



ISSN: 2456-0057  
IJPNE 2016; 1(2): 88-90  
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www.journalofsports.com  
Received: 19-05-2016  
Accepted: 20-06-2016

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## Effects of an integrated yogic practices on the selected psychological variables among the senior citizens

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### Abstract

**Introduction:** The present study was to analyze the effects of an integrated yogic practice on the selected psychological variables among the senior citizen.

**Methodology:** The subjects were selected from the male senior citizens of Coimbatore. The subjects age ranged from 60 to 70 years. The convenience sampling method was adapted for the male senior citizens from Coimbatore. The Psychological variables were in Anxiety and Depression. The subjects were divided into two equal groups namely. Yogic Group and Control group each consist of 15 subjects of total 30 subjects. The selected subjects were initially tested on the criterion variables used in this study and this was considered as a pre – test. After the assessment of pre –test, the subjects belong to the Yogic Group were treated with the meditation and pranayama practices. As far as the subject in the Control Group was considered they were not given any specific training.

**Statistical tool:** The collected data were statistically analyzed with the paired sample 't' test to find the significant improvement between the pre and posttest of all group.

**Conclusion:** It was concluded that the 12 week of training practice showed a significant improvement in Anxiety and Depression in the Yogic Group.

**Keywords:** Pranayama, meditation, anxiety and depression

### 1. Introduction

Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. It is a practical aid and not a religion. The continued practice of yoga will lead one to a sense of peace and wellbeing and also a feeling of being in harmony with one's environment. The word „yoga“ comes from the Sanskrit root „yuj“, means, „to join“ or „to yoke“. Yoga is one of the six systems of the Indian philosophy. The classical form of yoga is based on the text ascribed to Patanjali, become known as Raja yoga or Royal yoga and the other forms of yoga also developed, followed together or independently from the classical yoga. Among these practice the Hatha Yoga has become famous throughout the world. Pranayama is the yogic technique to bring the breathing in regularity, rhythmic and balanced generally the pranayama is defined as the breath control. The pranayama is comprised of two roots known as prana plus ayama. Prana means „vital energy“ or „life force“. It is the force, which exists in all things, whether animate or inanimate pranayama utilizes breathing to influence the flow of prana in the nadis or on the energy channels of the pranayama kosha or energy body. Yoga meditation is the art as well as science of systematically observing, accepting, understanding and training each of the levels of our being, such that we may integrate those aspects of ourselves and well in the direct experience of consciousness and the Psychology is a scientific study of behavior and mental processes. It includes both the normal and abnormal human behavior, and the social and biological processes related to the behavior. Hence the psychology has a leading role to play in understanding the brain functions relates to behavior the person in the field of psychology may specialize himself in many different areas such as development, education, memory, motivation, learning and cognition There are more areas can be studied like clinical, school, health, industrial, sports, forensic, social and rehabilitation psychologists. As the scientists and psychologists conducts the research based on the scientific method and use observation, experimentation and statistical analysis to evaluate the results.

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**1.1 Statement of the Problems**

The present study was to analyze the effects of integrated yogic practices on selected psychological variables among senior citizens.

**1.2 Hypothesis**

The Yogic practices have significant positive effect on Psychological Variables among senior citizens.

**2. Methods and Procedures**

**2.1 Selection of the Subjects**

Thirty senior citizens were selected as the subjects by adopting convenience sampling technique and they were selected from Coimbatore district. The age of the subjects ranged from 60 to 70 years.

**2.2 Experimental design**

The Psychological variables were in Anxiety and Depression. The subjects were divided into two equal groups namely Yogic Group and Control Group and the each consists of 15 subjects from the in total 30 subjects. The selected subjects were initially tested on the criterion variables used in this study and this is considered as a pre –test. After assessing the pre –test,

the subjects belong to Yogic Group were treated with meditation and pranayama practice. As far as the subjects in control group was considered they were not given any specific training. The collected data were statistically analyzed with the paired sample „t“ test to find the significant improvement between the pre and posttest of all group.

**2.3 Selection of the variables and test**

Measurements were made during the earlier weeks and the following the 12 weeks training programme was conducted. All procedure were demonstrated prior to the testing. The Psychological variables were Anxiety and Depression.

**2.4 Criterion Measures**

**2.4.1 Psychological Variables**

**Table I**

S.no	Variables	Measuring tool	Units
1	Anxiety	STAXI (spillberge)	In points
2	Depression		

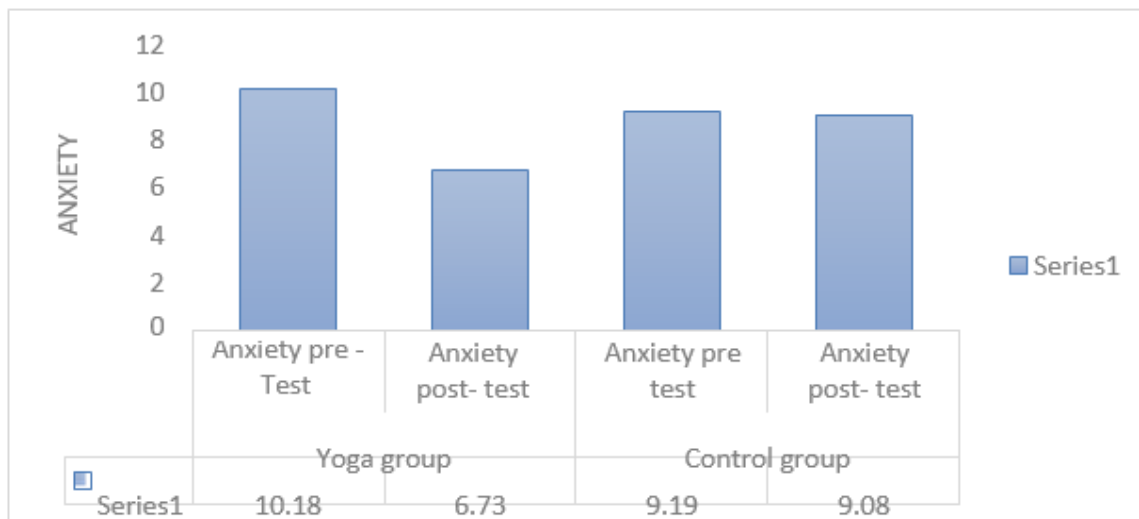
**Table II:** Significance of Mean Difference between the Pre and Post-Test of the Yogic Group and Control Group in the Anxiety Variables

