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## Effect Of Yogic Exercises On Psychological Variables Among College Girls

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### ABSTRACT

*The purpose of the study was to find out the effect of yogic exercises on selected psychological variables among college girls. To achieve the purpose of the present study, thirty college girls 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 their selected psychological variables. 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 improvement in all the selected psychological variables among college girls after undergoing yogic exercises group for a period of twelve weeks.*

**Keywords:** Yogic Exercises, Stress, Aggression, College Girls.

### INTRODUCTION

Yoga offers essential psychological benefits to the practitioners. Yoga exerts its effects on both the body and the mind. It affects the tissues locally and centrally. Asanas work by flexion and extending the tissues locally so as to stimulate nerves, blood, lymph, endocrine organs and neuro plexes. Local compression of various structures affects the whole body. Pranayama and meditation on the other hand, appear to work centrally and the effects spread to the periphery. It is well known that yoga is a powerful method to induce relaxation and is therefore, is one of the best antidotes to stress. It is more than likely that it does this via its neuroendocrine effects. There are many studies which point to yoga's capacity to influence the brain, to increase alpha wave activity in the frontal lobes indicating relaxation of the thinking processes, to increase theta wave activity, which seems to indicate enhancing creativity, imagery and insight, and to generally synchronise, harmonise and integrate brain functioning (Eugene, 1997).

### METHODOLOGY

The purpose of the study was to find out the effect of yogic exercises on selected psychological variables among college girls. To achieve the purpose of the present study, thirty college girls 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 their selected psychological variables. 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 STRESS

	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	49.66	50.12	BG	6.40	1	6.40	0.78
			WG	309.20	38	8.13	
Post-Test Means	39.74	50.10	BG	1155.62	1	1155.62	135.47*
			WG	324.15	38	8.53	
Adjusted Post-Test Means	39.72	50.06	BG	1150.08	1	1150.08	132.69*
			WG	320.69	37	8.66	

An examination of table - I indicated that the pretest means of yogic practices and control groups were 49.66 and 50.12 respectively. The obtained F-ratio for the pre-test was 0.78 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 39.74 and 50.10 respectively. The obtained F-ratio for the post-test was 135.47 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 39.72 and 50.06 respectively. The obtained F-ratio for the adjusted post-test means was 132.69 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 STRESS

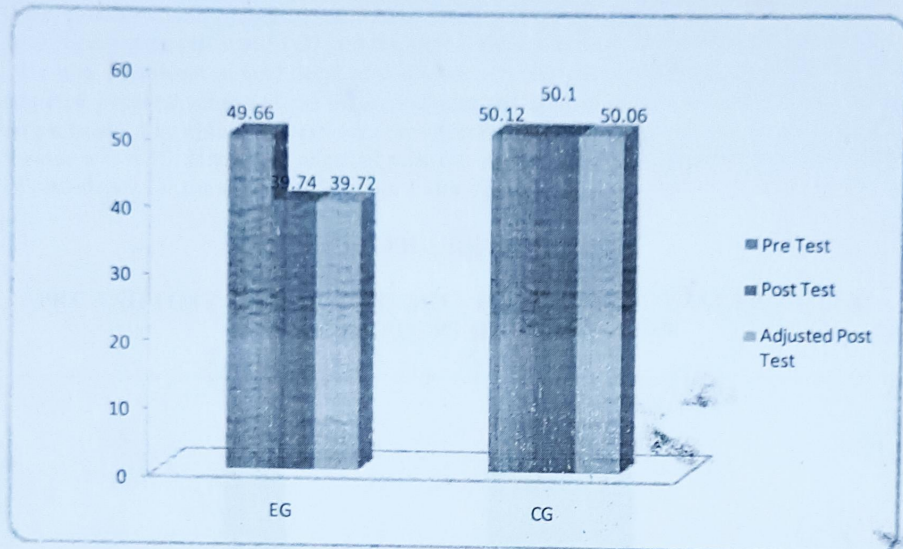


TABLE - II

COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF YOGIC PRACTICES AND CONTROL GROUPS ON AGGRESSION

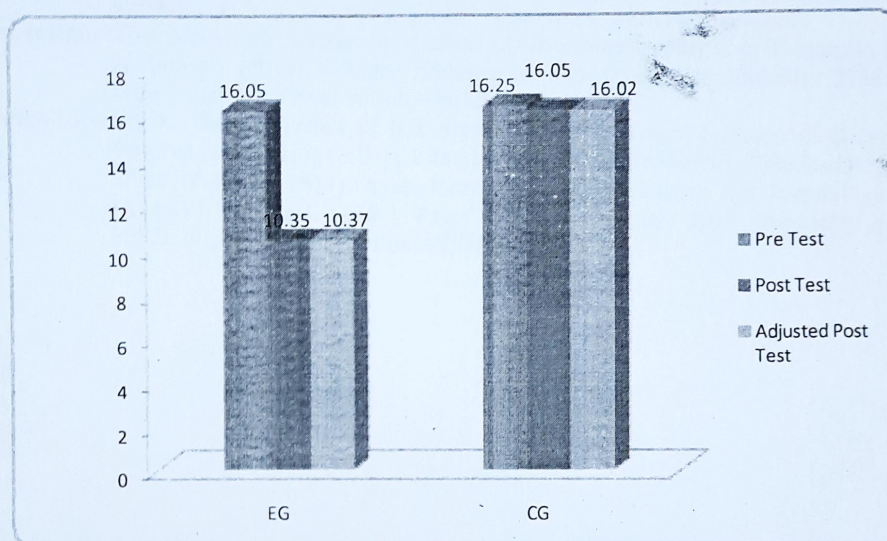
	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	16.05	16.25	BG	0.40	1	0.40	0.10
			WG	140.70	38	3.70	
Post-Test Means	10.35	16.05	BG	324.90	1	324.90	61.27*
			WG	201.50	38	5.30	
Adjusted Post-Test Means	10.37	16.02	BG	317.32	1	317.32	62.01*
			WG	189.31	37	5.11	



An examination of table - II indicated that the pretest means of yogic practices and control groups were 16.05 and 16.25 respectively. The obtained F-ratio for the pre-test was 0.10 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 10.35 and 16.05 respectively. The obtained F-ratio for the post-test was 61.27 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 10.37 and 16.02 respectively. The obtained F-ratio for the adjusted post-test means was 62.01 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 - II

PRE AND POST TEST DIFFERENCES OF THE YOGIC PRACTICES AND CONTROL GROUPS ON AGGRESSION



CONCLUSION

The yogic exercises group had shown significant improvement in all the selected psychological variables among college girls after undergoing yogic exercises group for a period of twelve weeks.

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