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Dr. Shweta Bhalla

P.E.T. Kendriya Vidhyalaya,
Indore, Madhya Pradesh, India

Comparative effect of 10 weeks aerobics and meditation training on self-concept and level of aspiration of navodaya vidyalaya students of Indore cluster

Dr. Shweta Bhalla

Abstract

The purpose of this study was purposive selected from the navodaya vidhyalaya, Indore district one hundred and fifty subjects belonging to different groups (Experimental and control) fifty each, has been presented in this chapter. The subjects were divided randomly into three equal groups consisting of fifty subjects, namely meditation (experimental group one), Aerobics (experimental group two) and finally the control group which followed its usually routine practice. The data on selected criterion measures for all the three groups were collected under like conditions.

Objectives: The main objective of the study was to see comparative effect of aerobics activities and meditation exercise on self-concept and level of aspiration, the objective of the study was to see the effect of aerobics on self-concepts. The objective was to see the effect of aerobics on level of aspiration, the objective of the study was to see the effect of meditation on self-concept., the objective of the study was to see the effect of meditation on level of aspiration.

Statistical procedure: Further analysis of covariance was applied with regard to two experimental groups and a control group and the pre test and post test randomized group design and control group were assigned at random. The difference between initial means of the group at pre test was taken into accounting during analysis of post-test, difference between the means by the process of application of ANCOVA, where the final means were tested for significance at 0.05 levels.

Methodology: The details about the selection of subjects, selection of variables, collection of data, experimental design, procedure, duration of yoga and aerobics exercise, administration of test and statistical procedure in analyzing the data has been mentioned in this chapter. One hundred fifty male schools going (Navodaya Vidhyalaya class IX of Indore cluster) were selected for the study. The subjects belong to different schools of Navodaya Vidhyalaya, Indore cluster. Further there group i.e. two experimental groups and one control group (each of 50 students) were randomly formed from the selected subjects. After going through the literature and discussion with the expert following psychological and physical variables were preferred for the study.

Psychological variables Self-concept and level of Aspiration

Physical variables 1. Yoga and Aerobics

Criterion Measures: The Criterion Measures chosen for testing hypothesis were the scores obtained through the various testing procedures stated below on the physical and psychological variables. Thus it may be concluded that N.T.R does not improve in control group. All the treatment is effective in improving the performance of N.T.R score of subjects. In order to find out which treatment is more effective, Pair wise comparison analysis on adjusted means of post data was carried out. Result clearly shows that no significant differences were found between N.T.R of meditation group and aerobic group. Significant differences were found among meditation and control group. Significant difference were found among aerobic and control group. Form the findings it is concluded that meditation and aerobic both are effective in improving the N.T.R score of subjects.

Keywords: navodaya, students self-concept, meditation, psychology, aerobics group

Introduction

Psychology is a whole set of attitudes, cognition that a person has of himself. Psychology has a behavioral science, has made its contribution in this regard. It has helped the coaches to more efficiently and enhances sportsmen's performance more proficiently. Psychology is also

Correspondence

Dr. Shweta Bhalla

P.E.T. Kendriya Vidhyalaya,
Indore, Madhya Pradesh, India

concerned with the total being and personal adjustment to those involved in sports. Psychologist is concern with behavior, understanding, explaining and even predicting possible results¹⁾^[1].

Sports psychology is an area which attempts to apply psychological facts and principles of learning performance and associated human behavior in the whole field of sports. Personality assessment is the most important aspect of sports psychology; each individual is born with a “blue print of basic traits”. The behavior of an individual lies in the blue print^[2].

Self-concept is an important personality factor which is influenced by the type of physical education programmer the child experiences. Self-concept is learned by an individual perception of feeling of others towards himself strongly influence the self-image which in turn self-concept that may provide most powerful motivation for the specific behavior^[3]. Experience which is accumulated knowledge is one's gone through past, is the focal point of human psyche. Starting from the early childhood an individual goes through various experiences and accumulates the memory which becomes the basis of his behavior in all future situations. An individual develops an idea or an image about himself in terms of his physique, appearance etc. through his interaction

Which others, as well as through self-observations. The complex of his idea about himself is called his self-concept. It is basic to human nature to project this self-concept in the form of an ideal self and then to attempt for the realization of this projected self. What an individual thinks himself is therefore of vital significance, as he would strive to become in reality. What he conceives to be in thought. In context of physical education and the all-round development of men. Self-concept acquires a position of considerable importance as it from the basis of all his behavior.

