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Mahesh Yadav
Asst. Professor,
Mahatma Gandhi P.G. College,
Gorakhpur (U.P), India.

Dr. Sanjit Sardar
Associate Professor,
Gurughasi Das Vishvavidyalaya,
Bilaspur (C.G), India.

Comparative effect of yoga asana and yoga Nidra on the anxiety level of inter collegiate level football players

Mahesh Yadav, Dr. Sanjit Sardar

Abstract

It has been told repeatedly that yoga helps to reduce anxiety and Yoga Asanas are great way to do so. Too many papers in Past have been presented on the benefits of yoga posture. So what's unique about this research paper? This study has two fold objectives: - (i) Intends to equip students with best tools to deal with anxiety and (ii) To verify the claims made by yogis in past scientifically in the light of fact that world today is not same as that in 1400 or 1500 AD. Hundred football players (18-24 years) from different colleges of D.D.U Gorakhpur University, Gorakhpur whose anxiety levels scores were assessed based on EdFenn Beck Anxiety Self Rating Scale, were randomized into two groups. These students fully participated in all training sessions during two weeks of the training schedule. During this practice they did not take any other treatment. All participants were randomized into two groups. Group-I- Yoga Asanas, Group-II –Yoga Nidra. The Anxiety levels of all these students were assessed before starting the program and after the completion of two weeks training procedure. Results- The calculated value of t is 0.633 which is less than the tabulated value of t which is 1.984 at 0.05 level of significance ($p < 0.05$), therefore there is no significant difference existing between the yoga asana group and yoga Nidra group at the initial stage, before the training was applied to both the groups. The calculated value of t is 3.00 which is higher than the tabulated value of t which is 1.984 at 0.05 level of significance ($p > 0.05$), therefore there exist a significant difference in the anxiety level between the yoga asana group and yoga Nidra group at the later stage at the end of the training. Hence it can be said that the yoga Nidra training helped in remarkable improvement in lowering the anxiety level of the Yoga Nidra group in comparison to the yoga asana group. Conclusion- The students showing minimal to moderate anxiety symptoms have shown significant decrease in their anxiety scores after two weeks 'Yoga Nidra' session. Even in most cases their anxiety level is reduced. But in case of students with severe anxiety symptoms there is very little improvement qualitatively whereas quantitatively there is greater reduction in anxiety scores. Also this research indicates that Yoga Nidra is an effective tool for dealing with psychological problems like anxiety.

Keywords: anxiety, yoga nidra, EdFenn Beck Anxiety Self Rating Scale.

Introduction

Anxiety is a normal emotional response to the challenging & threatening situations which lead us to emotional and Physical pressure. Today in our fast paced world, it nearly impossible to live without anxiety, whether you are a Student or working professional. According to the American Psychological Association anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.

A certain amount of anxiety is necessary and useful part of studying. It assists student to work harder & be Focused on their studies. However if students are too much stressed they can't study effectively. It is important to distinguish between anxiety that assists you to study and anxiety that prevent you from studying effectively. We believe yoga is India's greatest gift to the world. We also respect the hard-work of all the past yogis. It has been told repeatedly that yoga helps to reduce anxiety and Yoga Asanas are great way to do so. But times have changed a lot now from the date since yogic techniques were invented. Even the levels of pollution today is much, much greater than that of 50 years ago then how can we be sure of the effect of a technique created centuries ago. So a research is needed to verify the effect of yogic techniques & their ability to handle anxiety.

Correspondence
Mahesh Yadav
Asst. Professor,
Mahatma Gandhi P.G. College,
Gorakhpur (U.P), India.

Objectives

It has been told repeatedly that yoga helps to reduce anxiety and Yoga Asanas are great way to do so. Too many papers in Past have been presented on the benefits of yoga posture. So what’s unique about this research paper?

This research paper has two fold objectives: -

- (i) Intends to equip students with best tools to deal with anxiety and
- (ii) To verify the claims made by yogis in past scientifically in the light of fact that world today is not same as that in 1400 or 1500 AD.

Results

Paired Samples Test

	Mean	Std. Deviation	Std. error mean	95% confidence of difference Lower	95% confidence of difference Lower	t	df
(pair – 1) Pre-post (yoga asana)	2.18000	1.50767	.21322	1.75153	2.60847	10.224	49
Pair-2 Pre-post Yoga nidra	9.92000	3.56193	.50373	8.90771	10.93229	19.693	49

The calculated value of t at 0.05 level of significance with 49 degree of freedom is 10.224 for Yoga group & d 19.693 for Yoga Nidra group which is higher than the tabulated value of t (2.021) ($p>0.05$). The table above depicts that there is significant difference existing in the anxiety level of the Yoga asana group (pre and post) and the Yoga Nidra group (pre and post). The t ratio shows higher value in Yoga Nidra group in comparison to the Yoga group.

