



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2016; 3(4): 71-73  
© 2016 IJPESH  
www.kheljournal.com  
Received: 17-05-2016  
Accepted: 18-06-2016

#### G Nithya

Ph.D Research Scholar,  
Department of Physical  
Education, Bharathiar  
University, Coimbatore-046,  
Tamil Nadu, India.

#### Dr. P Anbalagan

Associate Professor,  
Department of Physical  
Education, Bharathiar  
University, Coimbatore-046,  
Tamil Nadu, India.

#### Correspondence

#### G Nithya

Ph.D Research Scholar &  
Department of Physical  
Education, Bharathiar  
University, Coimbatore-046,  
Tamil Nadu, India.

# International Journal of Physical Education, Sports and Health

## Effects of yoga Nithra on various anger dimensions during menstrual cycle among college women players

G Nithya and Dr. P Anbalagan

#### Abstract

The purpose of the study is to find out the effect of Yoga Nithra on various anger dimensions during menstrual cycle among women players. The study is conducted among 60 randomly selected women player's from the Bharathiar University, Coimbatore. Their age ranged from 20 to 30 years. They were divided into two equal groups named as control group and Yoga Nithra group and the selected variables are State anger, Trait Anger, Anger Temperament, Anger Reaction, Anger-In, Anger-Out, Anger Control, Anger Expression were measured by standardized tool. The pre-test is conducted for both the groups. Then the Yoga Nithra group was given a training programme on Yoga Nithra for 12 weeks as 3 day in a week. After the training programme the subjects were again tested for the same criterion and assigned as post-test variables. The subject was analyzed statistically using one way repeated measure ANOVA and the subject design involves observations on overtime and under experimental conditions at regular intervals. The mean difference was analyzed using scheffe's post hoc test.

**Keywords:** yoga, anger dimensions, yoga Nithra

#### 1. Introduction

Women are the mother of the race and are the liaison between generations. Indian culture attaches much importance to this section of the society; therefore, India has been symbolized as Mother India, keeping in view the exemplary qualities of women. "To awaken the people, it is the women who must be awakened. Once she is on the move the family moves, the village moves, the nation moves. – Jawaharlal Nehru

Yoga deals with the body and mind. Yoga is being practiced since the beginning of civilization. Yoga can be learnt and practiced by all irrespective of country, age, gender or class (Rinyi and Loyrt, 2008) [1]. Emotions plays vital role in human life. One of the negative emotions is anger. Anger is the most primitive emotion, expressed by people of all ages and occurs regularly in the life of every person. Anger is one of the most common emotions in stressful inter-personal situations. It is a strong emotion excited by a real or fancied injury and involving a desire for retaliation. The diverse functions of anger suggest that anger should never be suppressed or expressed, but managed in a constructive manner. Suppressed anger may prove harmful if conflicts remain unresolved and chronic tension abounds. Similarly, expressed anger can prove harmful if done in a way that intensifies conflict and stress, leaves the individuals guilty and threatens the interpersonal relationship (Feindler, 1989) [2]. The various dimensions of the angers are State anger, Trait Anger, Anger Temperament, Anger Reaction, Anger-In, Anger-Out, Anger Control and Anger Expression.

Yoga Nithra is a state of conscious deep sleep. During the practice of Yoga-Nithra, one appears to be sleep, but the consciousness is functioning at the deeper level of awareness. It is sleep with a trace of deep awareness. It is state of mind in between wakefulness and dream. Yoga-Nithra enables the person to be conscious in this state and nurture the seed of great will power, inspire the higher self, and enjoy the vitality of life (Dr. Swami Shankardev Saraswati). Menstruation is the periodic cycle of certain female mammals including humans. During menstruation cycle there is a discharge of blood and mucosal tissue through the vagina from the interlining of the uterus. Menstruation begins with the menarche before sexual maturity and stops at menopause represent the female reproductive life. The periodicity of the menstruation is commonly known as euphemisms.

**2. Methodology**

The purpose of the study is to find out the effect of Yoga Nithra on various anger dimensions during menstrual cycle among women players. To achieve the purpose of the study, 60 women players were randomly selected from the Bharathiar University, Coimbatore. Their age groups are ranged from 20 to 30 years. They were divided into two equal groups. The groups are named as Control group and Yoga Nithra group. The selected subjects were initially tested on criterion variables and considered as pre-test. After assessing the pre-test, the subjects belonging to experimental group were treated Yoga Nithra with their respective training programme for 3 days in a week for the duration of 8 weeks. After 8 weeks of their training programme the subjects were tested again on the same criterion variables as such in the pre-test and considered as post-test.

**2.1 Selection of Variables**

The state anger variable is studied using the questionnaire of STAXI, Spilberge test item using the four point scale.

