

# EFFECT OF YOGIC EXERCISE ON PSYCHOLOGICAL VARIABLE AMONG THE SCHOOL GOING STUDENT

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**ABSTRACT:** The effect of yogic exercise improves on school going students of psychological problems (anxiety) continuously a matter of discussion in the field of sports psychology. Many researchers have searched and still searching the mysteries of school students. Based on scientific discoveries, today we are at the passion that with proper preparation, instruction and progressions, of different training can be an effective method to train athletes for psychological performance. The purpose of the study was to investigate a study on anxiety among the 30 school going students. On the basis of objectives of the study, the test was categorized between pre and post-test. The age of the subjects ranged from 14-18 years. During the training time, the underwent their supporting training exercise, four days per weeks on alternate days for twelve weeks in addition to their regular programme. The selected subjects were tested on selected criterion variables such as anxiety. The above criterion variables were a determined by 'Beck Anxiety Inventory developed by Aaron T. Beck (1993).' Data were collected tested through pre-test and post-test in different duration from the subjects. The subjects were tested for the selected criterion parameters. The collected data were statistically analysed "t" test. Where ever the 't-value for the post-test result was found is '2.779' that much more significant on or less significant on different level to find out the compare mean differences. It is concluded that the school going students had highest level of anxiety level improve by the yogic training.in the cases 0.05 level of significance was fixed to test the significance.

From the conclusion of the present study it may be stated that the present research creates a future scope for the sports psychologist, physical educators and coaches for screening, identity and selecting of potential yogic athletes at sub-division, block and district level as well as to provide the scientific yogic programme.

**Keyword:** Anxiety, yogic exercise, significant, t-value.

## INTRODUCTION:

Yoga is more than a physical exercise. Yoga means "union" and leads to an integration of mind and body. It facilitates change based on the principles of reflection, integrity and awakening. Central to the practice is vision and transformation. Hatha yoga is traditionally made up of asana (posture) practice, pranayama and bandha/mudra work. Often the asana practice is referred to as hatha yoga and there are now a multitude of different styles of hatha yoga being taught. Yoga (KSK Sanskrit, Listen) is a physical, mental, and spiritual practice or discipline which originated in India. There is a broad variety of schools, practices, and goals in Hinduism, Buddhism and Jainism. Among the most well-known types of yoga are Hatha yoga and Raja yoga. The origins of yoga have been speculated to date back to pre-Vedic Indian traditions, is mentioned in the Rig-Veda, but most likely developed around the sixth and fifth centuries BC, in ancient India's ascetic and seaman a movement.

Yoga facilitates enough endurance and vitality for carrying out more than the usual quantum of physical and mental work without undue strain either to the body or mind. As for athletes, it can be a powerful enhancement in regular training exercises. It enables each athlete to excel in his own skill and event. Adding Yoga in a routine training program that helps to develop strength, flexibility, range of motion, concentration, cardiovascular health and reduces stress, tension and tightness. The most significant benefit of adding Yoga in a training program is its effect on performance. Yoga allows an athlete to train harder and at a higher level because the range of motion is greater and the fear of injury is lessened.

**Shenbagavalli, A. & Divya, K. (2010)** they conclusion anxiety means a disturbed state of mind, emotional reactivity; arousal; nervousness; and unrealistic and unpleasant state of mind. Anxiety is an essential ingredient of any competitive situation and without certain level of anxiety, there cannot be competitive performance. The ability of the player to monitor and judge situations correctly is reduced. His information-processing mechanism gets over stressed resulting either in wrong or slow response even to emergent situations. Under such a condition, the player is not focused-he wishes to do one thing but does something else. He loses control over his body and mind. The relationship between anxiety and athletic performance has been a subject of various theories sprung up from time; for example, drive theory in 1943, and inverted U-hypothesis or optimal arousal level in 1962. The latter was formed on the notion that there is an optimal amount of arousal that an athlete will perform at. However, if that level of arousal is passed then the level of performance will decrease. The same thing happens when the level of arousal is lower than the optimal level. Though this hypothesis has had much support for many years, it too has fallen out of favour due to its oversimplification on a subject as complex as brain and behaviour.

## METHODOLOGY:

For the study, 30 athletes were randomly selected as subjects. The age of the subjects ranged between 12 to 18 years' school going yogic trainee. 30 school going yogic trainee trained by yogic exercise protocol for the twelve weeks but they also receive regular exercise.

All the subjects were instructed about the nature of the study and their consent was obtained to help till the last of the experiment and testing time. Qualified trainer examined the subject's mental and physical fitness for the study. They were free to everything their consent in case they felling any problem during the period of their presentation, but there were no exequise.

