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Effect of Yoga Nidra on psychological parameters of mood on school level female sports person

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Abstract

The purpose of the study was to find out the Effect of Yoga Nidra on Selected Psychological Parameters of School Level Sports Person. Yoga Nidra is a form of active meditation. It is a kind of deep sleep in which you don't lose consciousness. Yoga Nidra is a form of meditation and exercise that connects the mind and the body in a self-guided healing process. The use of Yoga Nidra has increased over the past 10 years. Studies have found the benefits of Yoga Nidra for decreasing depression and anxiety. Yoga Nidra is one such effective technique, not only for physical or mental relaxation but also for preparing the mind for yogic discipline. Yoga Nidra aims to focus the mind to achieve relaxation and increase wellness. Researches also indicate that Yoga Nidra can be used as a therapeutic technique to cure psychological disorders like anxiety, hostility, insomnia etc, and psychosomatic diseases like asthma, coronary heart disease, cancer, hypertension etc.

Keywords: Yoga Nidra, meditation, consciousness, depression, anxiety, therapeutic technique, psychological disorders, hostility, insomnia, hypertension, anger, confusion, depression, fatigue, tension and vigor

1. Introduction

Yoga acts preventive measures to disease by reducing stress level, keeping the internal organs toned and healthy and maintaining a balanced equilibrium between the physical, mental and spiritual level. The modern yogi B.K.S. Iyengar describes yoga in this way "Yoga is an art, a science and a philosophy. It touches the life of man at every level, physical, mental, and spiritual. It is a practical method for making one's life purposeful, useful and noble.

1.1 Yoga nidra

The term Yoga Nidra means yogic or psychic sleep. It is a state of consciousness between waking and sleeping, induced by a guided meditation. It is said that the history of Yoga Nidra is as old as Yoga itself, as it is mentioned as early as the Upanishads. It is a kind of deep sleep in which you don't lose consciousness. Yoga nidra, also known as dynamic sleep, prompts the body to relax deeply while the mind remains inwardly alert. Yoga nidra along with other advanced medical procedures has been potentially used in the management of many psychosomatic disorders such as menstrual irregularities, cancer, asthma, peptic ulcer. Many research studies indicate that yoga nidra can be used as a therapeutic technique to cure psychological disorders like anxiety, hostility, insomnia etc, and psychosomatic diseases like asthma, coronary heart disease, cancer, and hypertension.

Yoga Nidra is a successful therapy for both recent and longstanding psychological disturbances of all kinds, especially high anxiety levels and neurotic behavior patterns. Yoga nidra is a state in which the body is completely relaxed, and the practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions. It is said that the history of yoga nidra is as old as yoga itself, as the first mention of yoga nidra is in the Upanishads. Lord Krishna is associated with yoga nidra in the epic Mahabharata:

[The Ocean] becomes the bed of the lotus-naveled Vishnu when at the termination of every Yuga that deity of immeasurable power enjoys yoga-nidra, the deep sleep under the spell of spiritual meditation.

(Mahabharata, Book 1, section XXI)

The purpose of the study was to find out the Effect of Yoga Nindra on Selected Psychological Parameters of School Level Sports Person.

2. Methodology

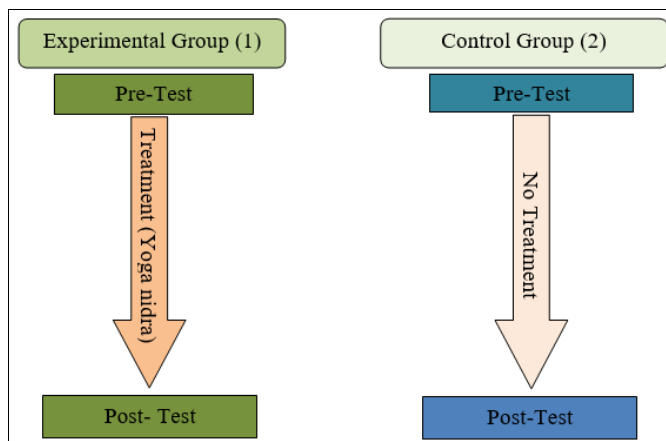
2.1. Selection of subjects

To achieve this purpose, 80 male and female student subjects were selected from the different CBSE schools from the Bolangir district of Odisha. Only those students were selected in this study who willing to participate in the experimental study and having a sports background or participated at least intra school level competition were included in this study. All the students were studying in the classes of IX-XII. The age of subjects was ranged between 13 to 18 years and all the students were followed similar routine of diet, work, rest, and sleep etc. All of them participated in the regular activities in accordance with the requirement of the institution school curriculum.

Subjects were divided into two groups of 40 each with 20 male and 20 female in each groups. The subjects were informed about the purpose of the study. Further, they were also informed that the data will remain confidential and will not be used beyond any academic purpose.

