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Effect of one month yoga foundation course on selected psychological variable

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Abstract
The Purpose of the study was to find out the effect of one month yoga foundation course on selected psychological variables i.e. State Anxiety and Trait Anxiety. The study was conducted on 30 male students from Morarji Desai National Institute of Yoga, who were doing**,** one month Foundation course in Yoga. The age of the subjects were ranged from 19-25 years. State-Trait Anxiety Test (STAT), Developed by Sanjay Vohra (2007), was used as a tool for collecting the data. Descriptive statistical technique using S.D., mean and ANOVA were applied to analysed and interpret the data at 0.05 level of significance. The result of the study revealed the significant effect of one month yoga foundation course on State and trait Anxiety and also aid to help in maintaining its optimum level.

Keywords: Yoga**,** state anxiety, trait anxiety

Introduction

Today's life is full of stress and strain, of tension and nervous, irritability of hurry and excitement. If anyone puts into practice a few of the elementary principles of yoga he will be far better equipped to cope with his complex existence.

Yogasanas are the physical practices which tone up the internal organs of the body. The body that is visible from outside only a skeleton covered by muscles cells which gives it a shape, until and unless our internal organs are healthy. We see that the heart works for all 24 hours and does not take rest even for a single moment. The heart can get rest only when the nerves carrying the blood to and from the heart and clean.

Our body tells us everything, for instance it tells us when it is hungry or thirsty or, accordingly, we eat food, drink water and take rest. When the body does not require food it vomits out. It cannot keep any impurity inside it what it needed is to give proper attention to it, to hear its call so that it remain active all the time.

But we are generally do not pay attention to all this when the impurity in the body take the shape of a disease we run for medicine what does the medicine do? It usually numbs the nerve tissues which give information about the disease and become satisfied that we have been cured, although the medicine has only suppressed the disease and not cured it. If we do yogic exercise regularly, we can get rid of impurities, enhancing our physical and mental health and increasing our life span also. Yoga movement will clear, relax and calm the mind as well the body. As you go slowly through each movements your mind is totally concentrated and observed in what you are feeling and doing and weather your mind likes it or not, all other thoughts and preoccupations are simply forced out. This means that for the duration of the movement, you feel not only physically good and relaxed, but mentally at peace as well. When you know the movements by heart, you will find this mental absorption lasting right through your routine from beginning to end, at first your attention may wonder just a little between movements. Yoga is cultural heritage of India. Although the origin of yoga is obscure, it has a long tradition. In course of time various schools of yoga developed advocating particular types of yoga depending on their particular approach but leading to the common goal of highest integration and self-realization. The schools of Hatha Yoga deals with the common man and it contains the practice of Asanas, Pranayamas, Bandhas, Mudras, Kriyas and visualization techniques which are helpful to keep oneself physically fit, mentally alert and emotionally balanced and which ultimately prepare ground for the spiritual development.

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Methodology

The Purpose of the study was to find out the effect of one month yoga foundation course on selected psychological variables i.e. State Anxiety and Trait Anxiety. Thirty (30) male students were randomly selected as subject from Morarji Desai National Institute of Yoga, who were doing, one month Foundation course in Yoga. The age of the subjects were ranged from 19-25 years. State-Trait Anxiety Test (STAT), Developed by Sanjay Vohra (2007), was used as a tool for collecting the data. Descriptive statistical technique using S.D., mean and ANOVA were applied to analysed and interpret the data at 0.05 level of significance.

Findings

The findings of the study pertaining to the effect of one month Yoga Foundation Course on State and Trait anxiety of the students have been presented from table no. 1 to 7.

Table 1: Descriptive Analysis of Selected Variables on Pre, Intermediate and Post Data

Sl. No.	Category		Variable	Mean	Std. Deviation	Minimum
1	Pre Test	Trait	5.10	1.42	2	8
		State	6.23	1.40	3	8
		Anxiety	5.90	0.96	4	8
2	Intermediate Test	Trait	4.80	1.03	3	6
		State	6.47	1.22	4	9
		Anxiety	5.87	0.97	4	8
3	Post Test	Trait	5.03	1.19	2	7
		State	6.07	1.61	3	9
		Anxiety	5.83	1.23	3	9

Table no. 1 depicts the descriptive analysis values of Trait, State and Overall score of Anxiety for the pre, intermediate and post tests, which shows that the Mean and Standard Deviation values of Pretest for the selected variables is found to be 5.10±1.42, 6.23±1.40 and 5.90±0.96 respectively, that of Intermediate test is found to be 4.80±1.03, 6.47±1.22 and 5.87±0.97 and finally that of Posttest is found to be 5.03±1.19, 6.07±1.61 and 5.83±1.23 respectively.

Table 2: Analysis of Variance among the Pre, Intermediate and Post tests for the Variable Anxiety

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	77.422	2	38.711	47.86*	0.000
Within Groups	70.367	87	0.809		
Total	147.789	89			

Table no. 2 depicts the values of analysis of variance among the pre, intermediate and post tests for the variable Anxiety, which shows that there is a significant difference among the three tests for the variable anxiety, as the value is found to be 47.86, which is significant at 0.095 level of significance.

