



Effect of Varied Combinations of Yogic Practices on Selected Psychological Variables of School Boys of Kuwait Ageing 13-15

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Abstract

The purpose of the study was to investigate the effect of varied combinations of yogic practices on selected psychological variables of school boys of Kuwait ageing 13-15. It was hypothesized that there would be significant differences on selected psychological variables due to the effect of varied combinations of yogic practices of school boys of Kuwait ageing 13-15. To achieve the purpose of this study a survey were conducted for 1000 students from Indian central school, Kuwait to find out the health related fitness status. Among the group 183 students were reported low fitness. In that forty male students who are low in fitness were selected for the experimental study. As per the records, their age ranged from 13 to 15 years. For the present study pre test – post test random group design which consists of experimental group and control group was used. The subjects were randomly assigned to two equal groups of twenty each. Group I underwent varied combinations of yogic practices viz, asanas, pranayama followed by imaginary meditation for a period of twelve weeks and no training were given to the control group. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA) technique and the level of significance was set at 0.05.

Keywords: Asana, Pranayama, Meditation, School Boys.

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Introduction

Yoga was first summarized and systematized around the second century A.D. by a man known as Pathanjali discusses the nature of enlightenment, the means of attaining it, the obstacles and problems of practice and ways of overcoming them. Yoga is derived from the Sanskrit root 'YUJ' which means to join. The English word 'YOKE' also comes from the same root. Originally the literal significance of the two words was almost the same. The root verb 'YUJ' signifies to join oneself to something. Thus in its primary meaning it conveys the same idea of preparing for hard work (sports etc.) as the common english expression to go into the harness. The effort required is mental or physical, according to the object in view. If the object be the acquirement of perfect health or longevity, the effort of both mind and body to accomplish this through certain practices is called yoga.

Yoga can help to check any imbalance in muscular development and will enable both mind and body to function more efficiently. Practising of yoga asanas strengthen the muscles, release physical tension and improve 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 body and brings peace and calm to the mind and spirit.

Methodology

The purpose of the study was to investigate the effect of varied combinations of yogic practices on selected psychological variables of school boys of Kuwait ageing 13-15. It was hypothesized that there would be significant differences on selected psychological variables due to the effect of varied combinations of yogic practices of school boys of Kuwait ageing 13-15. To achieve the purpose of this study a survey were conducted for 1000 students from Indian central school, Kuwait to find out the health related fitness status. Among the group 183 students were reported low fitness. In that forty male students who are low in fitness were selected for the experimental study. As per the records, their age ranged from 13 to 15 years. For the present study pre test – post test random group design which consists of experimental group and control group was used. The subjects were randomly assigned to two equal groups of twenty each. Group I underwent varied combinations of yogic practices viz, asanas, pranayama followed by imaginary meditation for

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a period of twelve weeks and no training were given to the control group. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA) technique and the level of significance was set at 0.05.

The findings pertaining to analysis of co-variance between experimental group and control group on selected psychological variables of school boys of Kuwait ageing 13-15 for pre-post test respectively have been presented in table I to III.

Results

Table I. ANCOVA between Experimental Group and Control Group on Anxiety of School boys for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	14.30	14.00	BG	0.90	1	0.90	0.20
			WG	166.20	38	4.37	
Post Test Mean	10.80	14.35	BG	126.02	1	126.02	36.34*
			WG	131.75	38	3.46	
Adjusted Post Mean	10.74	14.40	BG	133.79	1	133.79	46.62*
			WG	106.17	37	2.87	

* Significant at 0.05 level.

df: 1/37= 4.10

An examination of the above table indicated that the pre test means of varied combinations of yogic practices and control groups were 14.30 and 14.00 respectively. The obtained F-ratio for the pre-test was 0.20 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. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post-test means of the varied combinations of yogic practices and control groups were 10.80 and 14.35 respectively. The obtained F-ratio for the post-test was 36.34 and the table F-ratio

was 4.09. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the varied combinations of yogic practices and control groups were 10.74 and 14.40 respectively. The obtained F-ratio for the adjusted post-test means was 46.62 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. This proved that there was a significant difference among the means due to the experimental trainings on anxiety. The graphical representation of data has been presented in figure I.

