

Analytical Study on Psychological & Physiological Factors of Yogic Exercises on Male Students

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Abstract. The purpose of the study was to investigate the effect of selected yogic skills on psychological and physiological factors of school going students. 40 male students ranging from 11 to 16 years of age group were selected for the study. The students were given tests and yogic exercises (12 weeks training). Scoring was done according to description given in the tests manual. The comparison between the calculated mean of pre-test scores and post test score were analyzed by using t-test and the level of significance at 0.05 was set.. Findings revealed that those subjects who had gone under training their concentration memory level improved and anxiety, stress level declined considerably and significantly.

Keywords: Yogic Asanas, Kriyas, Pranayams

1. Introduction

Yoga plays an important role in building mental health. Mental health lays strong foundation for the satisfactoral behavior and higher achievements of an individual in his life. If individual are expected to have a better well-being it is necessary that they themselves should processes a sound mental health. Such as state of mental health can be achieved through the practice of yoga. In other words yoga plays a significant role in enhancing once psychological and physiological health which is conducive for their effective performance in all walks of life. Yoga is an age old practice which keeps body and mind fit.

Asanas

Asanas is that posture in which we feel stability and easiness during the practice is called Asanas. In other way, it can be said that Asana are the posture of body which bring steadiness, stability and lightness of limbs.

Pranayama

Pranayama is the science of breath. It is the control of breath. We have three phase in Pranayama inhalation of the breath (Purak) exhalation of breath (Rechak) and retention of breath (Kumbhak). Pranayama means: Prana is the divine mother energy (Universal creative power). In simple words the Pranayam is the control of inspiration and expiration.

Shatkarma

The integrated system of yogic scheme of purificatory methods followed by some minor simple muscular exercise (SukhamVyama) and postural exercise (Yogasanas) are primarily all-round development of human body.

Anxiety

It is only when the anxiety reaches at its peak and the condition is looked upon abnormal. Anxiety as a universally experienced unpleasant emotional state. Anxiety occurs when there is an appraisal of threat in absences of location the source of threat, so that no clear action tendency is possible. Anxiety views as resulting from incomplete appraisal of the threatening situation.

Stress

Stress is the non-specific response of the body to any demand made upon it. Stress is considered on the person's response to the demands of environment.

Memory

It is step towards understanding the mechanics that underlie certain type of learning.

Concentration

Mind is very easily fickle. The mind is kept fixed and think of it (Called concentration) to find mind calm and peace with powerful memory.

Respiration Rate

No. of breaths as individual takes per minute values. Values vary but an average figure for a healthy resting, recumbent young male breathing air at sea level is 12 breaths per minute.

Lungs vital capacity

Maximum volume of air forcefully expired after inspiration. Values vary from 3.5-01 at rest, the values decreases slightly during exercise.

2. SIGNIFICANCE OF THE STUDY

In present study psychological and physiological factors were investigated. Students have been given twelve weeks of yogic asanas, pranayama and hatha yogic kriyas for two groups in which one group was regular during the course of the study while other group was kept as a controlled group thus this group was not given any type of exercise from the above mentioned category. These groups were pre and post tested on psychological and physiological factors. The effect of particular schedule provided to the groups were investigated.

3. DATA COLLECTION AND PROCEDURE

The subjects of the study were between the age group of 11 to 16 yrs. The subjects of study were selected from various schools of Delhi and adjoining areas of NCT of Delhi. A random sampling device have been used for the selection of the students. A random selection of 40 male students were studying in different classes . Thus two groups were formed randomly 40 students in experimental groups and 40 students in control group and still out of these groups there were few students who were not regular participants in the training. The subjects were tested in two categories psychological and physiological factors, i.,e Anxiety(Renier Marten SCAT),stress(heibrun&pepe,1985) memory (Auditory and Visual), concentration , respiration rate, lungs vital capacity.

4. RESULT AND DISCUSSION

The analysis of data is below mentioned in tables.

TABLE 1: Significance of differences between pre-test and post-test mean scores of experimental group A on psychological and physiological variables after 12 week yogic training.

		Pre-test	Pre-test	Post-test	Post-test	
S.NO.	Variables	Mean	SD	MEAN	SD	't' value
01	Anxiety	20.46	2.72	19.52	2.62	1.95
02	Stress	21.81	4.17	15.54	4.10	2.30**
03	Memory	4.96	0.34	5.54	0.41	2.32**
04	Concentration	6.19	0.20	8.43	0.28	2.18**
05	Respiration Rate	21.37	3.47	19.12	3.83	3.86**
06	Lungs Vital Capacity	2.39	0.56	3.55	1.04	4.32**

**Significant at 5% level

TABLE 2:Significance of differences between pre-test and post-test mean scores of controlled group on psychological and physiological variables after 12 week yogic training.

		Pre-Test	Pre-Test	Post-Test	Post-Test	
S.No.	VARIABLES	MEAN	SD	MEAN	SD	't' VALUE
01	Anxiety	20.92	2.90	21.04	2.81	0.45
02	Stress	21.80	4.04	20.19	4.19	0.62
03	Memory	4.80	4.80	4.64	0.37	0.31
04	Concentration	6.12	6.12	5.86	1.89	0.29
05	Respiration rate	19.72	4.92	20.01	4.67	1.98
06	Lungs-vital capacity	2.33	0.63	2.54	0.62	0.35

***Significant at 5% level*

5. CONCLUSION

While justifying psycho-physical unity of an individual the findings have been justified the investigation on psychological and physiological variables. In this study Yogic exercise group have been termed as better and improved group on psychological and physiological factor. This is an essential guidelines that due importance be given to yogic exercises in all the situation of sports. Yogic exercise schedule be formed including all the essential yogic exercises so that due importance be given to development of psychological and physiological well-being of individual. The impact of yogic exercises and its training is not only visible during normal activities but find valuable contribution during competition too.

6. REFERENCES

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