



EFFECT OF YOGIC EXERCISES AND PRANAYAMA ON PSYCHOLOGICAL VARIABLE OF SCHOOL CHILDREN

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ABSTRACT :

The term yoga originates from a Sanskrit word which implies burden or association. Traditionally, yoga is a method joining the individual self with the divine, universal spirit, or cosmic consciousness. Physical and mental activities are intended to help accomplish this objective, likewise called self-amazing quality or edification. On the physical dimension, yoga stances, called asana, are intended to tone, reinforce, and adjust the body. These stances are performed to make the spine supple and solid and to elevate blood stream to every one of the organs, organs, and tissues, keeping all the real frameworks sound. On the psychological dimension, yoga utilizes breathing systems (pranayama) and contemplation (dyana) to calm, elucidate, and discipline the brain.



Methodology

The Purpose of the study was to find out the "Effect of Yogic Exercises and Pranayama on Psychological Variable of School Children" To achieve this purpose 120 Female in the age group ranging from 12 to 16 years studying in P.D.J High school Vijayapura Karnataka state were selected randomly as subjects. The Yogic exercises and Pranayama training were selected for 16 weeks of training for 120 subjects. Criterion variable Stress was selected Measured by using Standard questionnaire developed by Z. Akthar. It was used for pre -test and post -test.

Result: The result shows that the 16 weeks of Yogic exercises and Pranayama training reduce Stress Performance.

Conclusion: Yogic exercises and Pranayama training Reduces Stress.

KEYWORDS : Yogic exercises, Padmasana, Vajrasana and Pranayama training and Stress.

INTRODUCTION:

The word "yoga" essentially means, "that which brings you to reality". Literally, it means "union." Union means it brings you to the ultimate reality, where individual manifestations of life are surface bubbles in the process of creation. Right now, a coconut tree and a mango tree have popped up from the same earth. From the same earth, the human body and so many creatures have popped up. It is all the same earth.

Yoga breathing exercises, also known as pranayama, are an important part of a developing yoga practice. Pranayama is one of the Eight Limbs of Yoga referenced by The Yoga Sutras of Patanjali, which

means that it was considered an integral step on the path to enlightenment. In addition to supporting and deepening your yoga asana practice, learning ways to calm or invigorate the body through breathing will greatly benefit all aspects of your life. Paying attention to the breath is also a meditation technique that can be used on or off the mat, as it has the effect of keeping us constantly in the present moment. The past and the future melt away when the mind becomes fully focused on breathing.

METHODOLOGY

The procedure adopted in the present research work is related to the selection of subjects, selection of variable, Selection of tests and Statistical techniques.

Selection of Subjects

The Purpose of the study was to find out the “**Effect of Yogic Exercises and Pranayama on Psychological Variable of School Children**” To achieve this purpose 120 Female in the age group ranging from 12 to 16 years studying in P.D.J.High school Vijayapura Karnataka state were selected randomly as subjects were divided into three equal groups of forty each known as Experimental group I Yogic Exercises training Experimental group II Pranayama training and Control group.

Selection of variables

The investigator reviewed through the available relevant related literature and discussed with the experts in the field and also discussed with the research guide before selection of variables for the present research work. The researcher used the availability of technique based on the data researcher done the analysis regarding feasibility; Reliability and the outcome of the results were taken care before finalizing the variables. The variables selected for the present research work Psychological variable.

Independent Variables

Yogic exercises

- **Sitting Asanas** - Padmasana, Vajrasana, Vakrasana, Paschimottanasana.
- **Standing Asanas** -Tadasana, Vrikshasana, Garudasana, Trikoasana.
- **Supine Asanas** - Shavasana, Naukasana, Halasana, Sarvangasana, Chakrasana.
- **Proline Asanas** - Makarasana, Bhujanagasana, Dhanurasana, Shalabhasana

Pranayam

- Nadi Sodhana Pranayama
- Shitali Pranayama
- Ujjayi Pranayama.
- Kapalabhati Pranayama.

Dependent Variables

Psychological Variable

- Stress

Selection of Tests

The test items were selected for this study after thorough review of literature as well as consultation with experts, Physical Education Professionals, and also Research supervisor. The selection tests and the criterion variable are presented in the Following table.

