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Influence of yogic practices on mental ability of tribal male student

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Abstract

Yoga is a valuable tool to assist with the mental practice of gaining control of emotional states and learn how to effectively cope with automatic stress responses that may impede positive results. Yoga is the process of paying attention to the present moment and calming the mind to bring greater ease to even the most challenging situations.. Regular practice of yoga is a surest way to acquire a disease free, suffers free mind and body with positive health. The purpose of the study is to find out the influence of yogic practices on tribal male students of Seva Bharati Mahavidyalaya, Kapgari with proper assessment after a short time practice. In this experimental work selected 60 male tribal students were go through a systematic Surya Namaskara and meditation training programme for a period of three months. After independent 't' test statistical analysis the result was showed that regular practices of Surya Namaskara and meditation were significantly improved mental ability on 0.05 level of confidence.

Keywords: Yoga, yogic practice, Surya Namaskara, meditation, mental ability

Introduction

Yoga is a valuable tool to assist with the mental practice of gaining control of emotional states and learn how to effectively cope with automatic stress responses that may impede positive results. Yoga is the process of paying attention to the present moment and calming the mind to bring greater ease to even the most challenging situations.

Yoga practice teaches us to be resilient and master change: the skill of stepping beyond our edge, physically, mentally and emotionally. Asana practice, the physical practice of yoga, offers basic training in resilience by strengthening the mind and body each time we make the physical effort to stay in a pose that causes discomfort.

Improving not only flexibility, but also posture, body mechanics, and awareness, yoga can literally make every form of training you do more effective and efficient. It can significantly improve all aspects of performance including power, speed, focus and confidence.

The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psycho physiological benefits of the component practices. The physical exercises (asanas) may increase patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety and thus result in higher quality of life. Other beneficial effects might involve a reduction of distress, blood pressure, and improvements in resilience, mood, and metabolic regulation.

Khalsa stated that a majority of the research on yoga as a therapeutic intervention was conducted in India and a significant fraction of these were published in Indian journals, some of which are difficult to acquire for Western clinicians and researchers. In their bibliometric analysis from 2004, they found that 48% of the enrolled studies were uncontrolled, while 40% were randomized clinical trials (RCT), and 12% non-RCT (N-RCT). Main categories which were addressed were psychiatric, cardiovascular, and respiratory disorders. Despite a growing body of clinical research studies and some systematic reviews on the therapeutic effects of yoga, there is still a lack of solid evidence regarding its clinical relevance for many symptoms and medical conditions. For many specific indications and conditions, there is inconsistent evidence with several studies reporting positive effects of the yoga interventions, but other studies are less conclusive. In some instances, these discrepancies may result from differences

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between the study populations (e.g., age, gender, and health status), the details of the yoga interventions, and follow-up rates.

Objectives of the Study

The objective the study is to find out the influence of yogic practices on mental ability of tribal male students.

Methodology

Selection of the subject: The study is conducted on 60 tribal male students, age range 17-24 were randomly selected from Seva Bharati Mahavidyalaya, Kapgari, Jhargram.

Selection of the variables

The variables undertaken for this study is as follows:

Dependent variable: Mental Ability

Independent variables: Surya Namaskara and Meditation
Mental ability measure by Intelligence test battery ["Verbal test of Intelligence" by- Dr. (Mrs.) Madhu Asthana and Dr. (Mrs) Kiran Bala Verma.

Experimental Design

For the present study sixty (60) male subjects were selected randomly. Their age ranged from 17 to 24 years. The subjects (N=60) were randomly assigned to two equal groups of thirty (30) male students. The group were designed as one experimental group, practice suryanamaskara and meditation (N=30) and one control group (N=30). Pre-test was conducted for all the 60 subjects on mental ability. The experimental group participated in yogic practices training for a period of three months. The control group did not participate in any of the training program. Yogic exercises were implemented to the subjects at every morning and afternoon for a duration of 30 to 45 minutes. The post test was conducted on the above said dependent variables after a period of three months for all the groups. The training programmed was scheduled for five days per week.

For the present study the researcher used to measure the mental ability through the questioner.

Table 1: Selection of the test: Mental Ability test through questionnaire

Serial No	Selection of Variable	Selection of Test / Equipment	Unit of Measure
1	Mental Ability	Mental Ability Test Battery (questioner)	Number/ Total marks

Statistical procedure

For this study mean, standard deviation (SD) and t-test was used for analysis of pre and post test to determine the deference between two groups (treatment groups and control group), level of significance was set at 0.05 level of confidence for all calculation which was deemed fit enough for the present study.

Result and discussion

Table 1: Mean, SD and 't' test of Experimental Group on Mental Ability

Experimental Group	Mean	SD	Mean Difference	Df	't'
Pre-Test	32.67	10.66	1.93	29	2.22*
Post Test	34.60	10.77			

Significant at 0.05 level of confidence, Tab $r_{0.05(29)} = 2.045^$

The mean and Standard deviation values of mental ability (pre-test and post-test) are 32.67 and 34.60, 10.66 and 10.77 respectively. The mean value indicates that the post test mental ability score is more than the pre-test value of experimental group. It also shows that the calculated 't' value was 2.22* which is greater than the table value, hence statistically it is significant at 0.05 level of confidence.

Table 2: Mental Ability (Control Group)

Control Group	Mean	SD	Mean Difference	DF	't'
Pre-Test	33.50	8.88	0.67	29	0.02
Post Test	34.17	8.89			

Significant at 0.05 level of confidence, Tab $r_{0.05(29)} = 2.045^$

Table no. 2 shows that pre-test and post-test computed values on mental ability of control group of tribal male students. Its shows that pre-test mean value and post test mean value of mental ability were 33.50 and 34.17 respectively. It also shows that the 't' value was 0.02 which is less than the table value, so it is not statistically significant at 0.05 level of confidence.

Analysis of the result

Mental ability of Experimental and Control group of tribal male students:

From statistical calculation it was found that mental ability significantly increased through three months yogic practice (Surya Namaskara and Meditation) program of tribal male students of Seva Bharati Mahavidyalaya, Kapgari.. As the yogic practices are combined with spiritual, psychological, physical and physiological exercises, which has the capacity to develop good control over mind and body. Yogic exercises also improve the functioning ability of parasympathetic nervous system and reduce the sympathetic works; it is helpful for the development of different cognitive functions. Another thing Surya Namaskara was in training program and it is a strong set of exercise which increases the blood circulation and lymphatic circulation in throughout the body, improve venous return capacity of different peripheral body parts and increase good co-ordination and balance among all systems of our body. Relaxation poses (Shavasana) and mental imaginary training also good for developing mental health and its functions. That's why mental ability of tribal male students have improved through three months yogic training and result of the study was significant.

Testing of hypothesis: The hypothesis stating for this study that there will be a significant change due to the influence of yogic practices on mental ability of tribal male students. So, as per the calculation of collected data it was observed that there is a positive and significant effects yogic training program (Surya Namaskara and Meditation) on mental ability of experimental group, hence, the hypothesis is accepted.

Conclusions

It is clear that Surya Namaskara and meditation help to improve mental ability, under the light of result following result can drawn:

- It was conclude that the regular practice of Surya Namaskara and meditation improve mental ability of tribal male students.

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