Self-concept the composite of ideas feelings and attitudes that a person has about his or her own identity, worth capabilities and limitations, such factors as the values and opinion of others, especially in the formative years of childhood plays an important part in the development of self-concept^[4].

An individual assessment of his or her status on a single trait or on many human dimension using societal or personal norms as criteria^[5].

Self-concept refers to the way a person thinks about their abilities in the variety of facet of life, including academics, athletics and social interaction.

1. Mosby's medical dictionary, 8th edition 2009, Elsevier
2. An American heritage, MD copy right 2007, 2004 by Houghton Mifflin company published by Houghton M.C. 1996.

Objectives of the study

- The main objective of the study was to see comparative effect of aerobics activities and meditation exercise on self-concept and level of aspiration.
- The objective of the study was to see the effect of aerobics on self-concepts.
- The objective was to see the effect of aerobics on level of aspiration.
- The objective of the study was to see the effect of meditation on self-concept.
- The objective of the study was to see the effect of meditation on level of aspiration.

Methodology

The details about the selection of subjects, selection of variables, collection of data, experimental design, procedure,

duration of yoga and aerobics exercise, administration of test and statistical procedure in analyzing the data has been mentioned in this chapter. One hundred fifty male schools going (Navodaya Vidhyalaya class IX of Indore cluster) were selected for the study. The subjects belong to different schools of Navodaya Vidhyalaya, Indore cluster. Further there group i.e. two experimental groups and one control group (each of 50 students) were randomly formed from the selected subjects. After going through the literature and discussion with the expert following psychological and physical variables were preferred for the study. Psychological variables Self-concept and level of Aspiration physical variables1. Yoga and Aerobics

Criterion Measures: The Criterion Measures chosen for testing hypothesis were the scores obtained through the various testing procedures stated below on the physical and psychological variables.

Psychological Variables

Self-Concept: Self-concept checked by a psychological questionnaire made by R.K. Saraswat.

Level of Aspiration: Level of aspiration of the subject measured by a questionnaire made by DR. Mahesh Bhargava (Agra) and (Late) DR. M.A. Shah.

Experimental physical variables

Meditation: Simple meditation exercise concentrating on one self.

Aerobics: Dancing exercise including different movement and exercise.

Collection of Data: The data for the purpose of the study was collected by using the psychological questionnaire available in the market. The data was collected before the start of the experiment (i.e. pretest) and at the end of the training period (i.e. posttest) on the various criterion variables.

Questionnaire Reliability: All the questionnaire used in the research investigation were established to be quite précised and reliable. R.K. Sara swat is reasonably reliable questionnaire to measure self-concept of the subject. The level of aspiration of the subject was measured by using DR. Mahesh Bhargava and (Late) DR. M.A. Shah Questionnaire.

Procedure of experimental treatment

There were three groups one was control group and other two as experimental groups. Yoga (meditation ex) was given to group “A” and Aerobics ex. was given to group “B” and third group “C” served as control group.

For the purpose of the studying “Effect of yoga and aerobics on selected psychological variables”, the training programme consists of yoga and aerobics. The duration of experimental phase was 10 weeks excluding the period of initial and final testing. Group “A” perform yogic (meditation ex) six day a week (i.e. Monday to Saturday) in morning time 45 min. The subjects belonging to group “C” did not undertake any experimental training but they perform their everyday routines as regularly.

For the group “A” and “B” duration of each training session was 45 min and the training were conducted in the morning between 5:30 to 6:15 am, the above training of treatment variables was conducted in the month of Aug., Sep., Oct. in

different school of Navodaya Vidyalaya of Indore cluster under the supervision of yoga and aerobics experts, the treatment continued for the duration of 10 weeks.

Yoga (Meditation)

It consists of different meditative exercise close your eyes and roll them upwards toward your “third eye” the point just between and above your eyebrows. This help to calm the mind very quickly. Breathe deeply in through the nose and out through mouth don’t force your breath into any length of exhale/ inhale rather become aware of its natural rhythm and be aware of the process of relaxation as your breathe become deeper and slower. Bring all your attention to your breath. Feel and hear your breaths” you will notice that as you focus on your breath your mental, gently bring it lack don’t get discouraged after some time you will get success. You will develop the ability to focus for longer period.

