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Mastan Bijalikhhan
Physical Education Director,
Hebbur Mahavidyalaya, Arts
and Commerce College,
Bhadravathi, Shivamogga,
Karnataka, India

Impact of asana and meditation on attitude of the highschool students

Mastan Bijalikhhan

Abstract

The aim of the study was designed to determine the Impact of twelve week Asana and Meditation training on Attitude of the High School Students. To attain the purpose, Forty Five (N=45) high school students studying various high schools in and around Belagavi, Karnataka State, India during the academic year 2018-2019 were selected randomly as subjects. Their age ranged from 14 to 16 years. The subjects were assigned at random into three groups of fifteen each (n=15). Group-I underwent Yogasana Practice (n=15), Group-II underwent Meditation Practice (n=15) and Group-III acted as Control. The dependent variable selected for this study was Psychological well being and it was assessed by BMI Scale (Beliefs towards Mental Illness scale).

All the subjects were tested prior to and immediately after the training for the selected variable. Data were collected and statistically analyzed using ANCOVA. Scheffe's post hoc test was applied to determine the significant difference between the paired means. In all the cases 0.05 level of significance was fixed. The results of the study showed that there was a significant difference among all the Experimental group's namely Yogasana Practices and Meditation Practices. Further the results showed Meditation group was found to have greater impact on the group concerned than the Yogasana group and Control group in enhancing the performance of Attitude.

Keywords: Asana, meditation, attitude

Introduction

Yoga has been practiced in India for over two millennia. Stories and legends from ancient times testify to the existence of yoga, and to the practitioners and divinities associated with it. Indian literature is a storehouse of knowledge about yoga covering every conceivable level. Roughly in chronological order are the vocals (books of Scriptural knowledge), the Upanishads (philosophical cosmologies), and their commentaries; then the Puranas (ancient cosmologies), and the two epics, the Ramayana and the Mahabharata. The Mahabharata contains within itself that masterpiece of Indian scripture the Bhagavad Gita. Towards the end of Vedic period comes the aphoristic literature, with the "Yoga Aphorisms" of Patanjali of special interest to yoga students. These are, besides, whole bodies of works both ancient (Pre-Christian) and more modern dealing with various aspects of yoga and yoga philosophy, testifying to the continued relevance of yoga as a discipline (Mira-Mehta, 1994).

Meditation

Meditation follows concentration and concentration merges into meditation. Concentration is holding the mind on to some particular object. A consistent flow of thought or knowledge with regard to the object of concentration. During meditation the fluctuation of mind is converted into focused and one pointed.

Meditation healing the body of disease by proper diet, right living, and recharging the body with God's all-powerful cosmic energy; removing in harmonies and inefficiency from the mind by concentration, constructive thinking, and cheerfulness; and freeing the ever-perfect soul from the bonds of spiritual ignorance by meditation.

Methodology

For the purpose of this study Forty five (N=45) high school male students studying in various high schools in and around Belgavi, Karnataka State, India during the academic year

Correspondence
Mastan Bijalikhhan
Physical Education Director,
Hebbur Mahavidyalaya, Arts
and Commerce College,
Bhadravathi, Shivamogga,
Karnataka, India

2018-2019 were selected randomly as subjects. Their age ranged from 14 to 16 years. The subjects were assigned at random into three groups of fifteen each (n=15). Group-I underwent Asana Practice (n=15), Group-II underwent Meditation Practice (n=15) and Group-III acted as Control. The training Program period was limited to three days per week for twelve weeks. All the subjects were tested Psychological well being and it was assessed by BMI Scale (Beliefs towards Mental Illness scale) prior to and immediately after the experimental period.

Analysis of data

The data obtained from the experimental groups before and

after the experimental period were statistically analyzed with dependent 't'-test and Analysis of covariance (ANCOVA). Whenever the 'F' ratio for adjusted post test means was found to be significant, the Scheffe's Post hoc test was applied to determine the paired mean differences. The level of confidence was fixed at 0.05 level for all the cases.

The Analysis of covariance (ANCOVA) on Attitude of Experimental Groups and Control group have been analyzed and presented in Table -1. The analysis of covariance on Attitude of the pre, post, and adjusted test scores of Yogasana Practices group, Meditation Practices group and Control group have been analyzed and presented in Table – 1.