Independent Group Statistics (PRE TRAINING)

Group	N	Mean	S.D	Std. error mean	t
Yoga pre	50	29.0600	16.50159	2.33368	.663
Yoga nidra Pre	50	26.9800	16.37256	2.31543	

The calculated value of t is 0.633 which is less than the tabulated value of t which is 1.984 at 0.05 level of Significance ($p<0.05$), therefore there is no significant difference existing between the yoga group and yoga Nidra group at the initial stage, before the training was applied to both the groups

Independent Group Statistics (POST TRAINING)

Group	N	Mean	S.D	Std. error mean	t
Yoga post	50	26.8800	17.50993	2.47628	3.000
Yoga nidra Post	50	17.0600	15.13532	2.14046	

The calculated value of t is 3.00 which is higher than the tabulated value of t which is 1.984 at 0.05 level of significance ($p>0.05$), therefore there exist a significant difference in the anxiety level between the yoga asana group and yoga Nidra group at the later stage at the end of the training. Hence it can be said that the yoga Nidra training helped in remarkable improvement in lowering the anxiety level of the Yoga Nidra group in compared to the yoga asana group.

Yoga Nidra

Yoga Nidra is an effective technique, for physical or mental relaxation. Qualitatively Yoga Nidra is different from relaxation. It is a ‘sleep’ where all our burdens are removed in order to attain a more blissful state of awareness. Difference between Yoga Nidra and an ordinary sleep lies in

Method & Design

Study participants

Hundred football players (18-24 years) from *different colleges of D.D.U Gorakhpur University, Gorakhpur*, whose anxiety levels scores were assessed based on Ed Fenn Beck Anxiety Self Rating Scale, were randomized into two groups. These students fully participated in all training sessions during two weeks of the training schedule. During this practice they did not take any other treatment. All participants were randomized into two groups (i) Group-I- Yoga Asanas (ii) Group-II – Yoga Nidra. The Anxiety levels of all these students were assessed before starting the program and after the completion of two weeks training procedure.

intensity of a relaxation which is much more intense in Yoga Nidra than in ordinary sleep. Aim of Yoga Nidra is to focus the mind to achieve relaxation and increase Wellness. We used the Yoga Nidra technique, as mentioned in book Yoga Nidra by Swami Satyananda Saraswati. The finalyoga classes conducted for 35 min per day, seven days a week for last two weeks.

- Complete relaxation
- Spinal breath
- Chakras awareness
- Yoga nidra

Yoga Asanas

A list of yoga Asanas

- Surya namaskar
- Paschimotanasana
- Dhanurasana
- Bhujangasana
- Ardhchakrasana
- Tadasana

1. Most of the players have shown severe anxiety symptoms.
2. Most players claim that they know about yoga but hardly anyone has ever taken any training under Expert’s guidance.
3. Most players think of yoga asanas as mere physical activity.
4. Yoga Asanas alone are not much a help to person dealing with anxiety.
5. Yoga Nidra is much better option to deal with anxiety rather than relying solely on yoga asanas.
6. 35 min. daily session of Yoga Nidra for 15 days helps the students to get relaxed and it reduces their Anxiety levels significantly.

Conclusion

The players showing minimal to moderate anxiety symptoms have shown significant decrease in their anxiety scores after two weeks ‘Yoga Nidra’ session. Even in most cases their anxiety level is reduced. But in case of players with severe anxiety symptoms there is very little improvement qualitatively whereas quantitatively there is greater reduction in anxiety scores. However, the small sample size is considered as limitation of this study. Alsothis research

indicates that Yoga Nidra is an effective tool for dealing with psychological problems like anxiety.

Discussion

This research clearly indicates two things:-

i. The disturbing situation of our current education system and an urgent need to make some reforms in our current education system.

a. What reforms should we take in our education system to make it more students friendly?

ii. We believe yoga is India's greatest gift to the world. We also respect the hard-work of all the past yogis.

But times have changed a lot now. Even the levels of pollution today is much, much greater than 50 years ago then how can we be sure of the effect of a technique created centuries ago. So we need to study yoga from an unbiased medical perspective.

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