Aerobics

It consists of different exercise done on music warning up exercise 10-15 minutes before doing dance exercise by jumping jacks etc. While doing dancing aerobics increased always wear fitting cloths variation in dance aerobics increases interest, after performing exercise do not for get to cool down. Drink water after 5 minutes of workout.

Administration of Tests

The test was administrated in Navodaya Vidyalaya of Indore cluster with the help of a team of tester and research assistant under the guidance and supervision of the experts.

Psychological variables, self-concept, questionnaire R.K. saraswat, procedure

Self concept questionnaire (R.K. Saraswat) has been distributed among Navodaya Vidyalaya students of Indore cluster under the supervision of expert and research scholar.

Firstly, self concept questionnaire was distributed and after that detail of the questionnaire was described how it has to be filled. After this pre data is collected and after giving the experimental variables (meditation and aerobics) post data was collected.

Level of Aspiration

Questionnaire- DR. Mahesh Bhargava and (late.) Dr. M.A. Shah.

Procedure

Level of aspiration questionnaire has been distributed among the Navodaya vidhalya students of Indore cluster under the supervision of expert and research scholar.

Firstly, self concept questionnaire was distributed and after that detail of the questionnaire was described how it has to be filled. After this pre data is collected and after giving them experimental variables (meditation and aerobics) post data was collected.

Statistical Technique: In order to analyze the effect of meditation and aerobics on selected psychological variables ‘t’ test was employed to observe the pre and post test differences, and to see the effectiveness of group analysis of covariance was used as a statistical procedure. The level of significance chosen for the study was set at 0.5 level of significance.

The statistical analysis of data collected on one hundred and fifty subjects belonging to different groups (Experimental and control) fifty each, has been presented in this study. The subjects were divided randomly into three equal groups

consisting of fifty subjects, namely meditation (experimental group one), Aerobics (experimental group two) and finally the control group which followed its usually routine practice. The data on selected criterion measures for all the three groups were collected under like conditions.

In order to observe the pretest and post test differences between the three experimental groups ‘t’ was employed and pertaining to these are presented in tables below, level of significance chosen is 0.05 levels.

Table 1: T – Value of pre & post data of self-concept in meditation group

Test	Means	Cal t	Tab t .05
Pre	174.7400	1.99	1.67
Post	181.9800		

Table 1 evidently shows that the calculated value of t in 1.99* and the tabulated value of t. It means that considerable difference exists between the pretest and post test means of self concept group of meditation. Therefore it could be conclude that meditation procedure enhance the self concept of Navodaya Vidyalaya student of Indore cluster.

Table 2: T – Value of Pretest and Post test data of self-concept in Aerobics Group

Test	Means	Cal t	Tab t .05
Pre	172.5200	1.757	1.67
Post	175.5600		

Table – 2 clearly shows that the calculated value of t is 1.757 and tabulated value of t is 1.67. Calculated value of t is greater than tabulated of value of t. It means significant difference exists between the pretest and posttest means of self-concept in Aerobics group subjects. As a consequence, it is concluded that Aerobics programmer increase the self-concept of subject significantly.

Table 3: Analysis of covariance on pre and post data of self concept among all the three groups

Source of variation	Df	Ssx	Ssy	Ssxy	Ssyx	Mssyx
Treatment	2	23478	47235	27521	26190	13095
Errpr	146	364598	33921	34251	27180	186.16

Fyx = 70.34

Tab F .05 (2, 146) = 3.06

Table – 3 visibly shows that the calculated value of Fyx is 70.34 and tabulated value of F .05 is 3.06. Calculated value of Fyx is greater than the tabulated value of F.05. It indicates that significant differences were established among the performance of all groups. Therefore it is concluded that all the treatment are not equally effecting in improving the performance of self concept. In order to find out which treatment is more effective, pair wise comparison analysis in adjusted means of post data was carried out. Data pertaining to this is presented in table – 4.