**2.2 Statistical Analysis of Data**

The subject mainly focused on one way repeated measures ANOVA and the subject design involves repeated measures on the same participants multiple observation overtime or under different experimental conditions. The one way repeated measures analysis of variance is used when more than two measures are taken if three or more test is conducted. The mean difference was analyzed by scheffe’s post hoc test.

**Table I:** One Way Repeated Analysis Of Variance of Pre, Mid and Post Test on Anger Dimension of Yoga Nithra Group

S No	Variables	SS	df	MS	‘F’ ratio
1	State Anger	33.87	2/58	16.93	22.25*
2	Trait Anger	79.29	2/58	39.64	22.83*
3	Anger Temperament	26.87	2/58	13.43	56.46*
4	Anger Reaction	81.76	2/58	40.88	82.007*
5	Anger Expression	178.82	2/58	89.41	101.33*

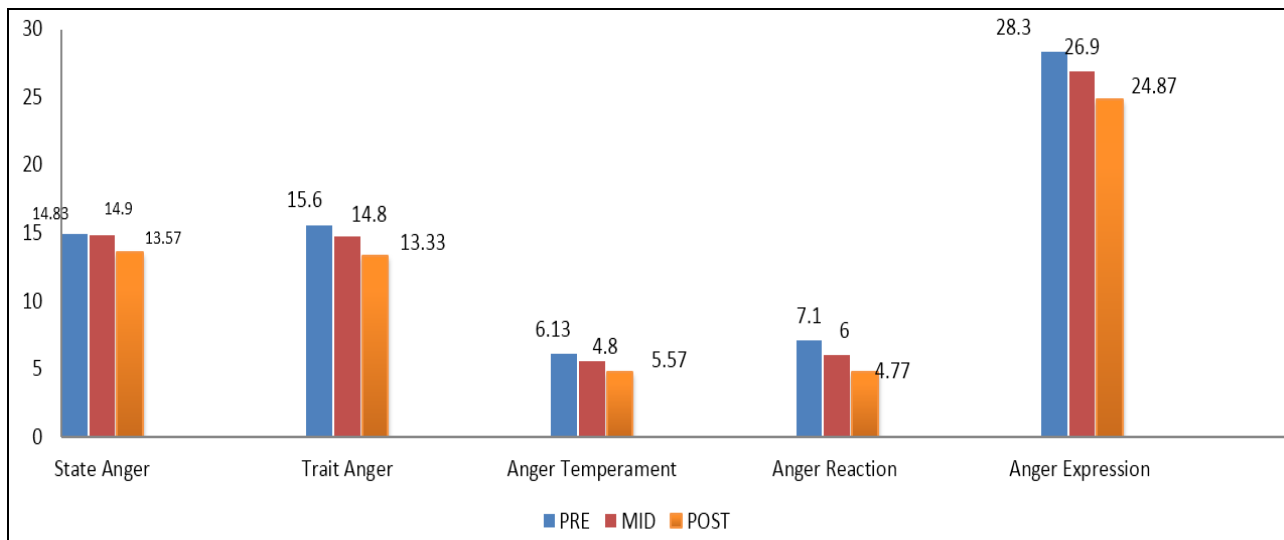
\* Significant at 0.05 level of confidence

The table-I shows the One Way Repeated Analysis Of Variance of Pre, Mid and Post test on Anger Dimension of Yoga Nithra Group. The calculated ‘F’ Value for pre-test, Mid-test and Post-test for the Anger Dimension is given as State Anger 22.25, Trait anger 22.83, Anger Temperament 56.46, Anger Reaction 82.007, Anger expression 101.33 which is greater than the critical value of 3.15 for 2,58 degrees of freedom at 0.05 significant level of confidence. Based on the result it was confirmed that there is a significant improvement in state anger, Trait anger, Anger Temperament, Anger Reaction and Anger expression after the Yoga Nithra training. And it is concluded that Yoga Nithra will reduce the anger level for college women players.

**Table II:** Scheffe’s Post Hoc Test for Mean Differences between The State Anger Pre, Mid and Post Test Value on State Anger

S. No	Variables	Pre	Mid	Post	Mean Difference
1	State Anger	14.90	14.83	13.57	0.067
					1.33
					1.267
2	Trait Anger	15.60	14.80	13.33	0.800
					2.27
					1.47
3	Anger Temperament	6.133	5.57	4.80	0.57
					1.33
					0.77
4	Anger Reaction	7.10	6.0	4.77	1.100
					2.33
					1.23
5	Anger Expression	28.30	26.90	24.87	1.40
					3.43
					2.03

The table - II shows Schesfee’s Post Hoc Test to analyze the mean differences between the pre, mid and post test values. The obtained mean value of pre-test, mid-test and post-test on state anger were 14.90, 14.83 and 13.57, Trait anger 15.60,14.80 and 13.33, Anger temperament 6.133, 5.57 and 4.80, Anger Reaction 7.10, 6.0, and 4.77, Anger Expression 28.30, 26.90 and 24.87 respectively. Further the eight weeks practice of Yoga Nithra has significantly improve the State Anger as 0.067, 1.33 and 1.267, Trait Anger as 0.80, 2.27 and 1.47, Anger Temperament 0.57, 1.33 and 0.77, Anger Reaction as 1.10, 2.33 and 1.23, Anger Expression as 1.40, 3.43 and 2.03.



