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## Effect of Yogasanas and Suryanamaskar on selected psychological variables among college level male student

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### Abstract

The purpose of the study was to investigate the effects of yogasanas and suryanamaskar on selected psychological variables among College level male student. For this research (N=90) male student were selected from Agriculture University, Coimbatore in Tamil Nadu, India. The age group of the girls ranged from 17 to 25 years. To achieve the purpose of this study, the subjects were divided into three equal groups of 30 subjects each. Group I underwent yogasana, group II underwent suryanamaskar and group III acted as a control group. The duration of the experimental period for yogasana and suryanamaskar group was restricted to eight weeks and the number of session per week confined to six days. It was concluded that there was significant reduction in anxiety and study skill due to yogasanas and suryanamaskar as compared to control group. It was concluded that there was significant improvement in study skills due to yogasanas and suryanamaskar as compared to control group. On the basis of the findings and conclusions of the present study, the following recommendations were made. Similar study may be conducted for various other age groups.

**Keywords:** yogasanas, suryanamaskar, anxiety, study skill, etc.

### 1. Introduction

Yoga has been practiced 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. India literature is a storehouse of knowledge about yoga covering every conceivable level. Roughly in chronological order are the vocals (books of scriptural knowledge), the Upanis'nada (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 master piece of Indian scripture the Bagawad Gita. Towards the end of Vedic period comes the aphoristic literature, with the "yoga Aphorisms" of Patanjali of special interest to yoga students. Besides, whole bodies of works both ancient (Pre-Christian) and more modem with various aspects of yoga and yoga philosophy, testifying to the continued relevance of yoga as a discipline.

Yogasana and Suryanamaskara practices is very important those are school goings children's mainly in girls, with this practices they can reduce the their anxiety level and can increases their studying skills too. The purpose of the study was to investigate the effects of yogasanas and suryanamaskar on selected psychological variables among school girls.

### 2. Hypothesis

1. It was hypothesized that there would be significant differences due to yogasanas and suryanamaskar on selected psychological variables among college level male students than the control group.
2. It was hypothesized that there would be significant differences due to yogasanas on selected psychological variables college level male students of yogasana group than the suryanamaskar group.

### 3. Selection of Subjects

To achieve the purpose of the study, (N=90) college level male students were selected from Agriculture University, Coimbatore in Tamil Nadu, India.

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**4. Selection of the Variables**

The following variables were selected for this study.

1. Independent Variables: Yogasanas and Suryanamaskar
2. Dependent Variables: Anxiety and Study skills

**5. Results on Anxiety**

**Table 1:** Computation of Analysis of Covariance of Psychological Variables

Variables		YG	SNG	CG	SV	SS	df	MS	F
Anxiety	Pre test	53.23	52.43	52.87	B	9.62	2	4.811	0.20
					W	2056.20	87	23.63	
	Post test	50.16	49.67	52.63	B	151.36	2	75.68	3.51*
					W	1873.80	87	21.54	
	Adjusted	49.82	50.03	52.61	B	145.08	2	72.54	26.96*
					W	231.381	86	2.69	
Study skills	Pre test	29.76	30.70	29.33	B	29.27	2	14.633	0.93
					W	1366.33	87	15.70	
	Post test	33.36	34.07	29.90	B	298.69	2	149.34	9.01*
					W	1441.53	87	16.57	
	Adjusted	33.50	33.45	30.38	B	189.80	2	94.90	14.31*
					W	570.117	86	6.63	

Table F ratio at 0.05 level of confidence for 2<sup>nd</sup> and 87 (df) = 3.1

As shown in table 1 obtained F value on the scores pretest means 0.20 and 0.93 that random assignment of the subject were successful and their scores in anxiety and Study skills. The analysis of posttest means proud that the obtained F value 3.51, 9.01 was greater than the required value of 3.1 to be significant at 0.05 level taking in to consideration of the pretest means adjusted posttest means were done and the obtained F value 26.96 and 14.31 was greater than the required value of 3.1 and hence it was accepted that the yogasana and suryanamaskar practices significantly dicers the anxiety and study skills. Since significance differences were recorded, the results were subjected to post hoc analysis using scheffe’s confidence interval test. The results were presented in table 2.

**Table 2:** Scheffe’s confidence interval test scores on psychological variables.

Variables	M			MD	RCI
	YG	SNG	CG		
Anxiety	52.61	49.82	-	2.79	1.05
	52.61	-	50.03	2.58	1.05
	-	49.82	50.03	-0.21	1.05
Study skills	30.38	33.50	-	-3.12	1.66
	30.38	-	33.45	-3.08	1.66
	-	33.50	33.45	0.05	1.66

\*Significance at .05 level of confidence

From the table 2, it was proved that there was significant differences between yogasana and suryanamaskar it was also interred that there was significant difference between yogasana and control group.

**6. Discussion on the Findings**

**1. Anxiety**

Anxiety was measured through standard anxiety questionnaire the result presented in table showed significances differences in the adjusted means, as they obtained F value was greater than the required value the post hoc analysis of obtained adjusted means proved that there was significances differences existed between control group and suryanamaskar group. It was also proved that there was significance

difference between yogasana and suryanamaskar group control groups.

**2. Study Skills**

Study skills was measured study skills scale test result presented in table showed significances differences in the adjusted means, as they obtained F value was greater than the required F value the post hoc analysis of obtained adjusted means proved that there was significances differences existed between control group and yogasana group. It was also proved that there was significance difference between yogasana group and suryanamaskar group and control group.

**7. Discussion on Hypothesis**

For the purpose of the study the investigator formulated hypothesis number one stating that ‘It was hypothesized that that would be a significant deferens on selected in psychological variables among college level male student due to yogasanas and suryanamaskar.

The result presented in tables 1 proved that there were significant differences among the yogasana group and suryanamaskar group and control group on the selected criterion variables such as anxiety and study skills the results proved that yogasana and suryanamaskar practices has significantly improved than the control group The result proved that yogasana group and suryanamaskar groups control groups significantly different.

It was hypothesized that there was significant difference among yogasanas groups, suryanamaskar group and control group would be the dependant variables would be improvement due to yogasanas and suryanamaskar and the same were improved at 0.05 level of significant also.

**8. Conclusion**

Within limitations and delimitations of this study it was concluded that there was significant reduction in anxiety and improvement study skill due to yogasana and suryanamaskar comparing to control group

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