



EFFECT OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL VARIABLES AMONG LOW BACKACHE MEN

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ABSTRACT

The purpose of the study was to find out the effect of yogic practices on selected psychological variables among low backache men. To achieve the purpose of this study, 30 low backache men was chosen as subjects from various clinics in Chennai and their age shall ranged from 30 to 40. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen backache men each. The groups were assigned as yogic practices and control group and in an equivalent manner. The training group participated the training for a period of six weeks and the post-tests were conducted. Analysis of Covariance (ANCOVA) was used to test the treatment effect of the training programmes on all the variables used in the study. The variable to be used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. It was observed that the yogic practices have significantly improved psychological variables among low back ache men in the age group of 30 to 40 years.



KEY WORDS: *Yogic Practices, Stress, Self-confidence, Backache.*

INTRODUCTION

Maharishi Patanjali, the father of modern concept of yoga and a great physician himself, in the 300 BC defined yoga as the complete mastery of mind and emotions. Unlike so many other philosophies of the world, it is a scientific philosophy that is wholly practical. Yoga is an exact science which has its foundation on certain immutable laws of nature and establishes "Mind over body". The gaining of a healthy body with a calm and steady mind under all circumstances is the common aspiration of every individual. The word yoga is derived from the Sanskrit word "Yuj" which means Control or 'unite'. Both these words quite adequately give the meaning of "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.

METHODOLOGY

The purpose of the study was to find out the effect of yogic practices on selected psychological variables among low backache men. To achieve the purpose of the study, the investigator selected thirty low backache men as subjects from various clinics in Chennai, Tamil Nadu and their age shall ranged from 30 to 40. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n= 30) were randomly assigned to two equal groups of fifteen backache men each. The groups were assigned as yogic practices and control group and in an equivalent manner. The training group participated the training for a period of six weeks and the post-tests were conducted. Analysis of covariance (ANCOVA) was used to test the treatment effect of the training programmes on all the variables used in the study. The variable to be used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test.

Tools

- Sports Self-confidence Scale by Robin S. Valley.
- Everlyn and Girdano's Stress Scale.

Results

Table 1: Analysis of Covariance of Self-Confidence of Experimental and Control Groups

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre-Test Mean	66.60	71.73	BG	197.63	1	197.63	2.41
			WG	2290.53	28	81.80	
Post-Test Mean	82.20	69.53	BG	1203.33	1	1203.33	14.41*
			WG	2338.13	28	83.50	
Adjusted Post Mean	82.60	69.13	BG	1252.66	1	1252.66	14.82*
			WG	2282.07	27	84.52	

**Significant at 0.05 level.*

Table-1 shows that the adjusted mean value of self-confidence of experimental and control groups were 82.60 and 69.13 respectively. The F-value of self-confidence for adjusted mean 14.82 is greater than the table value 4.21 for df 1 and 27 at 0.05 level of significance. This indicates that there is significant difference between experimental and control groups on self-confidence. Table-1 also indicates that both pre- and post-test means of experimental and control groups differ significantly.

