



ISSN: 2456-0057

IJPNE 2019; 4(1): 2450-2452

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Received: 10-11-2018

Accepted: 13-12-2018

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## Effect of six week yogic practice on selected psychological variables among college going female student

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### Abstract

Yoga is a traditional method of meditation developed by the saints of ancient India. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. Keeping this factor in mind, effect of six weeks yogic practice was conducted on college going female students to study its effects on stress and anxiety.

The subjects were equally assigned into two equal groups by using random sampling procedure i.e. one is experimental group and one is control group. The experimental Group A was administered yogic practice and control Group B was given no training. The subjects were selected from IGIPSS, University of Delhi, Vikaspuri, New Delhi.

For the interpretation of the data descriptive statistics was employed in which Mean, Standard Deviation and Paired Sample 't' test were computed at 0.05 level of significance. The result shows the significant effect of yogic practice on Stress and Anxiety of experimental group female students of IGIPSS, University of Delhi.

**Keywords:** Anxiety, stress, Asanas, pranayamas

### Introduction

Regular yoga practice can help you stay calm and relaxed in daily life and can also give you the strength to face events as they come without getting restless. Yoga practice ideally includes the complete package of Asanas (body postures), pranayamas (breathing techniques), meditation, and the ancient yoga philosophy, all of which has helped several anxiety patients recover and face life with new positivity and strength. Meditation can be an excellent technique to relax a distracted mind, one a sense of calm and peace, and also observe with daily practice how your mind works to keep you involved in small, petty things around.

Therefore, to see the effect of yogic practise on selected psychological variables on college going female students this particular study was taken.

### Methods

Total 30 (Thirty) college going female students were selected randomly as subjects in the age group of 17-25 years from IGIPSS, University of Delhi. The subjects were randomly divided into two group, Group A was Experimental Group and B was Control Group. Group A was allotted yogic practice consisted of 15 subjects and Group B consisted of 15 subjects who did not receive any yogic practice. For the purpose of the present study the variables selected were Stress and anxiety.

Stress was measured by Stress scale which is made by Heiburn and Pepe and Anxiety was measured by Sports competitive Anxiety test (SCAT) which is made by Renier Marten.

Following Asanas and Pranayama was used for Six Week of yogic practice:

Asanas: Sarvangasana, Halasana, Pavan Muktasana, Nukasana, Bhujangasana, Dhanurasana, Ushtrasana, Pachimuthanasana, Vajrasana, Katichakrasana, Tadasana, and Savasana. Pranayama: Anulom Vilom Pranayam.

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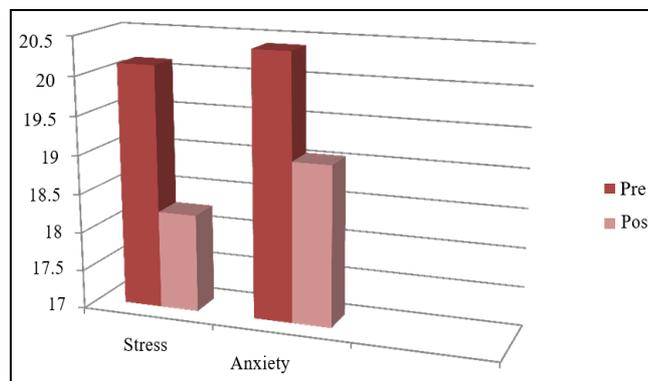
**Analysis of data, conclusion, and discussion**

**Table 1:** Descriptive statistic (Mean and Standard Deviation) of Selected Psychological Variables for Experimental and Control Group

Variables	Control		Experimental	
	Pre	Post	Pre	Post
Stress	20.06±1.98	20.66±1.67	20.13±2.03	18.26±1.57
Anxiety	21.33±1.29	21.46±1.24	20.4±1.84	19.06±1.66

Table no. 1 shows the mean & standard deviation Values of (Pre and Post data) selected Psychological variables of Experimental Group & Control group. The Mean ± SD values of Stress and Anxiety pre-experimental data were 20.13±2.03 and 20.4±1.84 respectively. Similarly the Mean ± SD values of Stress and Anxiety post experimental data were 18.26±1.57 and 19.06±1.66 respectively.

Table no. 1 also shows the Mean ± Standard Deviation values of pre initial data for Control group. The Mean ± SD values of Stress, Anxiety and Aggression for pre Control group were 20.06±1.98 and 21.33±1.29 respectively. Similarly the Mean ± SD values of Stress and Anxiety for post Control group were 20.66±1.67 and 21.46±1.24 respectively.



**Fig 2:** Graphical representation of the Pre/Post Mean scores on Stress and Anxiety of Experimental Group

**Table 2:** Descriptive and comparative analysis of the Pre and post-test of Selected Psychological variables of Experimental Group

Group	N	T	Df	Sig (2-tailed)
Stress	15	11.297	14	.000
Anxiety	15	10.583	14	.000

\*Significant at 0.05 level

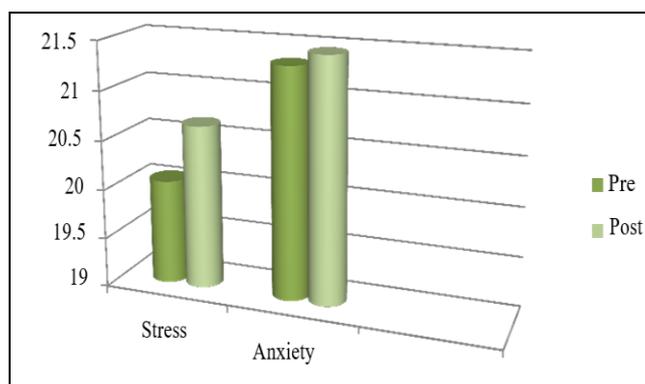
Further the table No-2 shows the t values of the paired sample t test for pre and post test scores of the Psychological variable Stress and Anxiety, which shows that there is a significant effect of six weeks yogic practice on the all variable as the t-value is found to be 11.297 for Stress and 10.583 for aggression which is significant at 0.05 level.

**Table 3:** Descriptive and comparative analysis of the Pre and post-test of Selected Psychological variables of Control Group

Group	N	T	Df	Sig (2-tailed)
Stress	15	1.598	14	.132
Anxiety	15	.487	14	.634

\*Significant at 0.05 level

Further the table No-3 shows the t values of the paired sample t test for pre and post test scores of the Psychological variable Stress and Anxiety, which shows that there is a no significant effect of six week yogic practice on the variables as the t-value is found to be 1.598 for Stress and .487 for Anxiety, which is no significant at 0.05 level.



**Fig 1:** Graphical representation of the Pre/Post Mean scores on Stress and Anxiety of Control Group

The present research work is an experimental study done on thirty (30) college going female students. Subjects were randomly selected from IGIPSS, University of Delhi, B-Block, Vikaspuri, New Delhi-110018, age group ranging from 17 to 25 years. Further 15 subjects were randomly assigned into Experimental group and remaining 15 subjects were assigned into Control Group.

The collected row data was analyzed by computing descriptive statistics followed by paired sample t test, the results indicated that a there is a significant effects of 6 weeks yogic practice on selected psychological variables of college going female students as the t- value is found to be 11.297 for Stress and 10.583 for Anxiety, which is significant at 0.05 level.

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