Table 4: adjusted mean scores on self concept during post testing in diferent groups

Yoga	Aerobics	Control	Difference	Cd at 5% level
181.3	180.1		1.2	1.4
	180.1	178.2	1.3	1.4
181.3		178.2	3.1	1.4

Table 4 clearly shows that meditation and aerobics treatment are equally effective in improving the self concept of subject,

where as no improvement was found in the performance of control group. It is therefore concluded that if a choice has to be made out of three treatments, yoga should be preferred as a

treatment to improve the self concept of subjects. Graphical representation of the data pertaining to the all three group is presented in fig.1

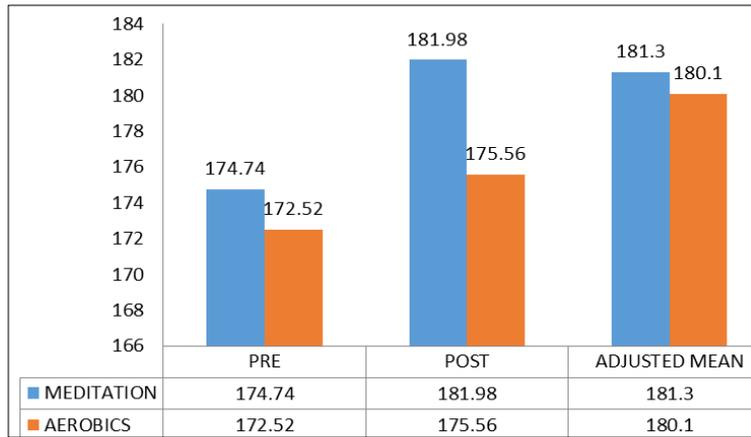


Fig 1: Pre. Post Test Adjusted Mean of self concept in different training program

Table 5: T – Value of pre and post data of psychological variable, i.e level of aspiration in G.P.S (Goal discrepancy score) of meditation group

TEST	Means	Cal t	Tab t .05
Pre	20.3600	1.8	1.67
Post	17.9800		

Table – 5 clearly show that the calculated value of t is 1.8 and tabulated value of t is 1.67. Calculated t is greater than tabulated value of t. It means significant differences were accessible between the pre test and post dated means of G.D.S. consequently it may will be calculated that meditation exercise also increase the goal discrepancy score (level of Aspiration) of subjects.

Table 6: T – Value of pre data and post data of level of Aspiration in G.D.S. (Goal discrepancy score) if Aerobics group

Test	Means	Cal t	Tab t .05
Pre	19.600	2.415	1.67
Post	17.7400		

Table 6 shows that the calculated value of t is 2.415 and the tabulated value of t is 1.67. Calculated value of t is greater than the tabulated value of t. It means significant difference exist between the Pre test and post test means of G.D.S. (Goal discrepancy score) of aerobics group. As a result it is concluded that aerobics exercises increase the goal discrepancy score of subjects belongs to aerobic group.

Table 7: Analysis of covariance on pre and post data of G.D.S. (Goal discrepancy score) among all the three groups

Source of Variation	Df	SSx	SSy	SSxy	SSyx	Mssyx
Treatment	2	572	1683	1444	1760	880
Error	146	4800	5118	4932	2225	15.23

Fyx = 57.78 Tab F.05 (2,146) = 3.06

Since Fyx is greater than Tab F .05. It is concluded that all the treatment are not equally effecting in improving the performance of level of aspiration (G.D.S.). In order to find out which treatment is more effective, pair wise comparison analysis on adjusted means of post data was carried out.

Table 8: Adjusted mean scores on level of Aspiration (G.D.S) during post testing in different groups

Meditation	Aerobics	control	Difference	CD at 5% level
34.71	34.22		.49	.52
	34.22	32.21	2.01	.52
34.71		32.21	2.5	.52

Table – 8 shows that meditation and Aerobics treatment are equally effective in improving the goal discrepancy score of subjects, where as no improvement was found in the performance of control group. It is therefore concluded that if a choice has to be made out, out of three treatments, meditative exercise should be preferred as a treatment to improve Goal discrepancy score (level of aspiration) of subjects.

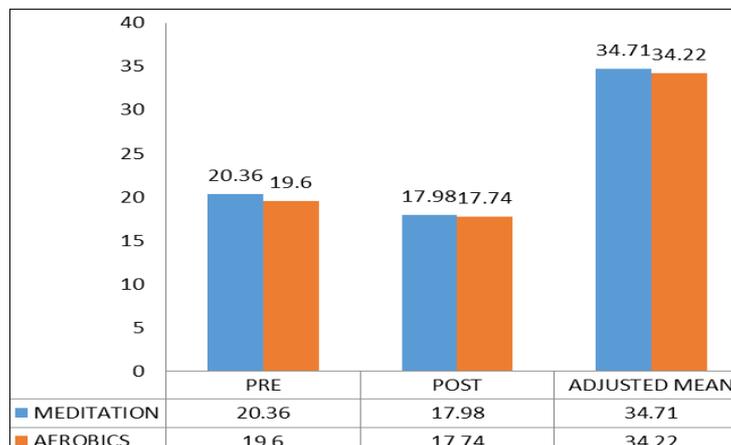


Fig 2: Pre. Post Test Adjusted Mean of Goal Discipancy Score (G.D.S.) in Different Training Programmes