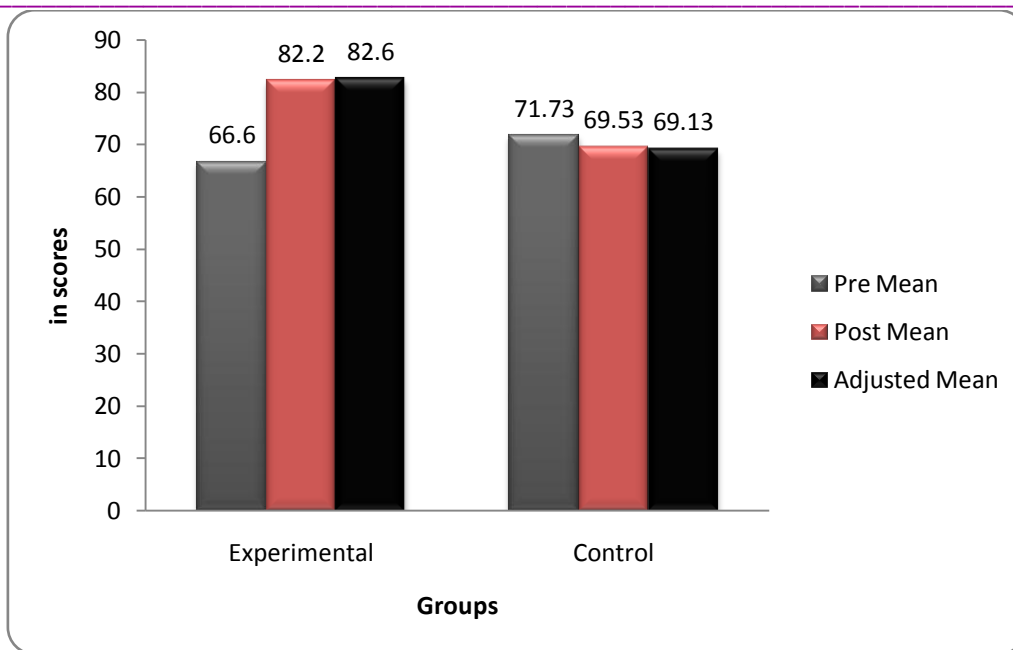


Fig 1: Mean Values on Self-Confidence of Experimental and Control Groups

Table 2: Analysis of Covariance of Stress of Experimental and Control Groups

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre-Test Mean	44.40	42.60	BG	24.30	1	24.30	0.70
			WG	971.20	28	34.68	
Post-Test Mean	26.06	44.80	BG	2632.03	1	2632.03	99.14*
			WG	743.33	28	26.54	
Adjusted Post Mean	25.95	44.91	BG	2631.89	1	2631.89	97.72*
			WG	727.14	27	26.93	

*Significant at 0.05 level.

Table-2 reveals that the adjusted mean value of stress of experimental and control groups were 25.95 and 44.91 respectively. The F-value of stress for adjusted mean 97.72 is greater than the table value 4.21 for df 1 and 27 at 0.05 level of significance. This shows that there is significant difference between experimental and control groups on stress. Table-2 also indicates that both pre- and post-test means of experimental and control groups differ significantly.

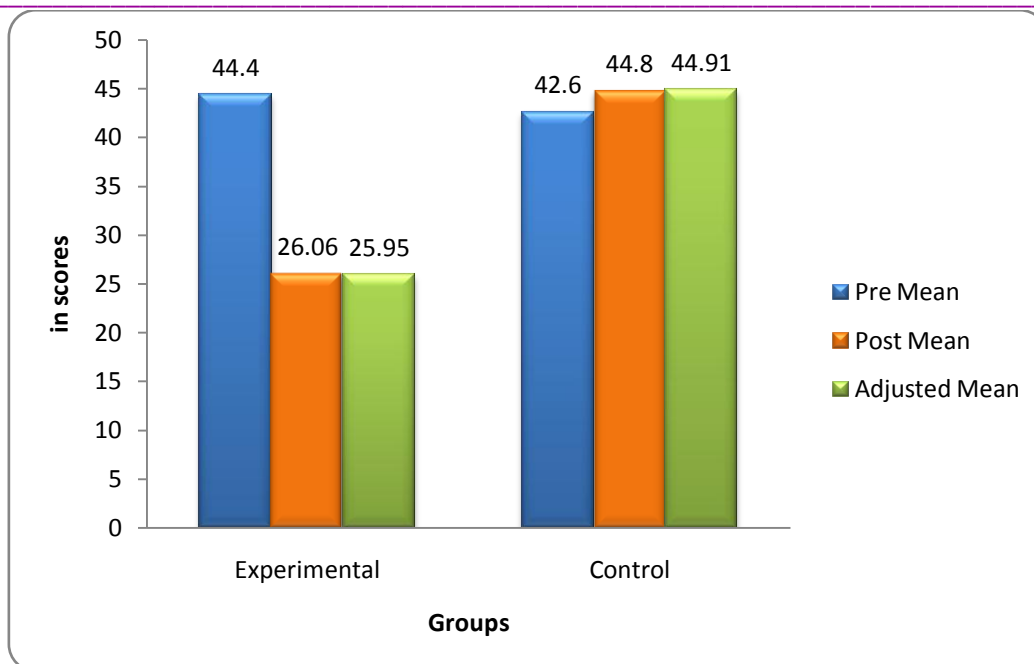


Fig 2: Mean Values on Stress of Experimental and Control Groups

CONCLUSION

The present study concluded that yogic practices have significantly improved psychological variables among low back ache men in the age group of 30 to 40 years.

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