2.2. Design of Study

Pre-test-Post-test random design was used for two groups in which were depicted below:



2.3 Instrument and tools Used

Present study was based on the treatment (Yoga Nidra) given to the groups of Female students for the purpose of finding out the Effect of Yoga Nidra on Selected Psychological Parameters of School Level Sports Person, following variables were selected:

Mood- it is an evolutionary relic that may have been advantageous for early humans but impedes adaptive behavior in the modern world. Indeed, we often attribute irrational behavior to the emotional state of a person (EranEldar, B. Rutledge, J.Dolan, & Yael Niv, 2016). Further, the mood has several components e.g., Anger, Confusion, Depression, Fatigue, Tension, Vigor.

3. Testing Techniques

Brunel Mood Scale (BRUMS)-The Brunel Mood Scale (BRUMS; Terry *et al.*, 1999, 2003) developed to provide a quick assessment of mood states for adolescents and adults. The BRUMS is derived from the Profile of Mood States. It is a 24-item questionnaire of simple mood descriptors such as angry, nervous, unhappy, and energetic. The BRUMS has six subscales, with each of the subscales containing four mood

descriptors. The subscales are anger, confusion, depression, fatigue, tension, and vigor. Respondents indicate the extent to which they have experienced the feelings described by the 24 mood descriptors. Responses are recorded using a 5-point, where '0' = 'Not at all', '1' = 'A little', '2' = 'Moderately', 3 = 'Quite a bit', and '4' = 'Extremely'. The standard reference timeframe used is "How you feel right now", although a variety of other reference time periods can be used. The BRUMS has been shown to be a valid and reliable measure of mood in several scientific studies. The average completion time of the BRUMS is 1 to 2 minutes. To assess psychological mood components the investigator has explained subjects about the purpose of investigation and gave clear instruction regarding the method of answering the questionnaires. The investigator distributed the questionnaires along with a pen for marking their responses. The subject went through the instructions, read each statement carefully and indicated the responses. Investigator told the Subjects not to omit any items in the questionnaires. The doubts raised by the subjects were clearly explained by the investigator. No time limit was given for filling up the questionnaires. But the subjects were asked to respond as quickly as possible. All the filled in questionnaires were collected from the subjects and scored according to the scoring key. The total scores obtained were tabulated and statistically treated to arrive at meaningful conclusion.

4. Technique and Administration of Yoga Nidra

Conduct of *yoga nidra* session was done in a sound proof room, with minimal ambient lighting during daytime. The subject was made to lie in the supine posture on a comfortable mattress. The entire session was done in *shavasana* (*shava* means "corpse" and *asana* means "posture"). The posture used for this asana is lying on the back, the arms and legs are kept at about 45° with the palms facing upwards. This posture minimizes the contact points especially between the limbs of the body. Subjects were assembled in the class room which was provided by the school management. Clear instruction was given by the researcher for effective Yoga Nidra before start of the every session. The researcher told to the participants tries to lie down or sit any comfortable position for taking Yoga Nidra. Students adjust everything, including their body, Position and clothes, until they are completely comfortable. During Yoga Nidra there was no physical movement, subjects close their eyes, until they were told to open them. Researcher told them to give an instruction for take a deep breath in and breathe out for feel the cares and worries of the day flow out of them.

The subject lies in posture used for shavasana. The mind is then instructed to focus on external sounds and move from one sound to another. With this, the mind becomes calm and this method of calming is called *antarmouna*. The *antarmouna* is important to prepare the individual for yoga nidra. At no time one should force the subject to stop thinking about the different sensations. Forcibly stopping thinking about sensations can create restlessness. While slowly concentrating on the different sensations and then moving on, creates the right preparation required for later steps.

5. Procedure of Collection of Data

The questionnaire to assess Mood and Memory was distributed to the students and immediately after the filling the questionnaire, it was taken back. The subjects were requested to give their own and true opinion and the investigator was assured to the respondents that the information given by them

would be kept confidential with him and utilized for the purpose of this study only. The investigator was explained subjects about the purpose of investigation and gave clear instruction regarding the method of answering the questionnaires. The investigator distributed the questionnaires along with a pen for marking their responses. The subject went through the instructions, read each statement carefully and indicated the responses. Investigator told the Subjects not to omit any items in the questionnaires. The doubts raised by the subjects were clearly explained by the investigator. No time limit was given for filling up the questionnaires. But the subjects were asked to respond as quickly as possible. All the filled in questionnaires were collected from the subjects and scored according to the scoring key. The total scores obtained were tabulated and statistically treated to arrive at meaningful conclusion.

