



## “SELECTED YOGIC PRACTICE ON BALANCE AND ANXIETY VARIABLES OF COLLEGE STUDENTS”

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### ABSTRACT

Yoga asana (postures) and breathing deal with the physical body, but due to their effect on the brain, they also affect the mind. All the wonders of modern science will not bring happiness, peace of mind, health or a long life. Although wonders have been achieved in our external environment – space travel, computers, etc. our internal environment has been neglected. Thousands of years ago the ancient yogis turned their minds inwards and discovered their true nature. The philosophical approach to yoga psychology is ground in the teaching of samkhya philosophy patanjalis yoga sutras the Upanishads and other sacred texts this perspective takes into account that we are a meaning making species this philosophical approach enables us to find hope in the face of tragedy the simple act of mentioning something can turn a horrendous tragedy into an opportunity to learn how to tolerate difficult emotions improve relationships and begin to connect with the surrounding relationships that surrounds the difficulty in this approach is there may be the false sense that what we do doesn't matter if only we think the right thoughts.

**KEYWORDS :** Balance and Anxiety Variables of College Students.

### INTRODUCTION

Yoga is the art of living. It is all things to all people. It is about getting to know yourself. Integrating the many aspects of ourselves and putting us in control of our minds; the effects are holistic, bringing about health awareness and a change of attitude towards ourselves and the world around us. We cannot practice Yoga without changes happening within ourselves, becoming more aware that it influences our life and the way we live. The practice can be low impact but it can also be very demanding. The beauty of Yoga is that it is accessible to everyone, as the session can be adapted to each person's level of fitness or state of health. For those who love Yoga, it becomes a way of life. Whether your path is physical, mental, and spiritual or a combination, yoga is for everyone.

There are Yoga classes especially for beginners, intermediate and advanced practitioners, enabling teachers to grade their students and plan a the lesson accordingly. Hath a Yoga is probably the best known form of Yoga which includes Asanas (body postures), Pranayama (control of vital energy through breath control), Kriya (cleansing practices) Meditation and Relaxation to reduce stress and build self confidence.

### OBJECTIVES OF THE STUDY:

- ❖ To study the level of significant of yogic training on psychological factors such as Anxiety, variables.
- ❖ To find out the difference between physical, Socio psychological components of girls such as, Balance, variables.
- ❖ Delimitation of the study :

- ❖ The study is limited to the measuring the level of psychological variables, Anxiety, physical variables Balance, variable of college students.
- ❖ The study would be limited to 120 girls of College Students of Vijayapur. Among that 60 girls and are control group and 60 experimental groups.
- ❖ Limitation of the study:
- ❖ The climatic conditions at the time of conducting the test influenced the performance of the college students .female subjects was consider red as limitation.
- ❖ Subject was recognized as limitation of the study due to varied social, cultural and environmental factors were not taken into consideration.

**Hypothesis:**

- ❖ It was hypothesized that 16 weeks yogic exercises training develops Balance.
- ❖ It was hypothesized that 16 weeks yogic exercises training decrease Anxiety.

**METHODOLOGY**

**Selection of subjects:**

The purpose of the study was to find out the “Selected Yogic Practice on Balance and Anxiety Variables of College Students”. To achieve this purpose 120 Women in the age of the subjects ranged from 18 to 22 years girls. The investigator was explaining the purpose, nature, studying in Smt. Bangaramma sajjan arts and Commerce College for women, vijayapura Karnataka state were selected randomaly as subjects were divided into two equal group of thirty each known as Experimental group and control group.

**Independent variables:**

- ❖ Standingasanas, - Tadasana, Vrikshasana, Garudasana, Trikonasana.
- ❖ Sitting Asanas, - Padmasan, Vajrasan, Vakrasana, Paschimottanasana.
- ❖ Supine Asanas - Shavasana, Naukasana, Halasana, Sarvangasana, Chakrasana.
- ❖ Praline Asanas - Makarasana, Bhujanagasana, Dhanurasana, Shalabhasana.

**Dependent Variables:**

The following physical and psychological variables will selected as dependent variables.

1. Physical fitness Variables, Balance.
2. Psychological Variables, Anxiety.

**Selection of Test**

SL.NO	Test	Measurement
1	Balance	Administration of the test One-leg standing test

**Anxiety status scale:** Anxiety status of the subjects the present study was estimated with the help of anxiety status scale developed by Taylor’s manifest anxiety scale. The response categories are true or false. The responses are scored with the help of manual.

**ANALYSIS AND INTERPRETATION OF DATA**

The purpose of the study was to measure the “Selected Yogic Practice on Balance and Anxiety Variables of College Students”. To achieve this purpose the date collected for the study were put into analysis and results of which are presented in the Table.

