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The effects of Sahaja Yog practice and pranadharna practice on dynamic balance ability

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Abstract

Objective: To objective of the study was to find out the effects of Sahaja Yog meditation practice and Pranadharna practice on dynamic balance ability.

Method: Ninety female students were selected form Pt. Ravishankar Shukla University, Raipur, who were aged from 17 to 25 years. They were divided into three groups randomly i. e two experimental groups and one control group each consisting of thirty subjects. The first experimental group practiced Sahaja Yog meditation and the second one practiced Pranadharna. Pre- test and post- test randomized group design was used for this study. The experimental treatments were conducted for six weeks. Dynamic balance ability was measured by Gymnastics balance beam test and was calculated in Points. Analysis of Co-variance was employed to analyze the data. The level of significance was set at 0.05.

Results & Conclusion: A significant difference was found between the Sahaja Yog group and Pranadharna group; Sahaja Yog group and control group related to effect of these on dynamic balance ability. On the other hand, there was no significant difference between the Pranadharna group and control group on dynamic balance ability.

Keywords: Sahaja Yog meditation practice, Pranadharna practice and dynamic balance ability

1. Introduction

The concept of Sahaja Yog was given by Shri Mata Ji Nirmala Devi in the year 1970. (Choudhary, 2011) [2]. Sahaja Yog is a type of “Kundalini Yog” and it describes very simple technique to activate the potential of individual by a simple meditative activity. Sahaja Yog showed positive effects in the management of various disorders such as Bronchial asthma and Hypertension. (Chugh, 1987 and 1997) [3, 4]. Sahaja Yog is related with the body and mind. It is aimed at the spirit. “Saha” means with and “Ja” means union. The word “Yog” means union or technique or ability. Sahaja Yog believes that every individual is born with the potential of united with the Divine. This potential is activated by Sahaja Yog. (Bajinath, 2008) [1]. Balance may be defined as any one’s body’s ability to maintain the centre of gravity above the base of support. It can be such that it is the ability not to fall over. (Hrysomallis, 2007) [5]. In the subject ‘Biomechanics’, balance is the ability to maintain line of gravity of the body under the base of support. (Shumway-cook A, Anson D, Haller, S, 1988) [8].

1.1 Objective of the study

The objective of the study was to find out the effects of Sahaja Yog meditation practice and Pranadharna practice on dynamic balance ability.

2. Methods

2.1 Subjects: Ninety subjects were selected for the purpose of the study who were aged from 17 to 25 years. They were divided into three groups randomly consisting of two experimental groups and one control group with thirty subjects in each group.

2.2 Variables: Two experimental treatments of the study i.e. Sahaja Yog and Pranadharna were selected as independent variables and on the other hand dynamic balance was selected as dependent variable.

2.3 Design: Pre- test and post- test randomized group design was used for this study. Sahaja Yog meditation was conducted for the first experimental group and the other experimental group practiced Pranadharna. The duration of the experimental treatments was for 6 weeks.

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Experimental Group 1	Pre Test	Sahaja Yog Practice	Post Test
Experimental Group 2	Pre Test	Pranadharna Practice	Post Test
Control Group	Pre Test	No Practice	Post Test

2.4 Measures: Dynamic balance ability was measured by Gymnastics balance beam test and was calculated in Points.

2.5 Experimental Treatment: The two experimental groups participated in two treatments i.e. Sahaja Yog practice and Pranadharna practice respectively. Description of the practical sessions conducted are:

Day1	Experimental Treatment details		Time
	Sahaja Yog Group	Pranadharna Group	
	Yogic exercises were performed in the beginning. Practice of Sahaja Yog Meditation was done. Relaxation postures were performed.	Yogic exercises were performed in the beginning. Practice of Pranadharna was done.(2 round x 3 set) Relaxation postures were performed	05 mins 10 mins 05 mins
The treatment schedule for the 1 st day was conducted again for 2 weeks.			
Day 15	Yogic exercises were performed in the beginning. Practice of Sahaja Yog Meditation was done. Relaxation postures were performed.	Yogic exercises were performed in the beginning. Practice of Pranadharna was done.(4 round x 3 set) Relaxation postures were performed.	05 mins 10 mins 05 mins
The treatment schedule for the 15 th day was conducted again for 2 weeks.			
Day 29	Yogic exercises were performed in the beginning. Practice of Sahaja Yog Meditation was done. Relaxation postures were performed.	Yogic exercises were performed in the beginning. Practice of Pranadharna was done.(4 round x 3 set) Relaxation postures were performed.	05 mins 10 mins 05 mins
The treatment schedule for the 29 th day was conducted again for 2 weeks.			

2.6 Statistical Analysis: To study the effects of Sahaja Yog practice and Pranadharna practice on dynamic balance ability of university female students, Analysis of Co-variance (ANCOVA) was used (Verma, J.P. 2000) [10]. The level of

significance was set at 0.05 for this study.

2.7 Findings of the study

Table I: Descriptive Statistics related to two Experimental Groups and a Control Group in Dynamic Balance ability

Groups	Score of Mean	Score of Standard Deviation	N (No. Of Subjects)
Sahaj Yog Practice Group	7.5889	1.32089	30
Pranadharna Practice Group	6.2555	1.21512	30
Control Group	6.6000	1.23301	30
Total	6.8148	1.36674	90

Table II: Levene’s Test for Testing the Homogeneity of Variance in all the Three Group in Dynamic Balance Ability

Score of ‘F’ (Levene’s Statistics)	df (1)	df (2)	Significance
0.547	2	87	0.580

Table II Shows the results related is Levene’s statistics. This test is used to study the homogeneity of variance among the groups. In this, Levene’s statistics of 0.547 was found insignificant ($p < 0.05$). The assumption of homogeneity of variance is fulfilled.