Table 9: T – Value of pre and post data of attainment discrepancy score (A.D.S. level of Aspiration) of meditation group

Test	Means	Cal t	Tab t .05
Pre	6.3600	2.810	1.67
Post	15.4200		

Table 9 clearly shows that the calculated value of t is 2.810 and the tabulated value of t is 1.67. Calculated value of t is greater than tabulated value. It means significant difference exists between the pre test and post test means of attainment discrepancy score of meditation group. Therefore, it may be concluded that meditative exercise also enhance the A.D.S. (Attainment discrepancy score level of aspiration) of Subjects.

Table 10: T – Value of pre data and post data of attainment discrepancy score (A.D.S.) of Aerobics group

Test	Means	Cat t	Tab t .05
Pre	.3400	2.645	1.67
Post	10.3200		

Table 10 shows that the calculated value of t is 2.645 and tabulated t is 1.67. Calculated value of t is greater than tabulated value of t. It means significant differences exist between the pre test and post test means of A.D.S (Attainment Discrepancy Score) of aerobics subject. As a result it is concluded that aerobics exercise increase the attainment discrepancy score of aerobic subjects.

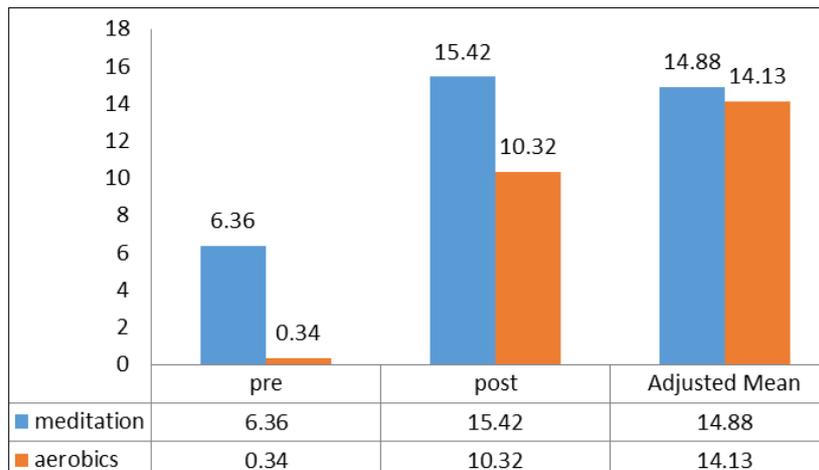


Fig 3: Pre. Post test adjusted mean of goal attainment discrepancy score in different training programmes

Table 13: T – Value of pre data & post data of NTR in meditation group

Test	Mean	Cal t	Tab t .05
Pre	3.9600	2.167	1.67
Post	4.9600		

Table – 13 clearly shows that the calculated value of t is 2.167 and the tabulated value of t is 1.69. Calculated value of t is greater than tabulated value. It means significant differences exist between the pre and post test means of NTR of meditation group. Therefore it may be concluded that meditative exercise also increases the NTR of subjects.

Table 14: T – Value of pre data and post data of NTR of Aerobics Group

Test	Mean	Calt	Tab t .05
Pre	5.2800	1.815	1.67
Post	7.1200		

Table 11: Analysis of co – variance on pre test and post test data of attainment discrepancy score among all the three groups

Source of Variation	Df	SSx	SSy	SSxy	SSyx	MSSyx
Treatment	2	127	294	213	247	123.5
Error	146	908	1068	977	686	4.69

$F_{yx} = 26.33$ Tab $F_{.05} = (2,146) = 3.06$

Calculated F_{yx} is greater than tabulated $F_{.05}$. It is concluded that all the treatment are not equally effective in improving the performance of attainment discrepancy score. In order to find out which treatment is more effective pair wise comparison analysis on adjusted means of post data was carried out.

