

Effect of selected asana on anxiety variables of post graduate female students

Sangeet S. Patil

Research Scholar in DOS in Physical Education and Sports Science, Karnataka state Women's University, Vijayapur, Karnataka India

Abstract

For this study 30 female PG students were selected from Karnataka state women's university, Bijapur, through fitness test it was decided that all the students were suitable for this study. Trainees of the experimental group were trained daily for an hour which includes some yogic breathing exercise for five minutes followed by Asanas and Pranayam. The training Schedule included- Asanas and physical exercises such as abdominal strength test, 50 yards dash test for speed, Harvard test for Endurance, Shoulder flexibility test for flexibility and agility to assess the effect of asana on fitness of female students. "t" test was used to find out the significant of mean difference of physical fitness among pretest and posttest. The statistical significant level was 0.05. The "t" proved that there is significant effect of twelve week training on anxiety level of female students.

Keywords: yoga training and Anxiety Behavior

1. Introduction

The word "yoga" is derived from the Sanskrit root yuj, which means 'to bind', or "to join", or "to attach", or "to yoke". According to Swami Satayananda Saraswati "yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of the today and the culture of tomorrow". The Sanskrit term yoga is most frequently interpreted as the "union" or "communion". It is the true union of our will or consciousness (Jiva-Atma) with the will or super conscious of god (Parama-Atama).

The ancient definition is at home in Vedanta, the dominant branch of Hindu philosophy, which was greatly influenced by the majority of yoga school. Vedanta proper originated with the ancient esoteric scripture known as the Upanishads, which was first taught the "inner ritual" of meditation upon and absorption into, the unitary ground of all existence. However, a nonfuel hymn of the Vedas.

Yoga is an ancient system of physical and psychic practice that originated during the Indus valley civilization in south Asia. The fundamental purpose of yoga is to foster harmony in the body, mind and environment. Yogic training is a system of psycho-physical training that has its goal to uncovering of the mystical consciousness.

Yoga is a timeless pragmatic science evolved over thousands of year dealing with the physical, moral being of man as a whole.

Yoga is universal benefiting to all people of all ages. The study of yoga is fascinating to those with a philosophical mind and is defined as the silencing of mind's activities which leads to complete being.

Physical fitness is important for all human being irrespective of their age. A given work cannot be carried out if the required physical strength is not available. A body may possess extraordinary skill in football, but if he does not keep himself in the game till the end of the allotted time, then he may not find a place in the team. So fitness becomes the first and foremost aspect to enjoy one's life fully.

Modernization and urbanization have reduced the physical fitness of human beings and increased the dependence on

machines for all the work. Manual labour has been considerably reduced and physical activity is considered to be low in dignity and hence avoided. Therefore, general physical fitness has come down, and to restore it, human beings will have to revert to the age old habits.

Physical fitness includes speed, flexibility, rhythm, power, strength, coordination, muscular endurance, cardiovascular endurance, agility etcetera. These characters are all equated with the healthy functioning of the body. Another important part of physical fitness in the athletic powers. The various aspects of physical fitness and the skill are interrelated.

1.1 Exercise

Johnson and Stobberg (1971) stated that the word "exercise" refer to conscious and purposeful activity. Usually if sufficient intensity to increase to some degree of respiratory and circulatory function. It refers only to the actual movement process at the time it occurs and should not be confused with the conditioning or training. Physical exercise in any organized activity that involves continuous participation. Exercise occupies a leading role in keeping a person fit. It will be difficult to adjunct one's life in terms on stress, diet, and sleep and so on without proper exercise. Studies carried out by different expert of field reveals that yoga is best art to develop harmonious personality.

1.2 Definition of the terms

Yogasana: Asana means posture or pose, which states that poses should be comfortable, easy and steady in position. Postures balances the physical body, reduces tension, improves flexibility, maximize the flow of energy.

Pranayama: In sanskrit 'Prana' means vital energy or Life force or cosmic energy. 'Ayama' means control or regulation. Thus the pranayama is act of control or regulation of breathing to integrate vital force.

Rhythmic breathing calms down the mind. Prana on the physical plane is connected with the functioning of the mind. By controlling prana, the wave of the mind are controlled and develops the power of concentration and clarity of thought.

1.3 Anxiety

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioural components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is 'to vex or trouble'.

1.4 Statement of the problem

The Purpose of the present study is to investigate “Effect of Selected Asanas on Physical Fitness and Anxiety Level among Post Graduate Female Students” of Karnataka state women’s University, Bijapur

1.5 Hypothesis

1. It is Hypothesized that selected yogasana was significantly improved on the Anxiety level among Post Graduate students of the Karnataka state women’s University, Bijapur.
2. It hypothesized that the selected yogasana would not changes Anxiety behaviour of the students.

1.6 Limitations

1. The food nutrition and the body types of the students are not taken into consideration.
2. The research scholars have to consider the responses of the subjects to the anxiety Questionnaire, as genuine.

