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“EFFECT OF YOGIC EXERCISES ON ANXIETY AMONG COLLEGE BOYS”

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EFFECT OF YOGIC EXERCISES ON ANXIETY AMONG COLLEGE BOYS

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ABSTRACT

The purpose of the study was to find out the effect of yogic exercises on anxiety among college boys. To achieve the purpose of the present study, thirty college boys from Sourashtra College, Madurai, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group and Group II acted as Control Group. Experimental Group was exposed to yogic exercises and Control Group underwent no training. The duration of experimental period was 12 weeks. After the experimental treatment, all the thirty subjects were tested on anxiety. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using dependant 't' test. In all cases 0.05 level of significance was fixed to test hypotheses. The yogic exercises group had shown significant decrease on anxiety among college boys after undergoing yogic exercises group for a period of twelve weeks.

Keywords: Yogic Exercises, Anxiety, College boys.

INTRODUCTION

Yoga has been practised in India for over two millennia. Stories and legends from ancient times testify to the existence of yoga, and to the practitioners and divinities associated with it. Indian literature is a storehouse of knowledge about yoga covering every conceivable level. Roughly in chronological order are the vocals (books of Scriptural knowledge), the Upanishada (philosophical cosmologies), and their commentaries; then the Puranas (ancient cosmologies), and the two epics, the Ramayana and the Mahabharatha. The Mahabharatha contains within itself that masterpiece of Indian scripture the Bhagavad Gita. Towards the end of Vedic period comes the aphoristic literature, with the "Yoga Aphorisms" of Patanjali of special interest to yoga students. These are, besides, whole bodies of works both ancient (Pre-Christian) and more modern dealing with various aspects of yoga and yoga philosophy, testifying to the continued relevance of yoga as a discipline. Yoga has a hoary past. The importance for the spiritual attainment has been recognized throughout the ages by all the systems of Indian philosophy. There is no doubt that the essence of yoga has been considered in the spiritual upliftment of man. One may question as to how then yoga is related to the physical education and whether yoga will not be pulled down from its highest pedestal in doing this. It is necessary, therefore, to clear the concepts of yoga and physical education first. In other systems of physical exercises, the internal organs of the body mostly do not get proper exercise, while yogasana gives sufficient exercise to the internal organs of the body. Yogasanas have a greater impact on the mind and the senses than the other physical exercises with the result that yogasanas help to develop one's physical and mental powers to calm the mind and control the senses. Yogasanas make possible not only physical and mental development but also intellectual and spiritual development. Asanas require the least possible use of physical energy. Yogasanas are called a 'non-violent activity' (Andre, 1987).

METHODOLOGY

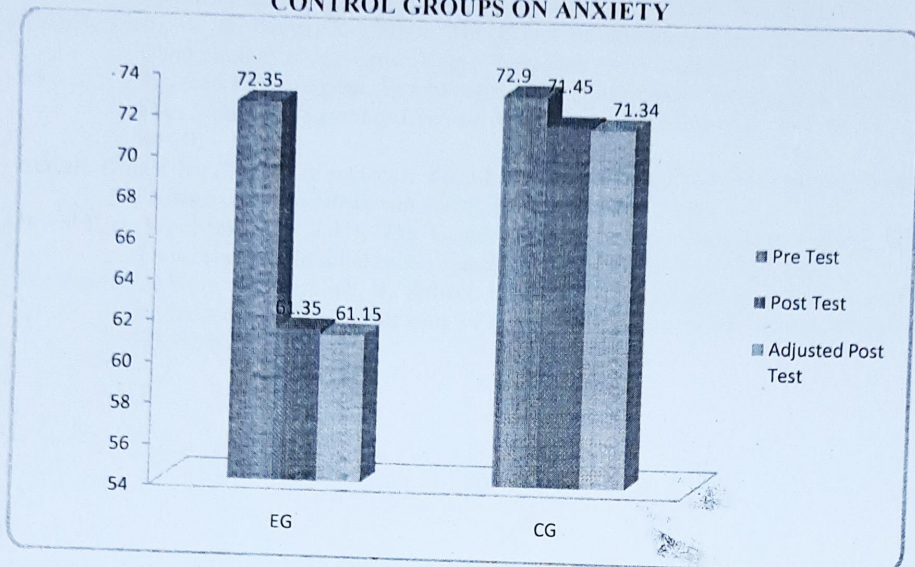
The purpose of the study was to find out the effect of yogic exercises on anxiety among college boys. To achieve the purpose of the present study, thirty college boys from Sourashtra College, Madurai, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group and Group II acted as Control Group. Experimental Group was exposed to yogic exercises and Control Group underwent no training. The duration of experimental period was 12 weeks. After the experimental treatment, all the thirty subjects were tested on anxiety. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using dependant 't' test. In all cases 0.05 level of significance was fixed to test hypotheses.

RESULTS**TABLE - I****COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF YOGIC PRACTICES AND CONTROL GROUPS ON ANXIETY**

	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	72.35	72.90	BG	4.90	1	4.90	0.25
			WG	736.70	38	19.38	
Post-Test Means	61.35	71.45	BG	1690.00	1	1690.00	67.63*
			WG	949.50	38	24.98	
Adjusted Post-Test Means	61.15	71.34	BG	1626.48	1	1626.48	67.86*
			WG	886.75	37	23.96	

An examination of table - I indicated that the pretest means of yogic practices and control groups were 72.35 and 72.90 respectively. The obtained F-ratio for the pre-test was 0.25 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. The post-test means of the yogic practices and control groups were 61.35 and 71.45 respectively. The obtained F-ratio for the post-test was 67.63 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 38. The adjusted post-test means of the yogic practices and control groups were 61.15 and 71.34 respectively. The obtained F-ratio for the adjusted post-test means was 67.86 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37.

FIGURE - I
PRE AND POST TEST DIFFERENCES OF THE YOGIC PRACTICES AND CONTROL GROUPS ON ANXIETY



CONCLUSION

The yogic exercises group had shown significant decrease on anxiety among college boys after undergoing yogic exercises group for a period of twelve weeks.

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