6. Training Program

Group-1 was given Yoga Nindra treatment on alternatives

days for Boys and Girls group separately. The timing of treatment was same 11:10 AM to 11:30 AM. Controlled group given no treatment. Further, the planning for treatment of Yoga Nindra to group 1 has been described in the table -2

Table 1: Yoga Nindra Treatment for Group-1

| Sr. No. | No. of Subjects | Timings | Days |
|---------|-----------------|----------------|-----------------------------|
| 1. | Female Students | 11:10 to 11:30 | Monday, Wednesday, Friday |
| 2. | Male Students | 11:10 to 11:30 | Tuesday, Thursday, Saturday |

7. Analytical Procedure

1. To determine the level of Mood in the students of Physical Education & to find out the effect of Yoga Nindra on Mood on the Physical Education Students mean and standard deviation were calculated.
2. To compare the effect of Yoga Nindra on Mood between male and female subjects ‘t’ test were used.

8. Analysis and findings of the data

Table 3: Control Group Girls

| | Paired Descriptive Statistics | | | | Paired T-test | | | |
|-----------------|-------------------------------|----|------|----------|---------------|------|----|------|
| | Mean | N | S. D | S.E Mean | Mean | S. D | DF | Sig |
| Pre-Anger | 1.60 | 20 | 1.84 | 0.41 | -1.20 | 2.60 | 19 | 0.05 |
| Post-Anger | 2.80 | 20 | 2.72 | 0.60 | | | | |
| Pre-Confusion | 1.15 | 20 | 1.30 | 0.29 | -1.05 | 2.87 | 19 | 0.11 |
| Post-Confusion | 2.20 | 20 | 2.66 | 0.59 | | | | |
| Pre-Depression | .90 | 20 | 1.20 | 0.27 | -.150 | 2.25 | 19 | 0.76 |
| Post-Depression | 1.05 | 20 | 1.98 | 0.44 | | | | |
| Pre-Fatigue | 3.25 | 20 | 1.29 | 0.28 | -.150 | 1.89 | 19 | 0.72 |
| Post-Fatigue | 3.40 | 20 | 2.01 | 0.44 | | | | |
| Pre-Tension | 2.10 | 20 | 1.77 | 0.39 | -1.35 | 3.95 | 19 | 0.14 |
| Post-Tension | 3.45 | 20 | 2.94 | 0.65 | | | | |
| Pre-Vigor | 12.10 | 20 | 3.76 | 0.84 | -.650 | 5.37 | 19 | 0.59 |
| Post-Vigor | 12.75 | 20 | 4.06 | 0.90 | | | | |

Table -3 showed the paired wise descriptive statistics and paired T-test of mood and its components that are anger, confusion, depression, fatigue, tension, and vigor between pre and post-test control group girls, without yoga nindra intervention. mean difference of mood and its components between pre and post-test of control groups girls and it was

found that there was no significant difference in anger, confusion, depression, fatigue, tension and vigor as the p-value is greater than 0.05. So, it indicates that without yoga nindra intervention there is no significant improvement in mood and its components in girls control group.

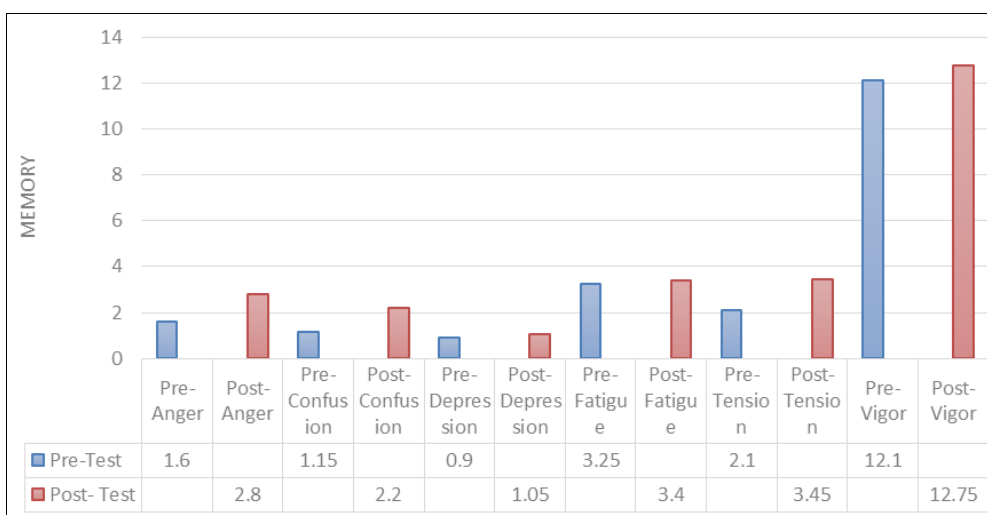


Fig 1: Graphical representation of mood control group girls

Figure-1 shows that there were increased in post-test mean score of mood and its components e.g., anger, confusion,

depression, fatigue, tension and vigor increased in post-test mean score.