Table 12: Adjusted mean scores on attainment discrepancy score during post testing in different group

Meditation	Aerobics	Control	Difference	CD at 5% level
14.88	14.13		0.75	0.82
	14.13	12.72	1.41	0.82
14.88		12.72	2.16	0.82

Table – 12 shows that the meditation and aerobics are equally effective in improving the attainment discrepancy score – level of aspiration of subjects, whereas no improvement was found in the performance of control group. It is therefore concluded that if a choice has to be made out of three treatments, meditation should be preferred as a treatment to improve the attainment discrepancy score of subjects.

Table – 14 clearly shows that the calculated value of t is 1.815 and tabulated value of t is 1.67. Calculated value of t is greater than tabulated value. It means significant differences exist between the pre test and post test means of NTR of aerobics subjects. As a result it is concluded that aerobic exercise increase the NTR aerobics subjects.

Table 15: Analysis of co –variance on pre and post test data of NTR among all the Three Groups

Source of Variation	Df	SSx	SSy	SSxy	SSyx	MSSyx
Treatment	2	686	1217	1091	1172	586
Error	146	3572	4009	3712	2219	15.19

$F_{yx} = 38.57$, Tab $F_{.05} = (2,146) = 3.06$

Table – 15 shows that the calculated value of F_{yx} is 38.57 and tabulated value of $F_{.05}$ is 3.06. Calculated value F_{yx} is greater than tabulated value of $F_{.05}$. It indicates that significant differences were established among the

performance of all groups. Therefore it is concluded that all the performance of all groups. Therefore it is concluded that all the treatment are not equally effecting in improving the performance of NTR of subjects. In order to find out which

treatment is more effective, pair wise comparison analysis adjusted means of post data, data pertaining to this is presented in table – 16.

Table 16: Adjusted mean scores on NTR during post testing in different Groups

Meditation	Aerobics	Control	Difference	CD at 5% level
7.89	7.81		6.08	0.22
	7.81	6.11	1.70	0.22
7.89		6.11	1.78	0.22

Table – 16 shows that the meditation and aerobics treatment are equally effective in improving the NTR of subjects, whereas no improvement was found in the performance of control group. It is therefore concluded that if a choice has to

be made out, out of three treatments, meditation should be performed as a treatment to improve the NTR of subjects. Graphical representation of the data pertaining to the all three groups is presented in fig.4.

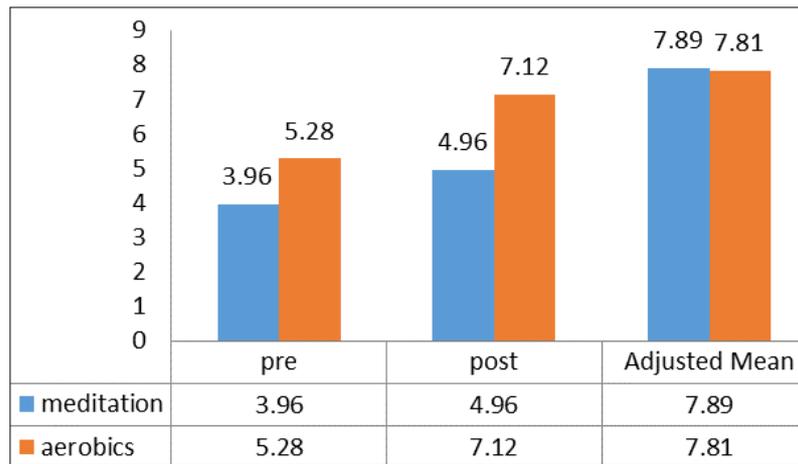


Fig 4: Pre. Post Test Adjusted mean of MTR in Different Training Programmes

Discussion of Findings

The results of the study evidently indicated that both of the experimental variables have significant effect on psychological variables of Navodaya Vidyalaya students of Indore cluster.

Meditation and Aerobic (Dance) are equally effective in upraising level of aspiration and self concept of Navodaya Vidyalaya students. As meditation is the only tool that can aid a person to return to innocence. Meditation helped the students to overcome the emotions to facilitate a clam peaceful mind and a healthy and stress free body. Meditation developed the personality of the students. Students who were very aggressive by nature changed to calm and cool personality through meditation their immune system improved and overall health of the body also increased. Psychological it has been noticed that the students increased their emotional stability, reduce tension and fear and feeling wellness increased. Meditation also helped in spiritual growth. Personal transformation realization of self. Meditation also developed qualities like trusting and happiness. Through meditation individual can reach to the greatest potential.