1.7 Delimitations

1. The present study is delimited to 30 students belong to the Post Graduate Students.
2. The present study is delimited to Post Graduate female students belonging year age to 20-26.
3. Only selected yogasana was practiced for a period of 42 days.
4. The present study was delimited of Karnataka state women’s University, Post Graduate students only.

2. Methodology

The purpose of this study is to find out “Effect of selected yogasanas on Anxiety level among Post Graduate students of Karnataka state women’s University, Bijapur.

2.1 Selection of the subjects

In the present study single group design procedure was followed. A group of 30 Post graduate students was selected from Karnataka state women’s university; the selected subjects were under gone twelve weeks yogasanas training. The researcher was adapted Pre-test and Post-test procedure to assess the differences.

2.2 Selection of the Variables

Psychological variable selected for the present study was Anxiety.

2.3 Anxiety status scale

Anxiety status of the subjects in the present study was estimated with the help of anxiety status scale devised by Taylor’s Manifest anxiety scale.

Selected Yogasana and paranayama for the Training as following

1. Standing Asanas: Tadasana, Vrukshasana, Hanumanasana.

2. Sitting Asanas: Padmasana, Paschimotansana.
3. Proline Asanas: Salabhasana, Dhanurasana, Bhujangasana.
4. Supine Asanas: Naukasana, Sarvangasana, Halasana, Matsyasana, Shavasana.
5. Pranayama. Yogic breathing, Anuloma-Viloma, Nadishodhaka, Bramari.

Collection of data:

By administering the Taylor’s Manifest anxiety scale to subject data was collected from subjects and level of anxiety was assessed. To asses Pre-test and Post-test effect of Yoga Training on Physical fitness and Anxiety level was assessed by Appling staffy hoc statistical test.

2.4 Statistical technique

T-test was applied to assess the significant difference in mean score of Pre- test and Post- test.

3. Discussion and Analysis of data

The purpose of the study was to see the Experimental “Effect of selected yogasana on Anxiety level among post graduate students.”The obtained data was calculated as per the norms using such as Mean, Standard deviation and t value for the obtained pre-test and post-test.

Table 1: Showing the pre-test and post –test for Anxiety behaviour

Anxiety behaviour	Sample size	Mean	SD	Calculated Value	Table-value
Pre-test	30	23.96	3.70	11.329	2.045
Post-test	30	16.10	2.77		

3.1 The level of significant 0.05=Table value=2.045.

Table no 4.6 indicates that the t value is more than the table value that is 2.045, hence it is significant. The pre-test mean value is 23.96 and the post-test mean value 16.10. The post-test mean value is less than pre-test mean value. It shows significant improvement in the Anxiety behaviour of females owing to the twelve week’s yogasana training.

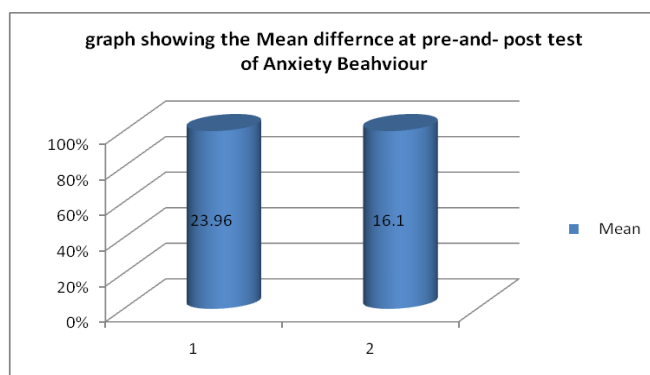


Fig 1: Figure showing the trend of anxiety behaviour at pre-post condition of yoga training

When we refer Table- I- it was reveals that computed‘t’ value ratio was greater than the table Value It may be due to the reason that. Yogic practices could be useful in the management of Anxiety, which is mainly focus to the mental (Manomaya kosha) and intellectual (Vijnanamaya kosha) layers. The imbalance in the brain functions leads to imbalance in the autonomous nervous system and the

unwanted, unrealistic notions and blockages in the intellectual layer which leads to anxiety. The practice of Yogasana keeps the body in relaxed stage; pranayama practices lower the dominance of sympathetic nervous system and the meditation calm down the mind. Chanting of mantras divert the mind from unwanted thoughts, fears etc.

Hence study reveals that various emotions could be improved by involving in yogic exercises regularly and that result in managing anxiety and Emotion, hence, formulated hypothesis yoga practices leads to significant difference in their anxiety behaviour is statistically proved and hypothesis is accepted.

4. Conclusion

The result of the study generally supported to the proposed hypothesis the selected yogasana training, should play a vital role in improving the performance of the Anxiety level among post graduate female students. Performance of anxiety level have been influenced by twelve week training, hence yoga should be the part of curriculum of all the stage.

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