



IMPACT OF YOGIC PRACTICES ON PSYCHOLOGICAL VARIABLE AMONG COLLEGE STUDENTS

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Abstract

Yogic practices have become increasingly popular at present, as a method of coping with health problems, stress and as a means of exercise and fitness training. The purpose of the present study was to find out the Impact of Yogic Practices on Psychological Variable among College Students. For this purpose, a total of 40 college students in (mean age 16-18 years) were agreed to take part as subject. Psychological Anxiety was considered as criterion in this study. The parameters were measured by the standard tools and procedures. Six weeks training was provided to the subjects and selection of Yogic Practice and training schedule was fixed by the consultation with the experts on Yoga. Descriptive and inferential statistics were used to analyze the data and 0.05 level of significance was considered. Results revealed that no significant difference on selected parameters between pre-test and post-test value ($P > 0.05$). It was concluded that the four weeks yogic practice did not have significant effects on control group of college students.

Keywords: *Yogic Practice, Anxiety, College Students.*

Introduction

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny. Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic human values are the very identity of Yoga Sadhana.

The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. According to Yogic lore, Shiva has been seen as the first yogi or ad yogi and the first guru or adiguru. Several thousand years ago, on the banks of Lake Kantisarovar in the Himalayas, adiyogi poured his profound knowledge into the legendary saptarishis or "seven sages". These sages carried this powerful Yogic science to different parts of the world including Asia, the Middle East,



northern Africa and South America. Interestingly, modern scholars have noted and marveled at the close parallels found between ancient cultures across the globe. However, it was in India that the Yogic system found its fullest expression. Agastya, the saptarishi who travelled across the Indian subcontinent, crafted this culture around a core Yogic way of life.

Yoga is widely considered as an "immortal cultural outcome" of the Indus Saraswati Valley Civilization – dating back to 2700 BC – and has proven itself to cater to both material and spiritual uplift of humanity. A number of seals and fossil remains of Indus Saraswati Valley Civilization with Yogic motifs and figures performing Yoga sadhana suggest the presence of Yoga in ancient India. The seals and idols of mother Goddess are suggestive of Tantra Yoga. The presence of Yoga is also available in folk traditions, Vedic and Upanishad heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharata including Bhagawadgita and Ramayana, theistic traditions of Shaivas, Vaishnavas and Tantric traditions. Though Yoga was being practiced in the pre-Vedic period, the great sage Maharishi Patanjali systematized and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras.

Material and Methods

The subjects

A total of 40 college students were agreed to take part in this work as subjects. All of them were regular students of V. B. Darbar College, Vijayapura District of Karnataka and the age of the student was in between 16 to 18 years.

Design of the study

Single group design was adopted for this study. The group was given six weeks of Yoga Practice. The group was tested before the treatment (pre-test) and again they were tested after four weeks of Yoga Practice (Post-test). Difference between Pre-test and Post-test mean were analyzed statistically by t-test to find out the effect of yoga treatment.

Criterion measure

Psychological criterions were measures in this study:

- Psychological Anxiety

Instruments and tools used

Instrument and tool were used in this study to collect the data

- Anxiety - Questionnaire developed by Dr.Pallavi Bhatnagar

Training schedule

Yoga practice was scheduled as three days per week basis for a period of Six weeks continuously. But later it was ended after four weeks due to the serious pandemic situation. The exercise set was repeated two times for each asana in during Six weeks. Duration of the exercise programmed was 40 minute per day in during the training period. The yogic practices are Padmasana, Sarvangasana, Halasana, Bhujangasana, Matsyasana, Chakrasana, Dhanurasana, Ardhamatsyenderasana, Vajrasana, Sirashasana and Savasana. The tests were carried out with standardized procedure. The pre and post test were conducted on selected Psychological variable of Anxiety. The Psychological parameters were assessed through standardized questionnaire.



Statistical procedure used

To conduct the present study single group design was adopted. Therefore descriptive and inferential statistics were used for analyzed the data. Mean and standard deviation were used as descriptive statistics. The significance of difference between the pre-test score and post-test score was computed by using t-test. Only 0.05 level of significance was considered in this study. The statistical calculations have done by the standard statistical software (Excel 2010).

