



EFFECT OF SELECTED YOGASANAS, PRANAYAMA AND MEDITATION TRAINING ON MENTAL HEALTH

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ABSTRACT :

The purpose of the study is to find out the Effect of selected yogasanas pranayama and meditation on mental health. Eighty girls students were selected randomly at B.D.E Society High School Vijayapur. The subject's age ranged from 14 to 16 years of respectively. The selected subjects were divided into two equal groups of 40 subjects each. Experimental group (Group I) and Control group (Group II). The pre-test was conducted for the two groups on mental health. The experimental group underwent yogasanas pranayama and meditation training for 12 weeks, per week for the duration of the training was given for 5 days per week 60 minutes every day. The control group did not undergo any training program. After 12 weeks of the training period the post-test was conducted for all the two groups. The data were analyzed by applying Analysis of Variance (ANOVA). Then, the obtained 'f' ratio is tested at 0.05 level of significance.

KEYWORDS : yogasanas, pranayama, meditation, and mental health.

INTRODUCTION:

Yoga is a physical, mental and spiritual practice aimed at attaining permanent peace within. This practice for permanent inner peace originated in ancient India and it also belongs to the six schools of Hindu philosophy or six "astika". Yoga is also considered as a form of exercise because of its physical forms and postures that have physical benefits to the body and it is also considered as meditation because of the mental and emotional benefits. it gives as well as it is also considered spiritual because it involves getting in touch with your spirit or beyond physical nature. This is why yoga is known as a combination of physical, mental and spiritual exercise and development or creating a union with your inner self which can benefit life.

The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word yug, which means 'to join'. This unity or joining is described in spiritual terms as the union of the individual consciousness with the universal consciousness. On a more practical level, yoga is a means of balancing and harmonizing the body, mind and emotions. This is done through the practice of asana, pranayama, mudra, bandha, shatkarma and meditation, and must be achieved before a union can take place with the higher reality.



The science of yoga begins to work on the outermost aspect of the personality, the physical body, which for most people is a practical and familiar starting point. When imbalance is experienced at this level, the organs, muscles and nerves no longer function in harmony; rather they act in opposition to each other. For instance, the endocrine system might become irregular and the efficiency of the nervous system decrease to such an extent

that a disease will manifest. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body.

DELIMITATIONS OF THE STUDY

- The study was restricted to eighty girls students of B. D. E. Society of High School, Vijayapura. In the age group ranging from 14 to 16 years.
- The selected training methods were selected Yogasanas, Pranayama, and Meditation.
- The subjects were randomly assigned into two Groups of forty each (n=40). Group 1 known as Experimental Group underwent yogasanas, pranayama and mediation training and Group 2 acted as Control Group who did not undergo any special training programme
- The experimental period was delimited to 12 weeks.

LIMITATIONS OF THE STUDY

- The influence of certain factors like lifestyle, daily routine work, and other factors on the results of the study was not taken into consideration.
- The previous history of the subjects was not considered.
- The investigator could not control the sleep/wake-up cycle of the subjects.
- The heredity of the subjects and its influence on the selected criterion variables were not taken into consideration.

METHODOLOGY:

The purpose of the study is to find out the Effect of selected yogasanas pranayama and meditation on mental health. Eighty girls students were selected randomly at B.D.E Society High School Vijayapur. The subject's age ranged from 14 to 16 years of respectively. The selected subjects were divided into two equal groups of 40 subjects each. Experimental group (Group I) and Control group (Group II). The pre-test was conducted for the two groups on mental health. The experimental group underwent yogasanas pranayama and meditation training for 12 weeks, per week for the duration of the training was given for 5 days per week 60 minutes every day. The control group did not undergo any training program. After 12 weeks of the training period the post-test was conducted for all the two groups. The data were analyzed by applying Analysis of Variance (ANOVA). Then, the obtained 'f' ratio is tested at 0.05 level of significance.

Table No-1 Analysis of Covariance for Pretest and Posttest on Mental Health of Control group and Experimental Group of High School Girls.