Table III: Analysis of Co- variance to Compare Adjusted Means between Experimental Groups (Sahaja Yog Group and Pranadharna Group) and Control Group in Dynamic Balance Ability

Source of Variation	Type III Sum of Squares	Degree of Freedom	Score of Mean Square	Score of ‘F’	Significance value
Corrected Model	54.180 ^a	3	18.060	13.859	0.000
Intercept	156.349	1	156.349	119.977	0.000
Pre Balance	25.434	1	25.434	19.517	0.000
Groups (Treatment)	31.734	2	15.867	12.176	0.000
Error (with in)	112.072	86	1.303		
Total	4346.015	90			
Corrected Total	166.251	89			

Table III shows the results related to the ANCOVA to find out the effectiveness of two experimental groups in improving

dynamic balance ability, F- value of 31.734 was found significant ($p < 0.05$).

Table IV: Score of Adjusted Means, Standard Error, (95%) Confidence Interval related to Two Experimental Groups (Sahaja Yog Group and Pranadharna Group) and Control Group in Dynamic Balance Ability

Groups	Score of Adjusted Mean	Score of Standard Error	Confidence Interval (95%)	
			Lower Bound	Upper Bound
Sahaja Yog Practice Group	7.641	0.209	7.226	8.056
Pranadharna Practice Group	6.265	0.208	5.850	6.679
Control Group	6.539	0.209	6.124	6.954

Table IV shows the score of adjusted means, score of standard error, score of lower bound and upper bound of confidence interval (95%) of two experimental groups (Sahaja Yog group and Pranadharna group) and control group in dynamic balance ability. In Sahaja Yog group, score of adjusted mean, score of

standard error, lower bound of confidence interval (95%) and upper bound of confidence interval (95%) were found 7.641, 0.209, 7.226 and 8.056 respectively. In Pranadharna group, score of adjusted mean, score of standard error, lower bound of confidence interval (95%) and upper bound of confidence

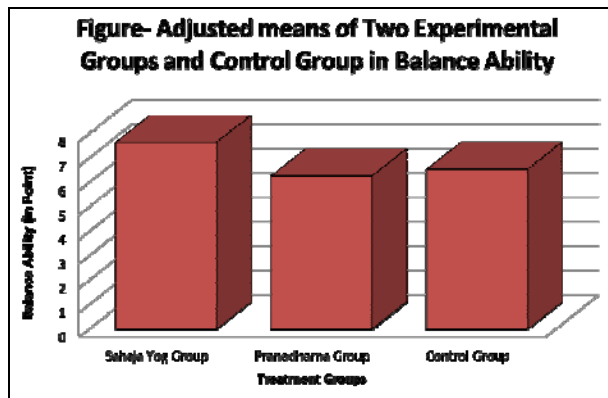
interval (95%) were found 6.265, 0.208, 5.850 and 6.679 respectively. In control group, score of adjusted mean, score of standard error, Lower Bound of Confidence Interval (95%)

and upper bound of confidence interval (95%) were found 6.539, 0.209, 6.124 and 6.954 respectively.

Table V: Comparison of Paired Means of two Experimental Groups (Sahaja Yog group and Pranadharna group) and a Control Group

(A) Treatment Groups	(B) Treatment Groups	(A-B) Score of Mean Difference	Score of Standard Error	Significance value	95% Confidence Interval for Difference ^a	
					Lower Bound	Upper Bound
Sahaja Yog Group	Pranadharna Group	1.376*	0.295	0.000	0.790	1.963
	Control Group	1.102*	0.296	0.000	0.514	1.690
Pranadharna Group	Control Group	0.275	0.295	0.355	0.861	0.312

Table V shows the results related to the comparison of paired means. Significant difference was found between the adjusted means of Sahaja Yog Group and Pranadharna Group; (MD=1.376), Sahaja Yog Group and Control Group; (MD=1.102), Pranadharna Group and Control Group; (MD=0.275). On the other hand, no significant difference was found between adjusted means of Pranadharna Group and Control Group.



3. Conclusion

Sahaja Yog Group proved to be superior in bringing the change in dynamic balance ability in comparison of control group and Pranadharna group.

4. Discussion

Study was conducted by Sharma, Das, Mondal, Goswami & Gandhi (2006) to find out the effect of Sahaja Yog on neuro-cognitive function on the patients who were suffering from major depression. Significant effects of Sahaja Yog were seen on memory, thinking ability, emotions, feelings as well as on psychomotor ability. Singh, Singh & Choudhary (2012) [9] conducted a study to find out the effect of Sahaja Yog meditation on rhythmic ability. Result showed that Sahaja Yog is effective technique to bring change in rhythmic ability. Sharma, Gupta, Das, Mondal, Goshwami & Kumar (2014) found the significant effect of Sahaja Yog on concentration and attention in these study. In the present study significant effect of Sahaja Yog was found on balance ability. This might be due to the association of some associated factors related to balance as mentioned in the above conducted studies i.e. psychomotor ability, rhythmic ability, concentration, attention etc. Another reason might be the improvement in neuromuscular coordination.

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