In attitude and behavior aerobic showed significant change in the students of Novodaya Vidyalaya. As they all are form rural background and this study helped a lot to make the smart and extrovert. Meditation also helps in spiritual growth consciousness evolves, meditation brings harmony in creation, personal transformation realization of self. The best part of the study was during the aerobics period when they dance and forget all things and just enjoy it for extended period of time. With help of aerobics students achieved

physical fitness. Meditation may be speed up, and fat burning accelerated, thus resulting to weight loss. Dance aerobic workout also strengthened the body of the students including weight bearing mussels and cardiovascular mussels. It is enjoyed by all students and helped to tone the mussels. Dance aerobics is an interesting activity which deviates you from drudgery of every life. It improved then immune system of the students and also helped the students to be tension free and gave freedom to personalize dance step and improved confidence a lot.

Conclusions

On the basis of results of the study following conclusion may be down.

Self-Concept (Meditation group)

Significant difference exists between the pre and post test means of self concept group of meditation. Meditation exercise increases the self concept level of Navidhaya Vidhyalaya student of Indore cluster.

Significant differences exist between the pre test and post test means on self concept group of aerobics. Aerobics exercises increase the self concept of subject significantly.

In control group No significant differences exist between the pre test and post test means of meditation and aerobics group.

Significant differences were found among the performance of all groups. Therefore it is concluded that both the treatments variable one effective in in proving the performance of self concept and level of aspiration subjects. In order to find out which treatment is more effective, pair wise comparison analysis on adjusted means of post data was carried out results

shows that significance difference where found among aerobic and meditation programmes.

Significant difference were also found between aerobic and control group. Significant difference was also found between meditation and control group. From the above findings it is concluded that aerobics and meditation are uniformly effective in improving self concept of Navodaya Vidhalaya students of Indore cluster.

Level of aspiration – G.D.S (Goal discrepancy score)

Significant differences exist between the pre test and post test means of goal discrepancy score of meditation group. Meditation exercise increases the goal discrepancy score of subjects significantly.

Significantly differences exist between the pre test and post test means of Goal discrepancy score of aerobic group. Aerobic exercise increases the A.D.S of subjects.

In control group No significant differences exist between pre test and post test means of G.D.S of subjects. Thus it may be concluded that Goal discrepancy score of subjects does not improve in control group.

All the treatment is effective in improving the performance of goal discrepancy score of subjects. In order to find out which treatment is more effective, pair wise comparison analysis on adjusted means of post data was carried out.

Reset clearly shows that no significant differences were found between meditation group and control group. Form the findings it is concluded that meditation and aerobic both are effective in improving the goal discrepancy score of subjects.

Level of aspiration – A.D.S (Attainment discrepancy score)

Significant differences exist between the pre test and post test means of attainment discrepancy score of meditation group. Meditation exercise also enhances the attainment discrepancy score of subjects.

Significant differences exist between the pre test and post test means of attainment discrepancy score of aerobic group. Aerobic exercise also improves the attainment discrepancy score of subjects.

In control group no significant differences exist between the pre test and post test means of attainment discrepancy score of subjects. Thus it may be concluded that attainment discrepancy score does not improve in control group.

All the treatment is effective in improving the performance of attainment discrepancy score of subjects. In order to find out which treatment is more effective, Pair wise comparison analysis on adjusted means of post data was carried out.

Result clearly shows that no significant differences were found between meditation group and aerobic group. Significant difference was found among meditation and control group. Significant difference were found among aerobic and control group. From the findings it is concluded that meditation and aerobic both are effective in improving attainment discrepancy score of subjects.

Level of aspiration (N.T.R.S)

Significant differences exist between the pre test and post test means of NTRS of meditation group. Meditation exercises increase the NTR of subject significantly.

Significant differences exist between the pre test and post test means of N.T.R. of aerobics group. Aerobics group increase the N.T.R of subject significantly.

In control group no significant differences exist between the pre test and post test means of N.T.R subjects. Thus it may be

concluded that N.T.R does not improve in control group.

All the treatment is effective in improving the performance of N.T.R score of subjects. In order to find out which treatment is more effective, Pair wise comparison analysis on adjusted means of post data was carried out.

Result clearly shows that no significant differences were found between N.T.R of meditation group and aerobic group. Significant differences were found among meditation and control group. Significant difference were found among aerobic and control group. Form the findings it is concluded that meditation and aerobic both are effective in improving the N.T.R score of subjects.

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