Group	Variables	Mean	Standard Deviation	Number Of Subjects	‘t’
Yoga group	Anxiety pre - test	10.18	3.38	30	4.93
	Anxiety post- test	6.73	4.12	30	
Control group	Anxiety pre- test	9.19	2.17	30	0.92
	Anxiety post- test	9.08	3.26	30	

\*Significance at 0.05 level

Table II shows the obtained „ t “ ratio between the pre and posttest on the selected that the variables were Anxiety 4.93 for the yogic group. The obtained „t“ ratio was tested at 0.05 level of significance, from the result it was inferred that the mean made from the pre to post test was statistically significant and confirm the effects of yogic practices on the

psychological variables of Anxiety. For the control group Anxiety is 0.92 In the yogic practice group psychological variables changed from pre to post were 10.18 and 6.73. For the control group, the psychological variables mean were 9.19and 9.08.



**Fig I:** Bar Diagram Shows the Significance of Mean Difference between the Pre and Post –Test Of the Yogic Group and Control Group in the Anxiety Variables

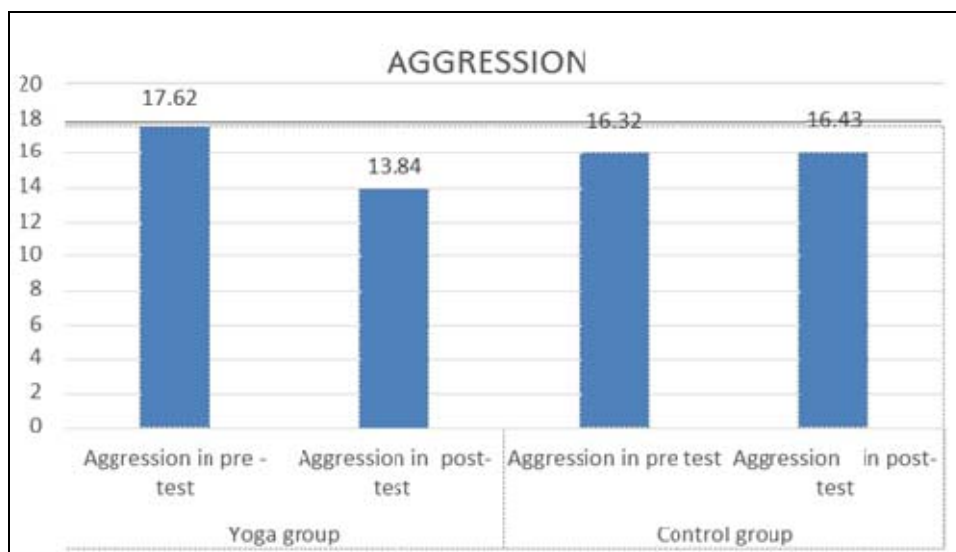
**Table III:** Significance of Mean Difference between the Pre and Post – Test of the Yogic Group and Control Group in the Aggression Variables

Group	Variables	Mean	Standard Deviation	Number Of Subjects	't'
Yoga group	Aggression in pre -test	17.62	3.12	30	3.91
	Aggression in post- test	13.84	3.98	30	
Control group	Aggression in pre test	16.32	2.83	30	1.07
	Aggression in post- test	16.43	2.96	30	

\*Significance at 0.05 level

Table III shows the obtained „t“ ratio between the pre and posttest on the selected variables that the Aggression 3.91 for the yogic group. The obtained „t“ ratio was tested at 0.05 level of significance, from the result it was inferred that the mean from pre to posttest were statistically significant and

Confirmed the effects of yogic practices on the psychological variables of Aggression. For the control group Aggression is 1.07. In the yogic practice group psychological variables changed from pre to post were 17.62 and 13.84. For the control group the psychological variables mean were 16.32 and 16.43



**Fig II:** Bar Diagram Shows the Significance of Mean Difference between the Pre and Post –Test of the Yogic Group and Control Group in the Aggression Variables

**3. Discussion on Findings**

The study shows the twelve weeks of the yogic practice (meditation and pranayama) changed the Anxiety and Aggression. Limitation of this study includes a small sample group that consists of a self-selected group of senior citizens. Anxiety and Aggression showed significant decreases. Furthermore, the positive result of this study indicates that the yogic practice group of 12 weeks training would meet the objectives of developing the psychological variables in decreasing the anxiety and aggression which will be useful for the senior citizens to prevent themselves from the psychological problems

**4. Conclusion**

Based on the findings, the following conclusions were derived. Hence it was concluded that the yogic practice (meditation and pranayama) have significantly decreased the Anxiety and Aggression among the senior citizens. Finally it was concluded that the control group (no yoga practice) did not show any improvement in the Anxiety and Aggression.

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