



A COMPARATIVE STUDY ON EFFECT OF YOGA BASED RELAXATION TECHNIQUE GIVEN BEFORE AND AFTER YOGA SESSION

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ABSTRACT

Modern life style brings many types of stress to the students; generally the stress is classified in to physical, mental and environmental etc. A comparative study was conducted with the purpose of gauging the psychological effects of yoga based relaxation between two groups. This study aimed at potential effects of yoga based relaxation technique for college students before and after yoga session was conducted at a Private Engineering College, near Chennai. Yoga training was given to two groups viz., Group 1 and Group 2. The main difference in the training schedule between the groups was in the sequence of yoga based relaxation.

KEYWORDS: Yoga Based Relaxation, Stress, Psychological Effect, SKY Yoga.

YOGA BASED RELAXATION TECHNIQUE

Yoga based relaxation is a relaxation technique given in shavasana posture (supine position) with legs apart, hands open and eyes closed, focusing the mind on the particular part of the body, starting from feet to head. It is a step by step, systematic method of relaxing the physical body and mind. This method of relaxation derived from SKY Yoga system.

The relaxation technique was developed with the inspiration from SKY Yoga, Simplified physical exercise relaxation techniques developed by Vethathiri Maharishi.

Students are asked to lay down in supine position (shavasana posture) comfortably in the following way.

1. Move to lay down position turning to the left hand side with the support of right hand. Both palms are kept in open position, sideways at 45 degree.

Students were asked to take deep breath one or two times and to go with the following words with closed eyes throughout the relaxation.

The physical body and mind are interconnected, interrelated and inter dependant. When you are relaxing the physical body the mind gets relaxed and when you are relaxing the mind the physical body gets relaxed. You are going to relax systematically, step by step from feet to head bottom to top. Now think of both the feet. Blood circulation, heat circulation, air circulation and energy circulation are good, getting sufficient strength and energy. Relax, Relax, Relax

Think of both the legs ankle and calf muscles. Blood circulation, heat circulation, air circulation and energy circulation are good, getting sufficient strength and energy. Relax, Relax, Relax

Think of both legs knees. Blood circulation, heat circulation, air circulation and energy circulation are good, getting sufficient strength and energy. Relax, Relax, Relax

Think of both thighs. Blood circulation, heat circulation, air circulation and energy circulation are good, getting sufficient strength and energy. Relax, Relax, Relax



Shavasana(corpse pose)

Think of hip and lower abdomen. Blood circulation, heat circulation, air circulation and energy circulation are good, getting sufficient strength and energy. Relax, Relax, Relax

Think of abdomen, Stomach. Blood circulation, heat circulation, air circulation and energy circulation are good, getting sufficient strength and energy. Relax, Relax, Relax

Think of chest. Blood circulation, heat circulation, air circulation and energy circulation are good, getting sufficient strength and energy. Relax, Relax, Relax

Think of arms and shoulders. Blood circulation, heat circulation, air circulation and energy circulation are good, getting sufficient strength and energy. Relax, Relax, Relax

Think of face and head. Blood circulation, heat circulation, air circulation and energy circulation are good, getting sufficient strength and energy. Relax, Relax, Relax

Head including the brain completely relaxed. Arms and shoulders completely relaxed. Chest completely relaxed. Abdomen completely relaxed. Lower abdomen and hip completely relaxed. Thighs completely relaxed. Knees and calf muscles completely relaxed. Feet completely relaxed. In the whole body, blood circulation, heat circulation, air circulation and energy circulation are good, getting sufficient strength and energy. Relax, Relax. Relax. Your breathing is normal, heart beat is normal, all the vital parameters are normal. You are feeling healthy, happy and satisfied.

If you feel sleep, sleep for few minutes (Allowing few minutes to sleep). During this relaxation, self healing is taking place. You have come to this stage step by step. You have to come out of this stage step by step. You are about to get up. Open your eyes move your hands and legs gently.

This relaxation technique takes around 12 to 14 minutes.

Hypothesis

1. The psychological effect observed by the two groups will not change, although there is alteration in the sequence of practice.

Limitation

The opinion may differ with different level of yoga practitioners and the method and type of yoga session. For example, here feedback from first time yoga practitioner was taken in to account.

Methodology

Group of 58 students is divided in to two viz., group 1 and group 2. Yoga training was given for three weeks of time with every session with 90 minutes. Group 1 yoga session was conducted between morning 10.10 to 11.40 am and group 2 was conducted on the same day at 2 to 3.30 pm. At the end of the yoga training program data was collected using questionnaire.