Figure I. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Anxiety

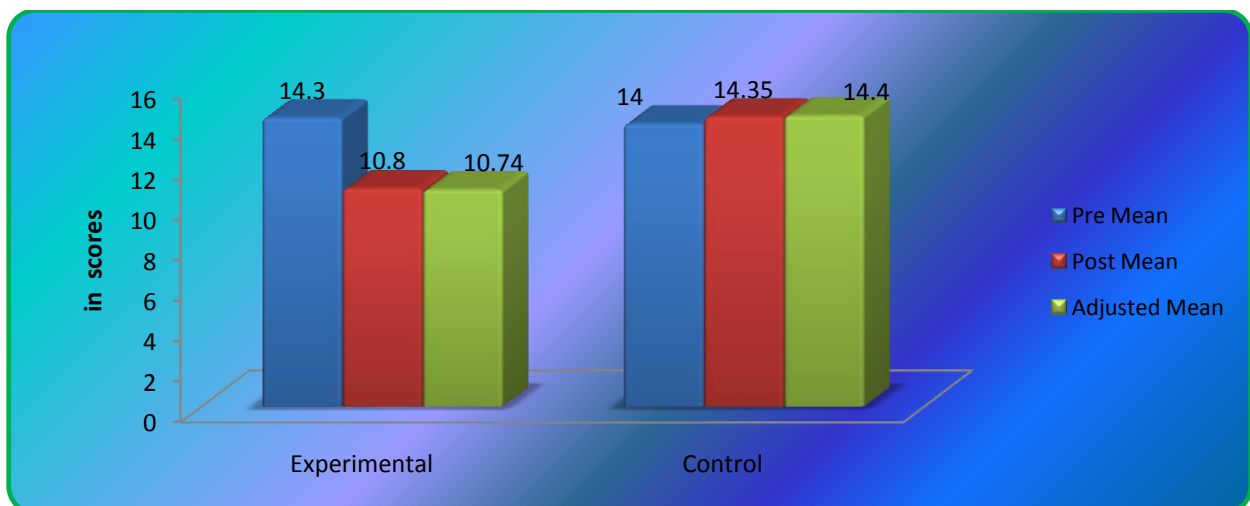


Table II. ANCOVA between Experimental Group and Control Group on Aggression of School boys for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	55.40	54.90	BG	2.50	1	2.50	0.43
			WG	216.60	38	5.70	
Post Test Mean	43.05	54.50	BG	1311.02	1	1311.02	110.23*
			WG	451.95	38	11.89	
Adjusted Post Mean	43.03	54.51	BG	1304.75	1	1304.75	107.11*
			WG	450.67	37	12.18	

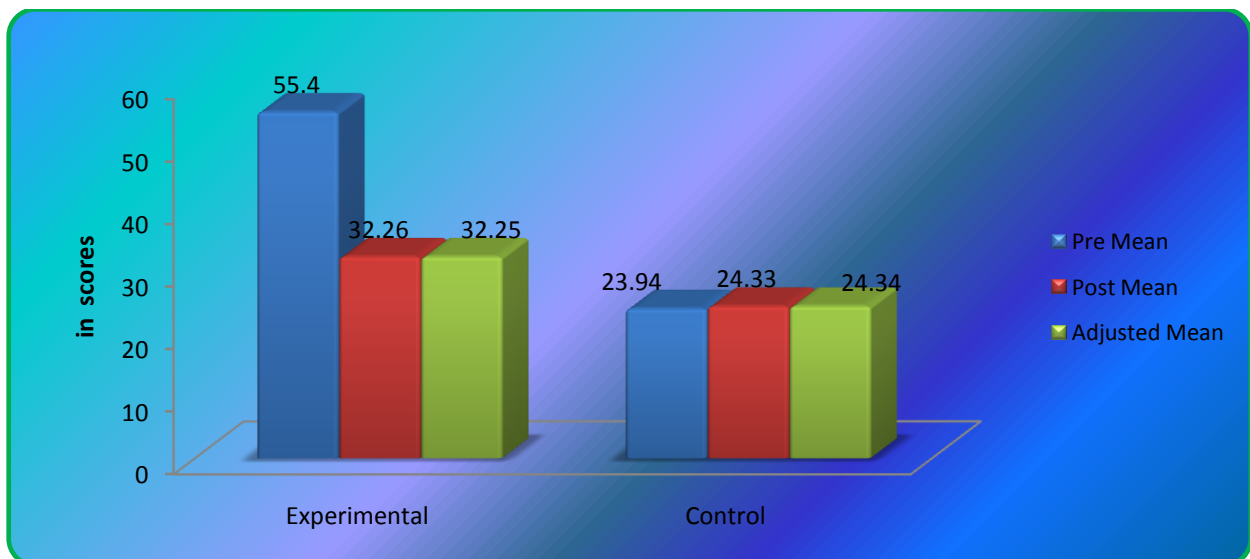
* Significant at 0.05 level.

df: 1/27= 4.21

An examination of the above table indicated that the pre test means of varied combinations of yogic practices and control groups were 55.40 and 54.90 respectively. The obtained F-ratio for the pre-test was 0.43 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. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post-test means of the varied combinations of yogic practices and control groups were 43.05 and 54.50 respectively. The obtained F-ratio for the post-test was 110.23 and the table F-ratio

was 4.09. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the varied combinations of yogic practices and control groups were 43.03 and 54.51 respectively. The obtained F-ratio for the adjusted post-test means was 107.11 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. This proved that there was a significant difference among the means due to the experimental trainings on anxiety. The graphical representation of data has been presented in figure I.

Figure II. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Aggression



Discussion on Findings

The prime intention of the researcher was to investigate the effect of different combinations of yogic practices on psychological variables of school boys of

Kuwait ageing 13-15. While analyzing results it was revealed that there was a significant differences found on experimental group. In the comparison of mean values of different combinations of yogic practices and control

groups, the mean differences on selected criterion measures namely anxiety and aggression were found as statistically higher than the table value. In case of psychological variables i.e. anxiety and aggression the results between pre and post (12 weeks) test has been found significantly higher in experimental group in comparison to control group. Hence the hypothesis earlier set that yogic practices programme would have been significant effect on psychological variables in light of the same the hypothesis was accepted.

Conclusions

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The varied combinations of yogic practices had positive impact on anxiety of school boys of Kuwait ageing 13-15.
2. The experimental group showed better improvement on aggression of school boys of Kuwait ageing 13-15 than the control group.

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