Sl. No	Test Item	Tools	Criterion Measurement
1	Stress	Questionnaire Developed by. Z. Akthar	The five options have been scored in order to mathematical result from the test

Statistical techniques

The collected data thought and valid and reliable, would not give us useful meaning in terms of what we need. The data has to be processed with the help of statics, analyzed scientifically, interpreted and concluded intelligently. In this study the data have been collected on variables such as Psychological variable of Stress.

The gathered information were examined with utilization of 't' test to discover the individual impact from benchmark to post test, Further Analysis of Covariance (ANCOVA) was utilized to decide the critical distinction between the treatment implies. At whatever point 'f' proportions were observed to be critical, Scheffe's post hoc test was connected to test the noteworthy between the combined balanced means.0.05 dimension of certainty was settled for Psychological variable to test the dimension of criticalness. And it was considered sufficient for the present study.

ANALYSIS OF INTERPRETATION OF DATA

The aim of the research work was find out the “Effect of Yogic Exercises and Pranayama on Psychological Variable of School Children”. For the purpose of the research study 120 school girls in the age group of 12 to 16 years belonging to the student of P.D.J. High school Vijayapura Karnataka state were selected as subjects for the present study. The subjects were divided into three groups. Group I treated as Yogic Exercises group, Group II treated as Pranayama group, Group III treated as control group.

Yogic Exercises group underwent Yogic training and Pranayama group underwent Pranayama training for Sixteen weeks. The duration of the training session allowed to the experimental groups Sixteen weeks. The Control group did not participate in the training programme other than their routine work.

Pre and post test data were gathered on Stress and the same as described in the following table 4.1(a)

Table No.4.4 Computation of Analysis of Covariance of Experimental and Control Groups on Stress.

Stress	Test	Experimental group-1 Yogic Exercises	Experimental group-2 Pranayama	Control group	Source of variance	Sum of the Squares	Df	Mean squares	F Ratio	Remark
Pre test	Mean	35.40	35.275	35.8	BG	6.017	2	3.008	.034	NS
	SD	9.86005	10.86983	7.1654	WG	10401.	117	88.906		
Post test	Mean	27.925	19.975	35.925	BG	5088.06	2	2544.03	68.98	S
	SD	6.95918	3.2462	7.1875	WG	4314.52	117	36.876		
Adjusted Post Test Means		27.963	20.064	35.799	BG	4949.05	2	2474.52	111.869	S
					WG	2565.2	116	22.120		

*The level of significance is 0.05=table value 3.07

Table No.4. shows the mean, SD value of pre-test of Experimental Group I, Experimental Group II and control Group on Stress is observed that mean score value of Experimental Group I, Experimental Group II and control Group are 35.40, 35.275 and 35.8 and their SD value are 9.86005, 10.86983 and 7.1654 respectively.

The calculated F- value found to be .034 at 0.05 level of significant it is found to be non significant it can be concluded that the Stress found to be similar among Experimental I subjects, Experimental Group II subjects and control Group subjects.

The mean, SD value of post- test of Experimental Group I, Experimental Group II and control Group on Stress. It is observed that mean score value of Experimental Group I, Experimental Group II and control Group are 27.925, 19.975 and 35.925 their SD value are 6.95918, 3.2462 and 7.1875 respectively.