Results and Discussions

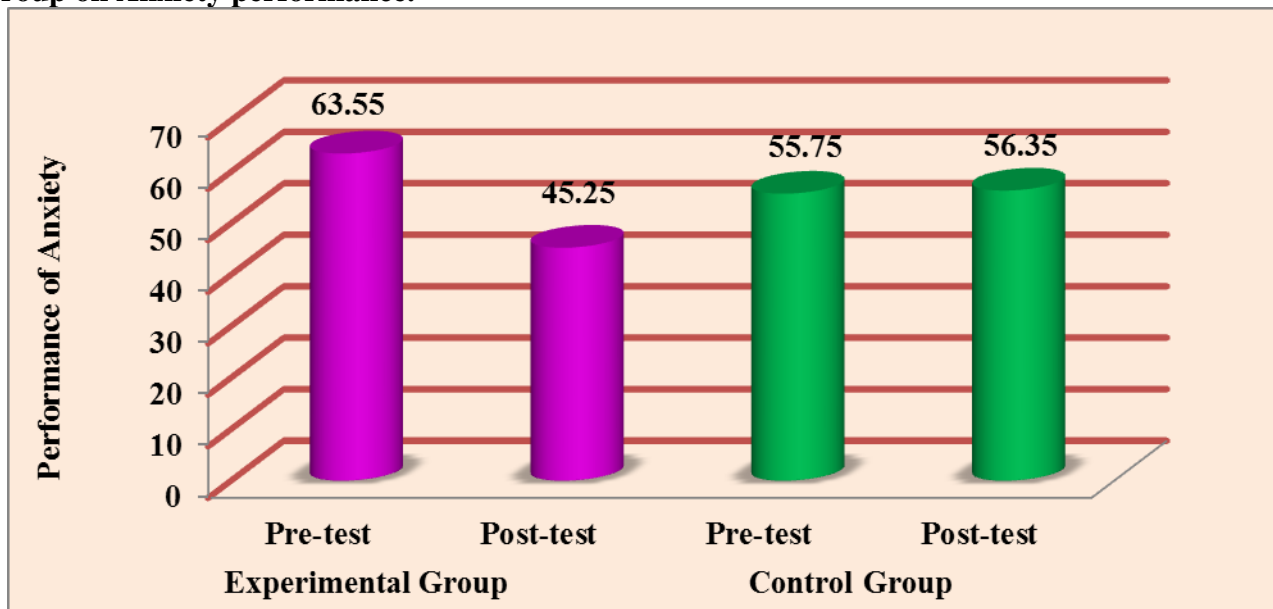
Table No.1. Shows the Mean, Standard Deviation and ‘t’- Value of Pre-test and Post–test for Yogic Practice Experimental Group and Control Group on Anxiety performance.

Variable	Group	Test	N	Mean	SD	t- Value
Anxiety	Experimental Group	Pre-test	10	63.5500	6.66076	5.113*
		Post-test	10	45.2500	13.63770	
	Control Group	Pre-test	10	55.7500	18.47865	.177
		Post-test	10	56.3500	16.57924	

The level of significant 0.05=Table value =2.000

Table No1. Indicates that the ‘t’- value is more than the table value that is 2.000, hence it is significant. The pre-test mean value is 63.5500 And the post-test mean value 45.2500. The post-test mean value is less than pre-test mean value. It shows significant improvement in the Anxiety performance of College Students owing to the Six weeks yogic practice. The pre-test Mean value is 55.7500 and the post-test mean value 56.3500. The post-test mean value is more than the pre-test mean value. It is shows no improvement in the Anxiety performance of college subjects control group did not undergo any kind of training Programme the same as displayed in the figure 1. (a)

Figure No.1. The Pre-test and Post–test for yogic practice Experimental Group and Control Group on Anxiety performance.





The above figure 1. (a) Indicates that the post test values of Experimental group significantly improved the performance of Anxiety and also the post test values of Anxiety were less than the pre test values due to Four weeks of yogic practice. The Control group pre- test and post- test performance of Anxiety shows no improvement.

Summary

The purpose of the study was to investigate the “Impact of Yogic Practices on Psychological Variable among College Students”. The researcher selected Anxiety for psychological Variable. Six weeks of Yogic Practice were given to 40 subjects before training the researcher conducted pre-test performance on psychological Variable. After the 6 weeks of Yogic Practice the post-test performance was recorded on Anxiety performance. The result of the post-test performance indicates significant improvement.

Conclusions

Six weeks of Yogic Practice has shown significant improvement on Anxiety among College Students.

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