Indo American Journal of Multidisciplinary Research and Review (IAJMRR)
ISSN: 2581 - 6292 / Impact Factor: 6.885 / Website: www.iajmrr.com

IMPACT OF ASANAS ON SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE MEN STUDENTS

T. Mayilvalavan* & Dr. M. Velmurugan**

* Research Scholar, Department of Physical Education, Annamalai University, Chidambaram, Tamilnadu

** Assistant Professor, Department of Physical Education, Annamalai University, Chidambaram, Tamilnadu

Cite This Article: T. Mayilvalavan & Dr. M. Velmurugan, "Impact of Asanas on Selected Psychological Variables Among College Men Students", Indo American Journal of Multidisciplinary Research and Review, Volume 6, Issue 2, Page Number 179-181, 2022.

Abstract:

The purpose of the study was designed to examine the effect of asanas on aggression and stress among college men students. For the study, thirty college men students from MRK College of Arts and Science, Kattumannarkoil, Cuddalore District, Tamil Nadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of fifteen subjects. Group 1 underwent asanas for three days per week for twelve weeks. Group 2 acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables, namely aggression and stress were selected as criterion variables.

All the subjects of two groups were tested on selected dependent variables, namely aggression and stress by using Smith's Aggression Test Questionnaire and Everly and Giordano Stress prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered appropriate. The results of the study showed that there was a significant difference between asanas group and control group on aggression and stress. And also, it was found that there was a significant improvement on selected criterion variables such as aggression and stress due to asanas.

Key Words: Asanas, Aggression, Stress, College Men Students

Introduction:

Asanas, commonly known as yoga poses, are physical postures practiced in the ancient tradition of yoga. The term "asana" is derived from the Sanskrit word meaning "seat" or "pose." In the practice of yoga, these postures are designed to promote physical, mental, and spiritual well-being. Asanas play a significant role in traditional yoga, which aims to integrate the mind, body, and spirit. Each pose is carefully crafted to enhance flexibility, strength, balance, and concentration. The practice of yoga asanas goes beyond the physical benefits, as it encourages practitioners to cultivate mindfulness and a sense of inner calm.

The history of yoga dates back thousands of years, with asanas being one of the fundamental components of this ancient discipline. Over time, various styles of yoga have emerged, each emphasizing different aspects of the practice, but all incorporating a range of asanas to achieve holistic health and self-awareness. Practicing yoga regularly can lead to improved posture, increased energy levels, and reduced stress. Asanas are often combined with breath control (pranayama) and meditation to create a comprehensive approach to well-being. Asanas are often linked with deep, controlled breathing, promoting relaxation, and reducing the physiological and psychological effects of stress.

The physical movements in asanas help release tension from the muscles, providing a sense of physical relief that can translate into mental relaxation. Regular practice of asanas triggers the relaxation response, leading to a decrease in the production of stress hormones.

Methodology:

The purpose of the study was designed to examine the effect of asanas on aggression and stress among college men students. For the study, thirty college men students from MRK College of Arts and Science, Kattumannarkoil, Cuddalore District, Tamil Nadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of fifteen subjects. Group 1 underwent asanas for three days per week for twelve weeks. Group 2 acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables, namely aggression and stress were selected as criterion variables.

All the subjects of two groups were tested on selected dependent variables, namely aggression and stress by using Smith's Aggression Test Questionnaire and Everly and Giordano Stress Scale prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered appropriate.

Analysis of the Data:

Aggression:

The analysis of covariance on aggression of the pre and post test scores of asanas group and control group have been analyzed and presented in table 1.

Table 1: Analysis of Covariance of the Data on Aggression of Pre and Post Tests Scores of Asanas and Control Groups

Test	Asanas Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	14.07	13.87	Between	0.30	1	0.30	0.31
S.D.	0.93	0.81	Within	26.67	28	0.95	
Post Test							
Mean	12.13	13.40	Between	12.03	1	12.03	10.10*
S.D.	0.96	0.88	Within	33.37	28	1.19	
Adjusted Post Test							
Mean	12.07	13.46	Between	14.21	1	14.21	31.63*
			Within	12.13	27	0.45	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

Table 1 shows that the adjusted post-test means of asanas group and control group are 12.07 and 13.46 respectively. The obtained "F" ratio of 31.63 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on aggression.

The results of the study indicated that there was a significant difference between the adjusted post-test means of asanas group and control group on aggression.

Stress:

The analysis of covariance on stress of the pre and post test scores of asanas group and control group have been analyzed and presented in table 2.

Table 2: Analysis of Covariance of the Data on Stress of Pre and Post Tests Scores of Asanas and Control Groups

Test	Asanas Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	21.73	21.93	Between	0.30	1	0.30	0.19
S.D.	0.93	0.68	Within	43.87	28	1.57	
Post Test							
Mean	17.93	20.47	Between	48.13	1	48.13	20.80*
S.D.	1.44	0.81	Within	64.80	28	2.31	
Adjusted Post Test							
Mean	17.97	20.43	Between	45.39	1	45.39	101.54*
			Within	12.07	27	0.45	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

Table 2 shows that the adjusted post-test means of asanas group and control group are 17.97 and 20.43 respectively. The obtained "F" ratio of 101.54 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on stress.

The results of the study indicated that there was a significant difference between the adjusted post-test means of asanas group and control group on stress.

Conclusions:

- There was a significant difference between asanas group and control group on aggression and stress.
- And also it was found that there was a significant reduction on selected criterion variables such as aggression and stress due to asanas.

References:

1. Kamei, T., Toriumi, Y., Kimura, H., Kumano, H., & Ohno, S. (2000). Decrease in serum cortisol during yoga exercise is correlated with alpha wave activation. Perceptual and Motor Skills, 90(3f), 1027-1032.
2. Khalsa, S. B., Hickey-Schultz, L., Cohen, D., Steiner, N., & Cope, S. (2012). Evaluation of the mental health benefits of yoga in a secondary school: A preliminary randomized controlled trial. The Journal of Behavioral Health Services & Research, 39(1), 80-90.
3. Schell, F. J., Allolio, B., & Schonecke, O. W. (1994). Physiological and psychological effects of Hatha-yoga exercise in healthy women. International Journal of Psychosomatics, 41(1-4), 46-52.

4. Streeter, C. C., Whitfield, T. H., Owen, L., Rein, T., Karri, S. K., Yakhkind, A & Jensen, J. E. (2010). Effects of yoga versus walking on mood, anxiety, and brain GABA levels: a randomized controlled MRS study. Journal of Alternative and Complementary Medicine, 16(11), 1145-1152.
5. Waelde, L. C., Thompson, L., & Gallagher-Thompson, D. (2004). A pilot study of a yoga and meditation intervention for dementia caregiver stress. Journal of Clinical Psychology, 60(6), 677-687.
6. M. Suresh Kumar & A. Dinesh Kumar, "Effect of Mental Training on Self Confidence among Professional College Students", International Journal of Recent Research and Applied Studies, Volume 4, Issue 12, Page Number 51-53, 2017.
7. M. Suresh Kumar & A. Dinesh Kumar, "A Statistical Approach towards the Effect of Yoga on Total Cholesterol of Overweight Professional College Students", International Journal of Recent Research and Applied Studies, Volume 4, Issue 2, Page Number 126-128, 2017.