

**CONSEQUENCE OF EXPLICIT YOGIC EXERCISE ON  
SELECTED PSYCHOLOGICAL VARIABLES OF VARSITY  
WOMEN STUDENTS**

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**ABSTRACT**

The purpose of the study is to find out consequence of explicit yogic exercise on selected psychological variables of varsity women students. To study the effect of the selected yogic exercises on selected psychological variables such as anxiety and depression among varsity women students, to study the effect of selected yogic exercises programme on selected psychological variables of varsity women students and to compare the group. This study was formulated using random group design consisting of specific yogic exercises and control groups. The subjects (N=40) were divided at random, into two equal groups of twenty varsity women students in each, The experimental groups participated in their respective duration of twelve weeks, six days in a week throughout the study. The various tests administered were: prior to training (pre-test), mid period of training sixth week (second-test) and twelfth week (post-test) of the training schedule. The results of the study indicate that the specific yogic exercises group shows significant improvement when compared to the control group.

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## Introduction

### Real Wealth

A stitch in time saves nine stands true for all times and for human beings in particular. Some times petty ailments if neglected can cause a lot of pain and damage to the body. It is, therefore, our primary and sacred duty to give utmost importance to our health, which alone is our real wealth. **(Kaul 1986)**

An Indian woman's life is a veritable tight-rope walk, her status in society, the problems she has to face due to social and economic pressures, the burdens nature has imposed on her- all these result in stress and tell upon her health. **(Iyengar 1983)**

She has the power to withstand physical strains and mental pressures to a far greater extent than man. This is not due to physical strength or power of endurance, but natural characteristics enabling her to face them, nature has in addition endowed her with the responsibility of perpetuating mankind.

The importance of health can be gauged from the fact that it is the foundation that enables an individual to live most and serve best. Health is that state of well being that enriches a person's life. The importance of health is very forcefully emphasized in the words of Sri Ramakrishna that, "He who is soft and weak minded like the puffed rice soaked in milk, is good for nothing. He cannot achieve anything great. But the strong and virile one is heroic. He is the accomplisher of everything in life." This saying of Ramakrishna heightens the fact that an individual cannot perform any work efficiently if he is not healthy. **(Sharma 2006)**

Many diseases are due to mental depression, anger, grief, uninhibited sexual indulgence, anxiety, discontent, distrust and other psychosomatic disturbances. Many people given to mental weakness suffer from diseases of their imagination which in many cases prove fatal. By developing such qualities as good thought, enthusiasm, courage, hope and optimism, even the weak body and mind can turn into strong and healthy ones.

Practice of yoga brings a perfect balance in body and mind. It makes the body healthy to cooperate with the mind, so that steadiness, composure, and firmness are developed. Patanjali explains that the practice of yoga enables one to avoid the pain may be in store in the future. (Iyengar, 1983)

The Ancient Yoga Seers perceived the physical body as a vehicle, with the mind as driver, the soul as one's true self, with action, emotion and intelligence as the three forces which pull the body-vehicle. The ancient yoga seers assemble an exclusive technique to bring the body, mind and soul together into one harmonious experience by balancing action, emotion and intelligence.

### **Anxiety**

Anxiety is the sense of uneasiness that is experienced in the individual's relationships with other people (and in his / her relationship to their own conscience). In any situation where the person's vanity is undermined, fear arises. The conjunction of this fear with the vanity creates anxiety. Anxiety is a multi system response to a perceived threat or danger. It reflects a combination of biochemical changes in the body.

### **Depression**

Depression is a disease that is caused by biological factors. Hormones in the brain, specifically serotonin, regulate your mood. Sometimes, serotonin levels can drop, causing fluctuations in mood and severe episodes of depression.

### **Means and methods**

#### **Selection of Subjects**

Forty Varsity women students from Avinashilingam University were selected randomly and served as the subjects for the purpose of this study. The selected subjects were in the age group of 18 to 21 years.

### Experimental Design

This study was formulated using random group design consisting of specific yogic exercises and control group. The subjects (N=40) were divided at random, into two equal groups of twenty varsity women students in each. The groups were assigned the names as follows:

1. Experimental group I- Specific yogic exercise group.
2. Control group.

Both the groups were subjected to pre-test prior to the experimental treatment. The experimental groups participated in their respective duration of twelve weeks, six days in a week throughout the study. The various tests administered were: prior to training (pre-test), mid period of training sixth week (second-test) and twelfth week (post-test) of the training schedule.

### Reliability of Test

The reliability of data was ensured by establishing the tester reliability, subject reliability and instrument reliability.

### Tester Reliability

To ensure that the investigator was well versed in the technique of conducting the tests, the investigator had a number of training sessions in the testing procedures. All the measurements were taken by the investigator with the assistance of persons well acquainted with the tests and their procedures. In selected psychological variables, The testers competency was obtained by pre-test, mid-test, post-test process whereby the consistencies of results were obtained. As very high correlation was obtained, the tester competency in taking measurement and test reliability were accepted. Questionnaire is used for measuring the psychological attitude was a standard one with the permission of Dr.Greene.(Greene 1976)

### Collection of Data

The data were collected from (N=40) Varsity women Students twenty in each group as specific yogic exercise group and control group. Prior to training, after six weeks, after twelve

weeks the data of psychological variables such as anxiety and depression was collected through standardized questionnaire.