**Table. No 4.1 Analysis of Covariance Performance Balance of college Students**

Variable	Test		Experimental Group	Control Group	SOV	Sum of the Square	Df	Mean Square	F –ratio
<b>Balance</b>	Pretest	Mean	16.2167	15.3833	B	20.833	1	20.833	2.620
		SD	2.86470	2.77453	W	938.367	118	7.952	
	Posttest	Mean	21.6167	18.8500	B	229.633	1	229.633	42.886*
		SD	1.56326	2.87494	W	631.833	118	5.355	
	Adjusted post test	Mean	20.233	15.800	B	208.307	1	208.307	39.460*
		SD	3.210	2.561	W	617.633	117	5.279	

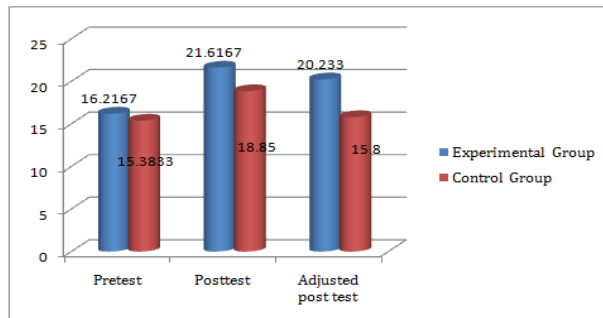
\*Indicates significance  $\alpha=.05$  Table value =3.92

The pre-test mean values on Balance for the Experimental group and control group is 16.2167 and 15.3833 respectively. The F ratio is 2.620 This reveals that there is no Statistical difference between the Experimental group and control group on Balance before the commencement of yogic Exercises training. It is inferred that the random selection of the subjects for the two groups are successful.

The post-test mean values on Balance for the Experimental group and control group is 21.6167 and 18.8500 respectively. The F ratio is 42.886 the adjusted post test mean values of Experimental group and control group is 20.233 and 15.800 respectively. The F ratio is 39.460 the result of the study indicates that the calculated values are higher than table value in post –test and adjusted post –test. The post test Balance performance is more than the Balance performance. These are significant difference between the Experimental group and the control group on Balance.

**The Balance performance has been displayed figure4.1(a).**

**Figure4.1(a) pre test ,post test and adjusted post test performance of Balance.**



The above figure 4.1(a) indicates that the post test values of Experimental group and adjusted post test significantly improved the performance of Balance and also the post test values of Balance were higher than the pre test values due to 16 weeks of yogic Exercises training. The control group pre test and post test performance Balance shows no improvement.

**Table. No 4.2 Analysis of Covariance Performance Flexibility of college Students**

Variable	Test		Experimental Group	Control Group	SOV	Sum of the Square	Df	Mean Square	F –ratio
<b>Flexibility</b>	Pretest	Mean	17.0333	16.0250	B	30.502	1	30.502	2.823
		SD	3.97862	2.40484	W	1275.146	118	10.806	
	Posttest	Mean	22.2500	19.1500	B	288.300	1	288.300	32.495*
		SD	2.85601	3.09633	W	1046.900	118	8.872	
	Adjusted post test	Mean	20.700	16.529	B	205.606	1	205.606	30.379*
		SD	3.125	2.36	W	791.860	117	6.768	

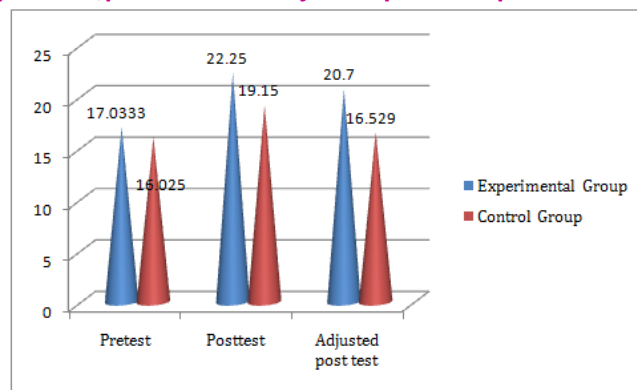
\*Indicates significance  $\alpha=.05$  Table value =3.92

The pre-test mean values on Flexibility for the Experimental group and control group is 17.0333 and 16.0250 respectively. The F ratio is 2.823 This reveals that there is no Statistical difference between the Experimental group and control group on Flexibility before the commencement of yogic Exercises training. It is inferred that the random selection of the subjects for the two groups are successful.

The post-test mean values on Flexibility for the Experimental group and control group is 22.2500 and 19.1500 respectively. The F ratio is 32.495 The adjusted post test mean values of Experimental group and control group is 20.7000 and 16.529 respectively. The F ratio is 30.379 the result of the study indicates that the calculated values are higher than table value in post –test and adjusted post –test. The post test Flexibility performance is more than the Flexibility performance. These are significant difference between the Experimental group and the control group on Flexibility.

The Flexibility performance has been displayed figure 4.2(b).

Figure4.2 (b) pre test ,post test and adjusted post test performance of Flexibility.



The above figure 4.2 (b) indicates that the post test values of Experimental group and adjusted post test significantly improved the performance of Flexibility and also the post test values of Flexibility were higher than the pre test values due to 16 weeks of yogic Exercises training. The control group pre test and post test performance Flexibility shows no improvement.

**DISCUSSION ON THE HYPOTHESIS:**

The research hypothesis statement stated that the 16 weeks of yogic exercises training improves the performance of the physical related fitness for women .the statement of the research hypothesis agrees with the results hence the hypothesis was accepted.

**CONCLUSIONS:**

1. There is positive and significant effect of physical exercises on developing balance power among the experimental group comparing their counterpart.
2. The yogic exercise training has positive effect on the psychological variables such as anxiety among the yogic group experimental group comparing to their counterpart.

**RECOMMENDATIONS**

1. It also recommended to study the effect of mediation techniques on academic performance of students.
2. The colleges should also introduce the yoga for improving the motor abilities and mental, to reduce the stress and academic benefits of yoga.
3. It is also recommended to conduct similar study to find out the effect of physical exercises on physical fitness variables.

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