**Sample and Sampling:** The present study will be done on 30 school students who are getting yogic exercise in schools. Those students who are selected by the schools for getting yogic exercise and to represent their schools in various sports events in West Bengal will only be included in the study. Data will be collected from both male and female students who are studying in Secondary and Higher Secondary level in regular mode school. Sample will be selected following purposive sampling method.

**Study Tools:** The present study will be done on 30 school students who are getting yogic practice in schools. Those students who are selected by the schools for getting yogic practice and to represent their schools in various yogic competition events in West Bengal will only be included in the study. Data will be collected from both male and female students who are studying in Secondary and Higher Secondary level in regular mode school. Sample will be selected following purposive sampling method. The above criterion variables were a determined by 'Beck Anxiety Inventory developed by Aaron T. Beck (1993).'

**Selection of the variable:** Selected psychological variable is anxiety.

**Data Collection and Statistical Analysis:** The students were approached for data collection through personal contacts and networks. Students were met and discussed about the objectives of the study. Then data will be collected only from those students who was eager to participate voluntarily. Collected data were scored and analysed. All the three hypotheses were verified using 't' statistics.

**Reliability:** The test-retest reliability of this scale has been calculated by administering the test twice on a sample of 83 subjects. The reliability coefficient was 0.75.

**Validity:** The BAI was moderately correlated with the revised Hamilton Anxiety Rating Scale (.51), and mildly correlated with the Hamilton Depression Rating Scale (.25) (Beck et al., 1988).

**RESULT & DISCUSSION:**

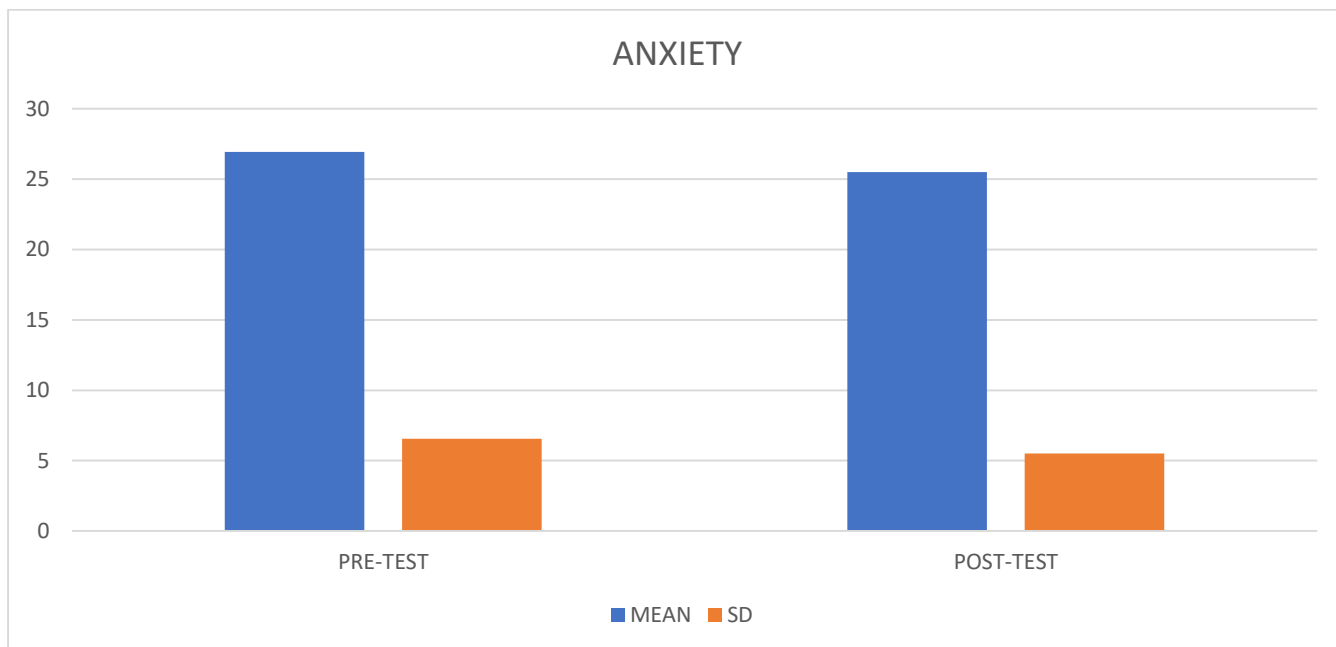
The Mean and SD of the Pre-test and Post-test value variable have been presented in Table: 1

**TABLE-1: Mean and SD Table for Within-Subject Variables of Anxiety**

Variable	Mean	SD
Pre test	26.93	6.55
Post test	25.50	5.51

Note. n = 30

Table-2: Showed the Mean and SD of the Anxiety performance of the student in Pre Test and Post-test.



Graphical representation of Mean and SD of Anxiety level among students.