Table 1: computation of analysis of covariance of pre test, post test and adjusted post test on attitude of experimental groups and control group

Test	Asana Practices Group-I	Meditation Practices Group-II	Control Group-III	Source of Variance	Sum of Squares	df	Mean Squares	F-ratio
Pre-Test Mean	81.33	82.73	81.66	Between groups	16.04	2	8.02	0.25
				Within groups	1343.6	42	31.99	
Post-Test Mean	72.80	65.93	81.53	Between groups	1833.91	2	916.96	34.05*
				Within groups	1131.07	42	26.93	
Adjusted Post-Test Mean	73.14	65.45	81.68	Between sets	1964.5	2	982.2	60.14*
				Within Sets	669.62	41	16.33	

* Significant at 0.05 level of confidence

Table value for df (2, 42) at 0.05 level = 3.22 Table value for df (2, 41) at 0.05 level = 3.23

(Attitude scores are in Points)

Table-1 shows that the obtained F-ratio value 0.25 for pre test mean of Asana Practices group, Meditation Practices group and Control group on Attitude is less than the required table value of 3.22 for significance with df 2 and 42 at 0.05 level of confidence.

The obtained F-ratio value of 34.05 for post test mean of Asana Practices group, Meditation Practices group and Control group on Attitude is more than the required table value of 3.22 for significance with df 2 and 42 at 0.05 level of confidence.

The obtained F-ratio value of 60.14 for adjusted post test mean of Asana Practices group, Meditation Practices group

and Control group on Attitude is higher than the required table value of 3.23 for significance with df 2 and 41 at 0.05 level of confidence.

The results of the study indicated that there is a significant difference between the adjusted post-test means of Asana Practices group, Meditation Practices group and Control group on Attitude.

Since, three groups are compared and whenever the obtained 'F' ratio for adjusted post test is found to be significant, Scheffe's test is used to find out the paired mean difference and it is presented in Table-2.

Table 2: scheffe's test for the difference between paired means on attitude

Asana Practices Group-I	Meditation Practices Group-II	Control Group	Mean Difference	Confident Interval Value
73.14	64.45	---	7.69*	3.75
73.14	---	81.68	8.54*	
---	64.45	81.68	16.23*	

*Significant at 0.05 level of confidence.

Table-2 shows that the mean difference values of Asana Practices group and Meditation Practices group, Asana Practices group and Control group, Meditation Practices group and Control group are 7.69, 8.54 and 16.23 respectively, which are greater than the confidence interval value of 3.75 on Attitude at 0.05 level of confidence.

The results of the study showed that there was a significant difference between Asana Practices group and Meditation Practices group, Asana Practices group and Control group, Meditation Practices group and Control group.

The above data also reveal that Meditation Practices group had shown better performance than Asana Practices group and Control in Attitude.

The adjusted post mean values of Asana Practices group, Meditation Practices group and Control group on Attitude are graphically represented in the Figure -1.

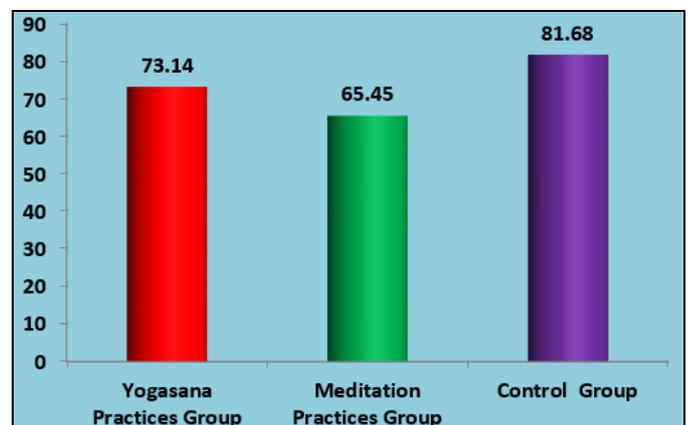


Fig 1: The adjusted post test mean values of asana practices group, meditation practices group and control group on attitude

Conclusion

From the analyzed of the data the following conclusions were drawn

1. Significant differences in achievement were found between Yogasana practices group Meditation practices group and control group in the selected criterion variable on Attitude.
2. The experimental groups namely Yogasana practices group, Meditation practices group, had significantly better performance of Attitude.
3. The Meditation practices group was found to be better than the Yogasana practices group and control group in decreasing strength performance.

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