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EFFECT OF VARIED YOGIC RELAXATION TECHNIQUES ON SELECTED PSYCHOLOGICAL VARIABLES AMONG AGRICULTURE COLLEGE MEN STUDENTS

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ABSTRACT:

The purpose of the study was to find out the effect of varied yogic relaxation techniques on selected psychological variables among agriculture college men students. To achieve the purpose of the study, the investigator selected thirty agriculture college men students from Theni district, Tamilnadu as subjects and their age ranged from 18 to 23. Research design that was used in the study was Quasi

Experimental Research design. The subjects ($n = 30$) were randomly assigned to two equal groups of agriculture college men students each. The groups were assigned as varied yogic relaxation techniques group and control group and in an equivalent manner. Somatic Anxiety was measured by spielberger's trait somatic anxiety questionnaire and aggression was measured by smith aggression questionnaire. The training group had undergone the training for a period of six weeks and the post-tests were conducted after the training period. Analysis of covariance (ANCOVA) was applied because the subjects were selected random, but the groups were not equated in relation to the factors to be examined. Hence the difference between means of the two groups in the pre-test had to be taken into account during the analysis of the post-test differences between the means. This was achieved by the application of the analysis of covariance, where the final means were adjusted for differences in the initial means, and the adjusted means were tested for significance. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study. The varied yogic relaxation techniques group had shown significant difference in all the selected psychological variables.

KEYWORDS: Varied Yogic Relaxation Techniques, Somatic Anxiety, Aggression.

INTRODUCTION:

Yoga is one of India's wonderful gifts to mankind. It refers to the union of body and mind. Yoga is simple and easy to practice everyone in life, acceptable to the people of all walks of life. One of its valuable qualities is that it builds up a store of physical health and mental

power through the practice of a system of exercises called asana which keep the body cleansed and fit.

We as a whole face unpleasant circumstances for the duration of our lives, going from minor inconveniences like automobile overloads to progressively genuine stresses, for example, a friend or family member's grave ailment. Regardless of what the reason, stress floods your body with hormones. Your heart

pounds, your breathing rates up, and your muscles tense. This alleged "stress reaction" is a typical response to undermining circumstances, sharpened in our ancient times to enable us to endure dangers like a creature assault or a flood. Today, we infrequently face these physical perils, yet testing circumstances in day by day life can set off the pressure reaction. We can't keep away from all wellsprings of worry in our lives, nor would we

need to. However, we can create more advantageous methods for reacting to them. One path is to summon the "unwinding reaction," through a procedure previously created during the 1970s at Harvard Medical School via cardiologist Dr. Herbert Benson, supervisor of the Harvard Medical School Special Health Report Stress Management: Approaches for avoiding and lessening pressure. The unwinding reaction is something contrary to the pressure reaction. It's a condition of significant rest that can be evoked from numerous points of view. With ordinary practice, you make a well of quiet to plunge into as the need emerges.

METHODOLOGY

The purpose of the study was to find out the effect of varied yogic relaxation techniques on selected psychological variables among agriculture college men students. To achieve the purpose of the study, the investigator selected thirty agriculture college men students from theni district, Tamilnadu as subjects and their age ranged from 18 to 23. The subjects were divided into two equal groups of fifteen from each group. The study was formulated as random group design, consisting of a pre-test and post-test. The groups were assigned as varied yogic relaxation techniques training and control group in an equivalent manner. The experimental group participated the training for a period of six weeks training to find out the outcomes of the training packages and the control group did not participated in any training programmer. Analysis of covariance (ANCOVA) was applied. In this research done all cases 0.05 level of confidence was fixed to test hypotheses.

RESULTS

Table I. Computation of Analysis of Variance of Pre and Post Means of Somatic Anxiety

	Means	VYRTG	CG	S	SS	Df	M.S	F-ratio
Anxiety	Pre-Mean	53.74	42.45	B W	1.20	1	1.20	0.24
				W S	136.66	28	4.88	
	Post-Mean	42.45	54.03	B W	1092.03	1	1092.03	102.97*
				W S	296.93	28	10.60	
	Adjusted Mean	42.13	54.04	BW	1087.75	1	1087.75	99.15*
				W S	296.21	27	10.97	

*significant at 0.05 level

The observed F-value for the Pre means for Somatic anxiety (0.24). These values are compared to the table value at 0.05 significant level, and it was found that the observed F-values on pre means of Somatic anxiety, are pre-less than the required table value of 4.19 for df 1 and 28. Therefore it was concluded that the mean difference between the VYRTG and CG on pre means of the Somatic anxiety had statistically significant.

The observed F-value for the Post means for Somatic anxiety (102.97). These values are compared to the table value at 0.05 significant levels, and it was found that the observed F-values on post means of Somatic anxiety are greater than the required table value of 4.19 for df 1 and 28. Therefore it was concluded that the mean difference between the VYRTG and CG on post means of the Somatic anxiety had statistically significant.

The obtained F-value was, to be signification at 0.05level for degree of freedom 1 and 27, the required table value was 4.21. Hence, observed 'f' value (99.15) was found as greater than the table value (4.21), it was inferred that the adjusted mean difference existing between the VYRTG and CG on had statistically significant.