Table 3: Post Hoc Analysis for the Pre, Intermediate and Post Tests for the Variable Anxiety

(I) Group	(J)Group	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
Pre	Intermediate	1.267*	0.232	0.000	0.81	1.73
	Post	-1.000*	0.232	0.000	-1.46	-0.54
Intermediate	Pre	-1.267*	0.232	0.000	-1.73	-0.81
	Post	-2.267*	0.232	0.000	-2.73	-1.81
Post	Pre	1.000*	0.232	0.000	0.54	1.46
	Intermediate	2.267*	0.232	0.000	1.81	2.73

*The mean difference is significant at the 0.05 level

Table No. 3 depicts the post hoc analysis of the pre, intermediate and post tests for the variable Anxiety, which shows that there is a significant difference between the values of Intermediate and pretest (1.267), pre and posttest values (1.000) and Intermediate and posttest values (2.267).

Table 4: Analysis of Variance among the Pre, Intermediate and Post Tests for the Variable Trait Anxiety

Sum of Squares		df	Mean Square	F	Sig.
Between Groups	158.600	2	79.300	90.42*	0.000
Within Groups	76.300	87	0.877		
Total	234.900	89			

Table no. 4 depicts the values of analysis of variance among the pre, intermediate and post tests for the variable Trait Anxiety, which shows that there is a significant difference among the three tests for the variable Trait anxiety, as the value is found to be 90.42, which is significant at 0.095 level of significance.

Table 5: Post Hoc Analysis for the Pre, Intermediate and Post Tests for the Variable Trait Anxiety

(I) Group	(J)Group	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval Lower Bound	95% Confidence Interval Upper Bound
Pre	Intermediate	2.100*	0.242	0.000	1.62	2.58
	Post	3.200*	0.242	0.000	2.72	3.68
Intermediate	Pre	-2.100*	0.242	0.000	-2.58	-1.62
	Post	1.100*	0.242	0.000	0.62	1.58
Post	Pre	-3.200*	0.242	0.000	-3.68	-2.72
	Intermediate	-1.100*	0.242	0.000	-1.58	-0.62

*The mean difference is significant at the 0.05 level.

Table No. 5 depicts the post hoc analysis of the pre, intermediate and post tests for the variable Trait Anxiety, which shows that there is a significant difference between the values of Intermediate and pretest (2.100), pre and posttest values (3.200) and Intermediate and posttest values (1.100).

Table 6: Analysis of Variance among the Pre, Intermediate and Post Tests for the Variable State Anxiety

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	91.622	2	45.811	61.60*	0.000
Within Groups	64.700	87	0.744		
Total	156.322	89	156.322		

Table no. 6 depicts the values of analysis of variance among the pre, intermediate and post tests for the variable State Anxiety, which shows that there is a significant difference among the three tests for the variable State anxiety, as the value is found to be 61.60, which is significant at 0.095 level of significance.

Table 7: Post hoc analysis for the pre, intermediate and post tests for the variable State Anxiety

(I) Group	(J)Group	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval Lower Bound	95% Confidence Interval Upper Bound
Pre	Intermediate	-.367	0.223	0.103	-0.81	0.08
	Post	-2.300*	0.223	0.000	-2.74	-1.86
Intermediate	Pre	.367	0.223	0.103	-0.08	0.81
	Post	-1.933*	0.223	0.000	-2.38	-1.49
Post	Pre	2.300*	0.223	0.000	1.86	2.74
	Intermediate	1.933*	0.223	0.000	1.49	2.38

*The mean difference is significant at the 0.05 level.

Table No. 7 depicts the post hoc analysis of the pre, intermediate and post tests for the variable State Anxiety, which shows that there is no significant difference between the values of Intermediate and pretest (0.367), a significant difference was found in pre and posttest values (2.300) and Intermediate and posttest values (1.933)

Discussion on Findings
The results revealed that the students were having an average Trait and State anxiety, which also results in an average Anxiety level, a significant difference among the three tests for the variable anxiety, as the value is found to be 47.86, which is significant at level of significance. The post hoc analysis shows that there is a significant difference between the values of Intermediate and pretest (1.267), pre and posttest values (1.000) and Intermediate and posttest values (2.267).

A significant difference among the three tests for the variable Trait anxiety, as the value is found to be 90.42, which is significant at 0.095, level of significance. The post hoc analysis shows that there is a significant difference between the values of Intermediate and pretest (2.100), pre and posttest values (3.200) and Intermediate and posttest values (1.100).

A significant difference among the three tests for the variable State anxiety, as the value is found to be 61.60, which is significant at 0.095, level of significance. The post hoc analysis shows that there is no significant difference between the values of Intermediate and pretest (0.367), a significant difference was found in pre and posttest values (2.300) and Intermediate and posttest values (1.933).

Conclusions
Following conclusions are drawn based on the results:
1. It may be concluded that yogic activities have resulted in maintenance of the State Anxiety level.
2. It may be concluded that yogic activities have resulted in maintenance of the trait Anxiety level.
3. It may be concluded that yogic activities are a useful mean for attainment of optimum anxiety level.
4. The students were found to be having an average anxiety level.
5. The change in the mean scores of the Trait and State anxiety in the Pre, Intermediate and Posttest values through involvement in the one month yoga foundation course had proved the utility of the yogic practices.

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