

Effect of Selected Yogic Practices on Anxiety among University Players

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Abstract

The Purpose of the present investigation was to find out the effect of selected yogic practices (pranayama, yoga nidra and meditation) on Anxiety level. To achieve this purpose, the investigator met the bachelor degree students from departments of Physical education, Annamalai university selected sixty male students were randomly as subjects participated in the university, college or district level sports meets were excluded from the study. And their age between 18 to 25 years. They were divided into two equal groups namely experimental group and control groups. The experimental groups did training for all eight weeks. The pre and post test were taken for all subjects before and after the training respectively. The data pertaining to the variables in this were examined by using dependent T- test and analysis of covariance (ANCOVA). The eight weeks of selected yogic practices Reduced the Anxiety level among the college students.

Key Words: Yogic Practices, Anxiety

Introduction

Craley, defines that "Anxiety appears to be a general fear of foreboding a personality trait marked by a lower threshold to stressful events.

Pranayama, Yoga nidra and Meditation is emptying your mind completely and then refilling it with positive energy. If your mind is already preoccupied, you won't be able to meditate properly at all. pranayama, yoga nidra and meditation is in fact no more effective than other approaches to rest and relaxation. Yet that Yoga traditions have existed for thousands of years and at least in India, are widely perceived to have specific and unique features. In other words history and culture do not agree with the idea that Yoga is simply a method of mundane relaxation. While this "test of history" does not provide proof of efficacy, it does encourage the undertaking of a thorough examination of the phenomenon before it is discarded as mere folklore and superstition. Most important thing while meditating is to keep away from any and all negative thoughts and just let your mind gather all the energy that it needs to be calm and healthy. Meditation is

simply a state of consciousness. When you meditate you reach a different and higher level of vibration in your mind/body. There are lighter and deeper levels of consciousness in meditation. With regular practice you can reach a high level of consciousness. With regular practice an aware highly sensitized, yet very relaxed state, can be reached with ease. It's like a muscle, with use it builds the muscle until it is strong and dependable.

It can be practiced for the sole purpose of healing and de-stressing your body because of the relaxation response your body enters when you are in meditation. It also provides a clearing of your mind, referred to as "stilling" the mind.

Methodology

The investigator met the bachelor degree students from departments of Physical education, Annamalai university selected sixty male students were randomly as subjects participated in the university, college or district level sports meets were excluded from the study. And their age between 18 to 25 years. They were divided into two equal groups namely experimental group and control groups. The experimental group I underwent yogic practices weekly five days i.e. Monday to Friday, between 6.00 P.M to 7.00 P.M. for a period of eight weeks, and group II not practicing yogic exercises. Anxiety were selected as criterion variables all the subjects were tested (Dr.C.D.Spielberger Anxiety Scale) at prior and immediately after the training period on selected dependent variable. The collected data were analyzed statistically by using analysis variance to find out the significant differences if any between the groups at before and immediately after the training period on selected dependent variable separately. In all cases, .05 level of confidence was fixed to test the significance.

Analysis of Data

The data collected prior to and after the experimental period on Anxiety on selected yogic practice group and control group were analysed presented in Table.

Table-I
Analysis of Variance for the Pre-Test and Post-Test Data on Anxiety Scores
of Control and Experimental Groups

	Control group	Experimental group	Sum of squares	df	Mean squares	F- ratio
Pre-test	Mean : 29.80 SD : 3.16	26:35 3.47	B : 119.03 W : 417.75	1 38	119.03 10.99	10.83*
Post-test	Mean : 30.00 SD : 3.83	23.10 3.34	B : 476.10 W: 489.80	1 38	476.10 12.89	36.93*
Mean Gain	Mean : .65 SD : 2.497	4.25 5.78	B :129.60 W : 754.30	1 38	129.60 19.95	6.53*

*Significant at .05 level of confidence.

B : Between the sets. Within the sets.

The table value required for significant at 05. level at .05 level was 4.098 for 38.1

Before the commencement of selected yogic training the mean anxiety level for control group was 29.80 and for the experimental group 26.35. The obtained F-ratio of 10.83 indicates significant difference in anxiety level between both the groups. After the completion of selected yogic training the anxiety level of control group was 30.00 and the experimental group 23.10. The obtained F-ratio of 36.93 indicates significant difference in anxiety level at the end of the experimentation. The changes in anxiety level for control group was .65 and the decrease in anxiety level for experimental group was 4.25. The obtained F-ratio was 6.53, which indicates that there was a significant decrease in anxiety level for experimental group as compared to control group. It is concluded from the result of the study the eight weeks of selected training significantly reduced the anxiety level.

Conclusions

The measures, which have so far been used to assess the effects of Pranayama, yoga nidra and Meditation, are not sensitive to the specific effects of these practices. The wide variety of outcome measures used means that if the specific effects of yogic practices are not detectable, then the effects are either too

small or too esoteric for mundane study. Yet classical descriptions of yogic practices suggest that despite the metaphysical basis of yoga, its effects do manifest themselves in mundane dimensions such as health and behaviour, implying that at least some of the many measures available to researchers should be able to detect a differential effect.

There was a significant reduced the level of anxiety after the selected yogic practices and also there was a significant difference occurs between the experimental group and control group on Anxiety.

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