Figure I. shows the adjusted pre-test and post-test mean values of varied yogic relaxation techniques group (VYRTG) and control group (CG) on Somatic Anxiety

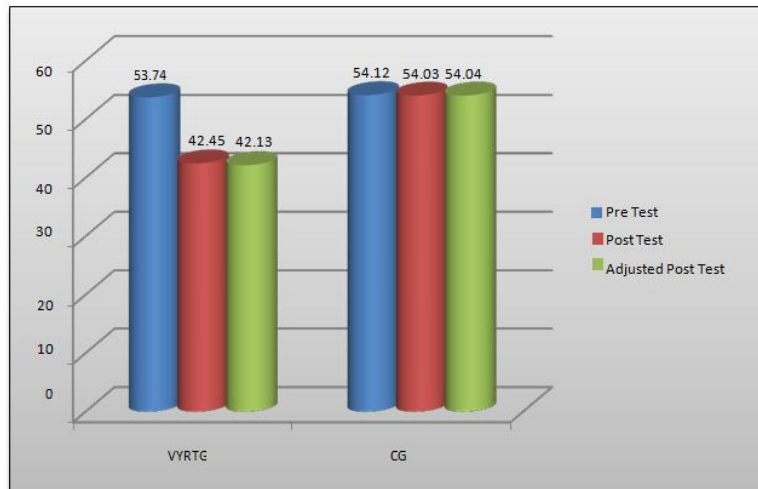


Table II. Computation of Analysis of Variance of Pre and Post Means of Aggression

	Means	NBG	CG	S	SS	Df	M.S	F-ratio
Aggression	Pre-Mean	14.44	15.14	B W	0.83	1	0.83	0.28
				W S	81.46	28	2.91	
	Post-Mean	11.16	15.09	B W	104.53	1	104.53	30.70*
				W S	95.33	28	3.40	
	Adjusted Mean	11.06	15.11	BW	106.15	1	106.15	30.60*
				W S	93.64	27	3.46	

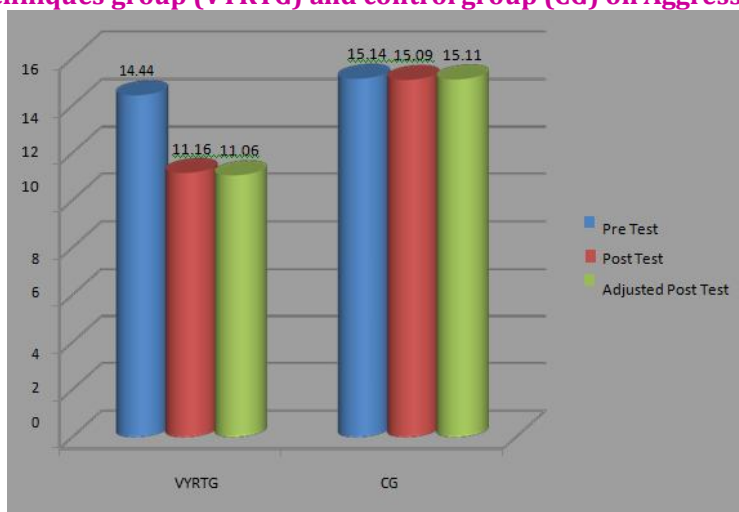
*significant at 0.05 level

The observed F-value for the Pre means for aggression (0.28). These values are compared to the table value at 0.05 significant level, and it was found that the observed F-values on pre means of aggression, are pre-less than the required table value of 4.19 for df 1 and 28. Therefore it was concluded that the mean difference between the VYRTG and CG on pre means of the aggression had statistically significant.

The observed F-value for the Post means for aggression (30.70). These values are compared to the table value at 0.05 significant level, and it was found that the observed F-values on post means of aggression, are greater than the required table value of 4.19 for df 1 and 28. Therefore it was concluded that the mean difference between the VYRTG and CG on post means of the aggression had statistically significant.

The obtained F-value was, to be signification at 0.05level for degree of freedom 1 and 27, the required table value was 4.21. Hence, observed 'f' value (30.60) was found as greater than the table value (4.21), it was inferred that the adjusted mean difference existing between the VYRTG and CG on had statistically significant.

Figure II. Shows the adjusted pre-text and post-test mean values of varied yogic relaxation techniques group (VYRTG) and control group (CG) on Aggression.



DISCUSSION OF FINDING

The result of the study indicates that the experimental group and namely varied yogic relaxation techniques had significantly improved the Somatic anxiety and aggression had significantly improved after six week training. It was also found that the improvement caused by varied yogic relaxation techniques was better when compared the control group.

CONCLUSIONS

Based on the result of the study the following conclusions was drawn.

1. The varied yogic relaxation techniques group had shown significant difference in all the selected psychological variables.
2. It was concluded that the varied yogic relaxation techniques had produced significant improvement on psychological variables such as Somatic Anxiety and Aggression of middle age men has improved from the base line to the post line treatment and when compared with control group.

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