogic practices and control groups, on aggression are graphically represented in the figure - II.

Figure II. Pre and post test differences of the yogic practices and control groups on aggression



Conclusion

1. Stress and Anxiety of experimental group reduced significantly when compared to control group.

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