### **Anxiety and Depression**

**Procedure** : The subjects were seated on the chair. A questionnaire and a pencil were distributed. Proper instructions were given for filling up the questionnaire. Mutual discussions were absolutely eliminated and the subjects read the questions one by one and ticked the answers of their choice. After filling up the questionnaire they were collected from the subjects and were arranged properly. Points gained were noted for each question and summing up of points was carried out. The level of anxiety and Depression was calculated by using the key.

**Scoring:** Each symptom is rated by the subject according to its severity using a four point rating scale. Such a rating method was used in her original factor analysis (1) and gives greater sensitivity to the measures than does a binary present/absent rating. Scores are assigned as follows: Not at all = 0, A little = 1, Quite a bit = 2, extremely = 3. Among the 11 Questions Anxiety (A) — sum items 1 to 6, Depression (D) — sum items 7 to 11. The Scale can also be used to identify anxiety and depression level of varsity women students

Anxiety = Anxiety Score of 10 or more  
Depression = Depression Score of 10 or more.

### **Results and Discussion**

#### **Results on Pre Test Means**

In testing the pre test means among the specific yogic exercises group and control group on criterion variables, the obtained f-ratios are 0.05 (anxiety), 0.19 (depression),. The obtained F-ratios were statistically not significant.

#### **Results on Post Test Means**

In testing the post test means among the specific yogic exercises group and control group on criterion variables, the obtained f-ratios are: 7.56 (anxiety), 9.12 (depression), The obtained F-ratios were statistically significant anxiety and depression.

**Comparing the effects of specific yogic exercises group with control group**

In comparing the effect of specific yogic exercises with the control group on psychological variables of varsity women students , from the obtained f-ratios, it was observed that the students treated with specific yogic exercises were performed better in the development of anxiety(12.89  $P>0.05$ ), depression(15.97  $P>0.05$ ), as compared with the control group.

**Adjusted post test means on the selected variables of control, specific yogic exercises**

VARIABLES	Adjusted Post Test Means	
	CONTROL	*SYEG
Anxiety (points scored)	11.98	10.65
Depression (Points scored)	10.57	9.36

**Newman-Keuls Test on difference between treatment means of selected variables of specific yogic exercise group**

VARIABLES		Means of Test				
		Post	Mid	Pre	r	RCV
Anxiety	Mean	10.55	11.95	12		
	Post		1.4*	1.45*	3	0.875
	Mid			0.05	2	0.725
Depression	Mean	9.45	10.35	10.9		
	Post		0.9*	1.45*	3	0.777
	Mid			0.55	2	0.644

\* Significant at 0.05 level

**Repeated measures of analysis of variance of specific yogic exercises group in selected variables**

	Source	Sum of Squares	df	Mean Square	F-value
Anxiety	Between Tests	27.1	2	13.55	10.52*
	Error	48.9	38	1.0286	
Depression	Between Tests	21.433	2	10.716	10.56*
	Error	38.567	38	1.014	

The obtained mean difference between mid test (sixth week) to post test (twelfth week) were higher than the concerned critical value and found to be significant at 0.05 level in the selected variables such as anxiety ( $1.4 > 0.875$ ), depression ( $0.9 > 0.77$ ). It is inferred from the results of the study that last six weeks of specific yogic exercises programme produced significant changes on the above mentioned variables.

**Discussion on Findings**

The results of the study indicate that the Specific yogic exercises group, significantly improved in their performance as selected dependent variables anxiety, depression, when compared to the control group.

**Anxiety**

**Saeed SA (2010)** analyzed that for anxiety disorders, exercise and yoga have also shown positive effects.

**Polisseni AF (2009)** concluded that the prevalence of depression and anxiety is high in climacterium, being possible to detect risk factors related to their occurrence.

## Depression

**Chen KM (2010)** supported that the effects of a 6-month yoga exercise program improved the sleep quality and decreased depression in transitional frail elders living in assisted living facilities.

**Uebelacker LA (2010)** provided that there are plausible biological, psychological, and behavioral mechanisms by which yoga may have an impact on depression.

The findings of the study are given below:

The combination of specific yogic exercise group shows significant ( $P < 0.05$ ) improvement in the selected psychological variables such as anxiety and depression.

## Conclusion

Regular practice of asanas, pranayama and meditation can help diverse ailments such as diabetes, blood pressure, digestive disorders, arthritis, arteriosclerosis, chronic fatigue, asthma, varicose veins and heart conditions. Laboratory tests have proved that yogasanas increase, abilities of consciously controlling autonomic or involuntary functions, such as temperature, heartbeat and blood pressure. Research into the effects of yogic practices on HIV is currently underway with promising results.

According to medical scientists, yoga therapy is successful because of the balance created in the nervous and endocrine systems which directly influences all the other systems and organs of the body. Yoga acts both as a curative and preventive therapy. The very essence of yoga lies in attaining mental peace, improved concentration powers, a relaxed state of living and harmony in relationships.

## Recommendation

1. It is also recommended that the women at all level can follow this training to make their body fir for their daily routine.
2. A similar study may be conducted for men and women at different age level.

3. A similar study may be conducted for various employee categories can be designed and implemented.
4. An identical study may be undertaken which includes nutritional effects on the selected physiological, psychological and bio chemical variables.

### References

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