**Table III:** One way Repeated Analysis Of Variance of Pre, Mid and Post Test on Anger Dimension of Control Group

S No	Variables	SS	Df	MS	'F' ratio
1	State Anger	3.09	$\frac{2}{58}$	1.54	2.72
2	Trait Anger	1.87	$\frac{2}{58}$	0.93	1.88
3	Anger Temperament	1.67	$\frac{2}{58}$	0.83	0.74
4	Anger Reaction	5.76	$\frac{2}{58}$	2.88	2.97
5	Anger Expression	0.15	$\frac{2}{58}$	0.30	0.26

The table -III shows the one-way Repeated Analysis Of Variance of pre, mid and post test on Anger Dimensions of Control Group. The calculated 'F' Value for pre-test, Mid-test and Post-test for State Anger is 2.72, Trait Anger 1.88, Anger Temperament 0.74, Anger Reaction 2.97, Anger Expression 0.26 which is lesser than the critical value of 3.15 for 2,58 degrees of freedom at 0.05 significant level of confidence. Based on the result it was confirmed that there is no significant improvement in state anger. The Yoga Nithra practice is a fantastic work out which has been found to be not only beneficial for the human body, but also perfect for relaxing the mind of the person undertaking it. To study influence of Yoga Nithra practice on various anger dimensions during menstrual cycle for college women player it was tested under to different forms namely Yoga Nithra Practice and control group. The obtained result proved the positive effect of Yoga Nithra Practiced groups.

The result of the present study showed that the Yoga Nithra practice has a significant improvement on the anger dimension are state anger, Trait Anger, Anger Temperament, Anger reaction, Anger expression, (Shinkfield A J *et al.*, 2014) <sup>[3]</sup> conducted a study on experience and expression of anger among a group of Australian Prisoner. The result of the study supports the result of the present study (Singh *et al.*, 2013) <sup>[4]</sup>. The aim of this study was to observe the effect of Yoga Nithra practice on hormone levels in patients who had menstrual irregularities. Study demonstrated the efficacy of Yoga Nithra on hormone profiles in patients with menstrual irregularities. Yoga Nithra practice was helpful in patients with hormone imbalances, such as dysmenorrhea, oligomenorrhea, menorrhagia, metrorrhagia and hypomenorrhea (Eastman Muller *et al.*, 2013) <sup>[5]</sup> There is evidence that Yoga practice is associated with decreased stress, worry, and depression, and with improved mindfulness-based skills. These findings had not been previously replicated for a sample of college students. The result of the study showed that the control group was not significantly improved various anger dimensions namely state anger, trait anger, anger temperament, anger reaction and anger expression among college women players.

### 3. Conclusions

The results of the present study is analyzed statistically and the conclusions were determined. The result shows that the Yoga Nithra group practice had produced significant reduction in anger during menstrual cycle. It was concluded that the Yoga Nithra practice of eight weeks had more significant improvement than four weeks practice of Yoga Nithra. Further it was noted that some psychological problems were reduced due to the practice of Yoga Nithra.

### 4. Reference

1. Rinyi and Loyrt. A study on anger expression as a dimension of workplace emotion, journal. 2008, 2.
2. Feindler. Anger expression in children and adolescents: a review of the empirical literature. 1989; 28(4):559-77.
3. Shinkfield AJ1, Graffam J. Experience and expression of anger among Australian prisoners and the relationship between anger and reintegration variables. 2014; 58(4):435-53. doi: 10.1177/0306624X12470525. Epub 2014 Dec 24.
4. Khushbu Rani, Tiwari SC, Uma Singh, Agrawal GG, Neena Srivastava. Effects on somato form symptoms Six-month trial of Yoga Nithra in menstrual disorder patients, Industrial Psychiatry Journal. 2013, 20(2).
5. Eastman Muller, Linton SJ, Quartana PJ, Sullivan MJ. Cognitive dimensions of anger in chronic pain. 2013; 153(3):515-7.
6. Kerr MA, Schneider BH. Anger expression in children and adolescents: A review of the empirical literature 2008; 28(4):559-77.