Table 1: Training Schedule for Group 1

S.No.	Yoga Practices	Description
1	SKY Yoga Physical Exercises	Hand, Leg, Neuro Muscular Breathing Exercise, Eye Exercise, Kapalabhati, Maharasana
2	Standing Asanas	Tada Asanas, Arda Kadi Chakrasana, Trikonasana, Ega Pathasana, Utkatasana
3	Sitting Asanas	Padmasana, Vajrasana, Yoga Mudra, Mahamudra
4	Suryanamaskar	12 + 12 = 24 Postures
5	Pranaymas	Nadi Shudhi
6	Mudras	Prithvi, Varuna, Vayu, Chin, Soonya
7	Yoga Based Relaxation	

Table 2: Training Schedule for Group 2

S.No.	Yoga Practices	Description
1	Yoga Based Relaxation	
2	SKY Yoga Physical Exercises	Hand, Leg, Neuro Muscular Breathing Exercise, Eye Exercise, Kapalabhathi, Maharasana
3	Standing Asanas	Tada Asanas, Arda Kadi Chakrasana, Trikonasana, Ega Pathasana, Utkatasana
4	Sitting Asanas	Padmasana, Vajrasana, Yoga Mudra, Mahamudra
5	Suryanamaskar	12 + 12 = 24 Postures
6	Pranaymas	Nadi Shudhi.
7	Mudras	Prithvi, Varuna, Vayu, Chin, Soonya

Data Analysis

A survey questionnaire was prepared and collected data at the end of the yoga session. An opinion was asked in both groups, whether yoga program was useful to manage their stress.

Table 3: Group-1 Data

Options	A	B	C	D	E	Total
Score	17	12	0	0	0	29
Percentage	58.62069	41.37931	0	0	0	100

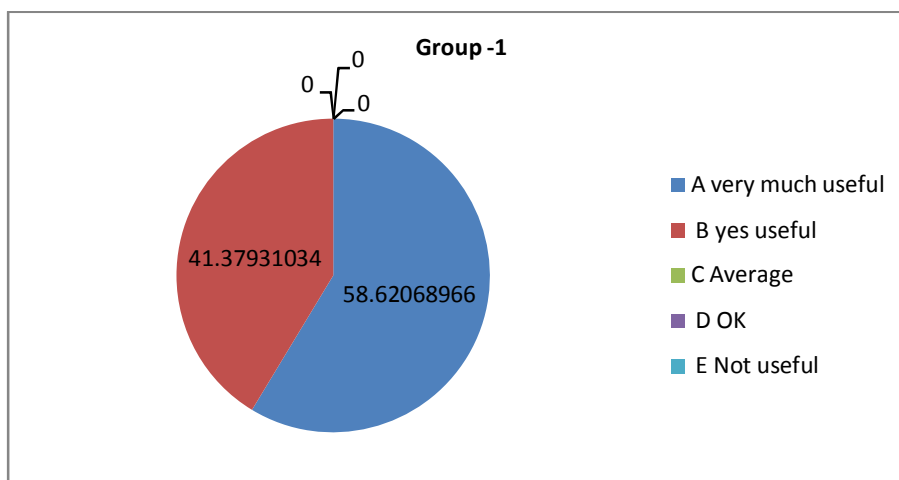
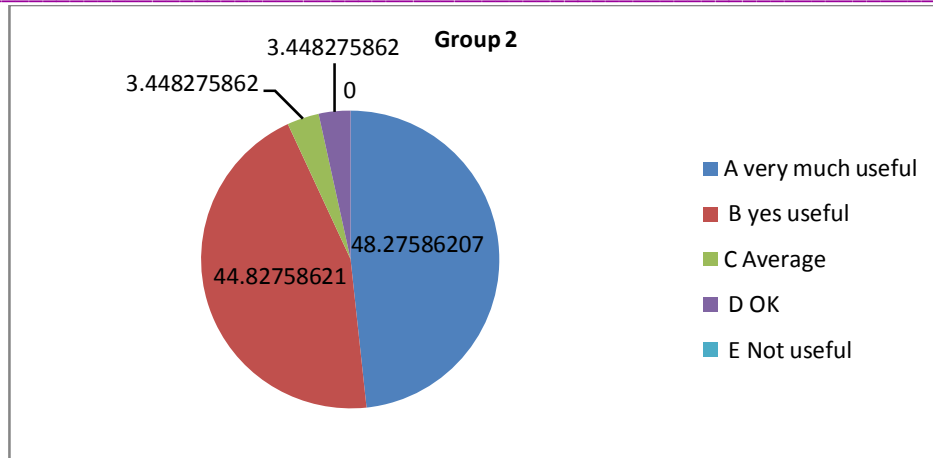


Table 4: Group-2 Data

Options	A	B	C	D	E	Total
Score	14	13	1	1	0	29
Percentage	48.27586	44.82759	3.448276	3.448276	0	100



The collected data was analyzed using paired t-test method. Paired t test method compares the means of two related groups to detect whether there are any statistically significant differences between the groups.

Table-5

	Group 1	Group 2
Mean	9.17124	8.7586
SD	1.0024	1.4554
n	29	29

Table-6

	Equal	Unequal
	Variance	Variance
Mean diff.	0.4137931	0.4137931
SE	0.32816	0.328169
t value	1.26091	1.26091
df	56	28
two-tailed p	0.21256	0.213228

CONCLUSION

Based on the statistical data p-value (0.21256) at 0.05 level, it was concluded that psychological effect of sequence of yoga based relaxation was not significantly different between the groups. There is no significant difference in the psychological effect observed between the groups although there was alternation in sequence of yoga based relaxation.

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