The “t” test used with one within-subjects factor was organized to determine whether significant differences exist among Pre Test and Post-test so far as Anxiety level was concerned.

**TABLE-2: Anxiety level among the children**

During Training	N	Mean	S.D.	t-value	p-value
Before Yogic exercise	30	26.93	6.55	2.779*	0.009
After Yogic exercise	30	25.50	5.51		

\*t-test is significant at 0.05 level.

[ H-accepted]

The “t” test used with one within-subjects factor was organized to determine whether significant differences exist among Pre Test and Post-test so far as anxiety performance was concerned. Post -test result of anxiety was significantly improvement than Pre-test,  $t(30) = 2.779$ ,  $p = .009$  and Pre-test was means contrasts for the t-test. From the test it was concluded that the Post-test significantly improved by yogic exercise on school going students than Pre-test,  $t(30) = 2.779$ ,  $p = .009$ . Table-7 presented the test performances were significantly improved by the treatment of yogic exercise. But there was so difference between the post-tests so far as anxiety level was concerned. Present study showed that Pre-test result of school going students in anxiety was lower than their result in Post-test.

Post -test result of anxiety was significantly improvement than Pre-test,  $t(30) = 2.779$ ,  $p = .009$  and Pre-test was marginal means contrasts for the t-test. From the test it was concluded that the Post-test significantly improved by yogic exercise on school going students than Pre-test,  $t(30) = 2.703$ ,  $p = .011$ . Table-2 presented the test performances were significantly improved by the treatment of yogic exercise. But there was so difference between the post-tests so far as psychological general well-being performance was concerned. Present study showed that Pre-test result of school going students in psychological general well-being was lower than their result in Post-test.

It is being clear from this table that the group had exhibited significant improvement in the variable anxiety as measured by test after period of twelve-weeks yogic exercise as obtained ratio 2.779 were found greater than the tabulated value 0.009 required to be significant at 0.05 level of confidence.

This result of the present study is very much relevant to the study conducted by **Arun Kumar & Akhileshwar (2009-10)** they concluded that the weight training, yogic exercise and complex training produced significant improvement in speed performance. In their study anxiety was assessed by anxiety test and acceleration was assessed fly run after eight weeks of training period the collected data were analysed using ‘s’ test and analysis of co-variance.

In the present study it was found that Pre-test time is significantly greater than other Post -test means after the application of yogic exercise bout of different duration. This result is very much validated by the study of **Krishnan, (1991)** that suggested that the yogic exercise used on the students with a sedentary life, with a duration of 8 sessions organized in 4 weeks, can have positive effects, increasing the performance capability of the speed and acceleration in a distance of 30 meters, focusing on improving the Maximum Strength, Explosive Strength, Power and the stretch-shortening cycle of the muscle. More or less all previous study showed same results in case of the control group performance after treatment so far as improvement of sports performance is concerned. In present study is very much relevant to the above studies

The present study clearly showed that the post- test result is significantly improved than pre-test result by the treatment of yogic exercise among school going students. In this context, less score indicates betterment of the level of anxiety. Anxiety level of school going students in pre-test was found greater, after treatment of twelve weeks, than the anxiety level in post.

Present study showed significant differences in. post test scores after twelve weeks of yogic exercise. The variables showed significant improvement in school going students. There was significant improvement in anxiety level of after the adjustment of pre-test and post-test scores. That's why it was clear that the yogic exercise is very effective in the improvement of anxiety level of the school going students.

The results of the present study indicate that yogic exercise produced significant reduction in anxiety and improvement in mood state of school going students, when comparing the baseline with post-test. The observed reduction in anxiety and improvement in mood state due to the influence of yogic exercise. The improvements in the psychological parameter like stress, anxiety, aggression and psychological general well-being might be a direct impact of changes in psychological parameters due to the influence of yogic exercise program. The improvement in mood state and reduction in the anxiety may be reason for reduction in the anxiety of the subject in this study.

**DISCUSSION OF HYPOTHESIS:** The hypothesis of the study stated that the yogic exercise would produce significant changes over anxiety variables of school going students. The results revealed that yogic exercise produced significant changes over anxiety variables of school going students. Hence, the hypothesis was accepted.

**CONCLUSION:** The conclusion of this study were, the development on anxiety, which was better in yogic exercise. This may be due to the postures and breathing techniques involved in yogic exercise. Before the implication of these findings are presented, it is necessary to discuss the following delimitations of the current investigation. The enhancement of anxiety level is maximized when engaged with light to moderate yogic exercise without interpersonal competition. Psychological benefits included increasing self-esteem, increasing sense of mastery, control in the lives and mood, providing a distraction to anxieties and rumination, reducing, anxiety and improving sleep pattern). In the present investigation, the psychological factors of anxiety state were selected. In order to observe the changes yogic exercise were employed.

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