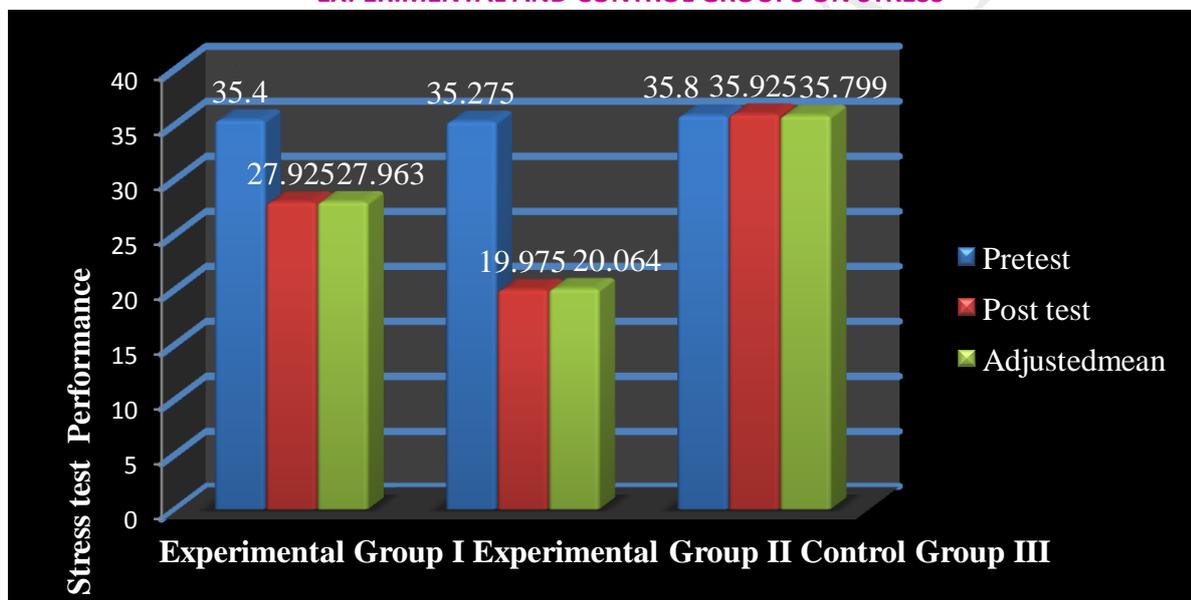
The calculated F- value found to be 68.98 at 0.5 level of significant it is found to be significant it can be concluded that the Stress found to be significant difference among Experimental Group I subjects, Experimental Group II subjects and control Group subjects.

The mean value of adjusted post- test of Experimental Group I subjects, Experimental Group II subjects and control Group subjects on Stress found to be 27.963, 20.064 and 35.799 respectively.

The calculated F- value found to be 111.869 at 0.05 level of significant there is a significant difference is observed between Experimental I subjects, Experimental group II subjects and control group subjects.

The Stress Performance has been displayed in figure 4.4 (a).

FIGURE NO. 4.4 (A) BAR DIAGRAM SHOWING THE PRE, POST AND ADJUSTED MEANS OF THE EXPERIMENTAL AND CONTROL GROUPS ON STRESS



The above figure 4.4 (a) indicates that the post test values of Experimental group and adjusted post test significantly improved the performance of Stress and also the post test values of Stress were less than the pre test values due to 16 weeks of Yogic Exercises and Pranayama training. The Control group pre test and post test performance of Stress shows no improvement.

Scheffe’s Multiple post hoc tests for the difference between the Adjusted post-test paired means of Stress Performance has been displayed in table 4.4 (c).

TABLE NO.4.4(C) SCHEFFE'S MULTIPLE POST HOC TEST FOR THE DIFFERENCE BETWEEN THE ADJUSTED POST-TEST PAIRED MEANS OF STRESS

Stress	Experimental Group -1	Experimental Group-2	Control Group
Mean	27.963	20.064	35.799
Experimental Group -1	-		
Experimental Group-2	P=.00*	-	
Control Group-3	P=.00*	P=.00*	-

* Significant at 0.05 level Confidence

Table 4.4 (c) Experimental Group I subjects and control Group subjects differ with respect to Stress at 0.05 level of significant. It means that the Stress differ between Experimental Group I subjects and control Group subjects.

The Experimental Group II subjects and control Group subjects differ with respect to Stress at 0.05 level of significant. It means that the Stress found significant differ between Experimental Group II subjects and control Group subjects.

SUMMARY

The purpose of the study was to investigate the “**Effect of Yogic Exercises and Pranayama on Psychological Variable of School Children**”. The 16 weeks of Yogic Exercises and Pranayama training the researcher conducted pre-test performance on Stress. Soon after the completion of 16 weeks Yogic Exercises and Pranayama training post test Stress were measured. The result of post test performance, significant reduce Stress of subjects.

CONCLUSION

Sixteen weeks of Yogic Exercises and Pranayama training has shown reduce Stress of subjects.

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