Type of test	Control group	Experimental group	Source of variance	Sum of the squares	df	Mean square	F Ratio
Pre Test Mean	103.3500	102.9000	Between	4.050	1	4.050	.046
SD	8.94298	9.89120	Within	6934.700	78	88.906	
Post Test Mean	99.5250	113.2000	Between	3740.112	1	3740.112	45.241
SD	9.03267	9.15171	Within	6448.375	78	82.671	
Adjusted post-test mean	99.408	113.262	Between	3836.357	1	3836.357	54.838
			Within	5316.853	76	69.959	

*significance $\alpha = .05$ Table value =4.0

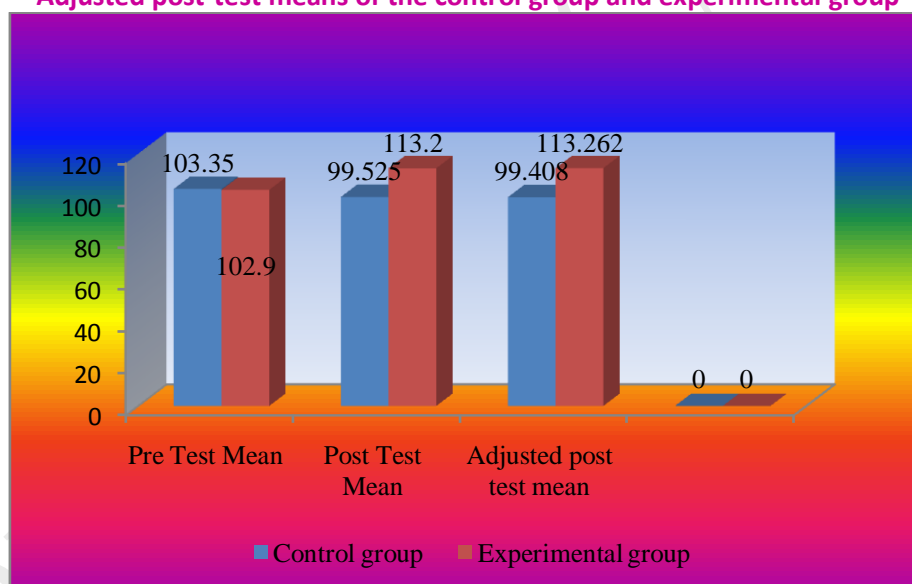
Table- 1 Shows that the pre-test means scores of mental health of control and experimental groups of high school girls students. It is observed that mean scores of pretest of control and experimental groups of high school girl students are 103.3500 and 102.9000 and their standard deviation are 8.94298 and 9.89120 respectively. The obtained 'F' Ratio value is ($F = .421$, 1, 78, $\alpha = .05$) .046 at 5% level of significance, which is less than the table value ($F = 4.0$), hence the null hypothesis is accepted, it can be concluded that Mental

health level between the experimental group and control group found almost similar among the high school girls students.

Further, it is observed that mean scores of post-test of control and experimental groups of girl high school students are 99.5250 and 113.2000 their standard deviation are 9.03267 and 9.15171 respectively. The obtained 'F' Ratio value is ($F=45.241$, 1, 78, $\alpha = .05$) at 45.241 5% level of significance, which is much more than the table value ($F=4.0$), hence the null hypothesis is rejected and the alternative hypothesis is accepted. It can be concluded that there is significant difference found between the experimental group and control group with respect to Mental Health level of girls high school students. This indicates that the Mental Health level is more among the control group when compared to the experimental group. Finally, it can be concluded that Yogasanas Pranayama and Meditation treatment has made a significant impact on the control of Mental Health level of the high school girls students.

The adjusted post-test means scores on Mental Health of the control and the experimental groups are 99.408 and 113.262 respectively. The obtained 'F' Ratio value is ($F=54.838$, 1, 76, $\alpha = .05$) 54.838 at 5% level of significance, which is much higher than the table value ($F=4.0$), hence the null hypothesis is rejected and the alternative hypothesis is accepted. It can be concluded that there is a significant difference is found between the experimental group and control group with respect to Mental Health level of high school girls students.

Figure -1 Graphical Presentation on Mental health of Pre-test and Post-test and Adjusted post-test means of the control group and experimental group



DISCUSSION:

After the collection of data, appropriate statistical analysis has been done in order to present the discussion of findings. The results of the study showed that there was a significant improvement in mental health due to the influence on yogasanas pranayama and meditation training among high school girls. The finding is in conformity with the results of Shapiro, S. L. Kumar, P. (2016). Bhusan, L. (1994). Riley, Dr Dev Raj Attri and Farah M Shroff et al,

CONCLUSION:

Yogasanas pranayama and meditation training significantly improved mental health when compared to a control group of high school girls students.

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LBP PUBLICATION