Table 4: Experimental Group Girls

| | Paired Descriptive Statistics | | | | Paired T-test | | | |
|-----------------|-------------------------------|----|------|----------|---------------|------|----|------|
| | Mean | N | S. D | S.E Mean | Mean | S. D | df | Sig |
| Pre-Anger | 2.80 | 20 | 2.83 | .63 | 1.25 | 2.97 | 19 | 0.07 |
| Post-Anger | 1.55 | 20 | 1.19 | .26 | | | | |
| Pre-Confusion | 1.65 | 20 | 1.42 | .31 | -.15 | 1.78 | 19 | 0.71 |
| Post-Confusion | 1.80 | 20 | 1.10 | .24 | | | | |
| Pre-Depression | 1.30 | 20 | 2.38 | .53 | .50 | 2.52 | 19 | 0.38 |
| Post-Depression | .80 | 20 | .89 | .20 | | | | |
| Pre-Fatigue | 4.25 | 20 | 1.83 | .40 | 1.85 | 2.71 | 19 | 0.00 |
| Post-Fatigue | 2.40 | 20 | 1.42 | .31 | | | | |
| Pre-Tension | 2.70 | 20 | 2.15 | .48 | .50 | 3.18 | 19 | 0.49 |
| Post-Tension | 2.20 | 20 | 1.82 | .40 | | | | |
| Pre-Vigor | 11.10 | 20 | 3.93 | .87 | 2.80 | 4.29 | 19 | 0.00 |
| Post-Vigor | 8.30 | 20 | 2.73 | .61 | | | | |

Table -4 showed the paired wise descriptive statistics and paired T-test of mood and its components that were anger, confusion, depression, fatigue, tension, and vigor between pre and post-test after intervention of yoga nindra to girls. Mean score of anger was reduced after intervention of yoga nindra but the difference was not significant as the p-value is greater than 0.05. Thus, the null hypothesis rejected. Mean score of confusion increased after intervention of yoga nindra that indicate negative impact, p-value also greater than 0.05 so the null hypothesis failed to rejected. Mean score of depression reduced after yoga nindra training but the p-value is not significant. The mean score of tension also reduced but the p-value was not significant. In case of confusion, depression and tension as the p-value is greater than 0.05 so these components of mood are failed to reject null hypothesis.

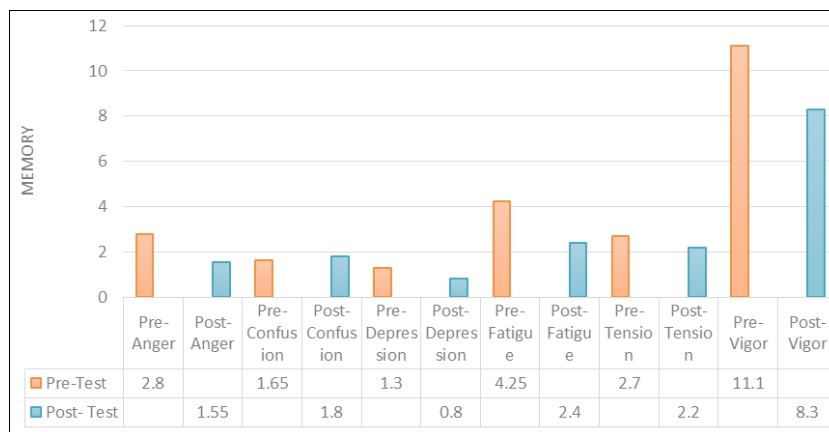


Fig 2: Graphical representation mean score of mood experimental group girls

Figure -2it is clearly indicates that the mean score of mood and its components decreased after intervention of yoga nindra in girls, but confusion slightly increased.

9. Discussion of findings

The present study was conducted to find out the Effect of Yoga Nindra on Selected Psychological Parameters of School children. For this paired T-test were applied to find out the mean difference between pre and post-test. The results of the present study revealed that the Yoga Nindra of four weeks was an effective tool for improvement of mood and its components. It is understood that the Yoga Nindra is one such effective technique, not only for physical or mental relaxation but also for preparing the mind for yogic discipline. Yoga Nindra aims to focus the mind to achieve relaxation and increase wellness. Many research studies indicate that yoga Nindra can be used as a therapeutic technique to cure psychological disorders like anxiety, hostility, insomnia etc, and psychosomatic diseases like asthma, coronary heart disease, cancer, and hypertension.

After intervention of yoga Nindra it was found that anger was reduced significantly ($p \leq 0.05$), Research article also support that yoga nindra reduce or control over anger (Vaishnav, Vaishnav, Vaishnav, & Varma, 2018). According to Camila Ferreira-Vorkapic *et al.* mention in their article, that yoga nindra reduced depression (Vorkapic, Pinheiro, Marchioro, & Santana, 2018). And in this study the researcher also found that depression reduced significantly ($p \leq 0.05$). Fatigue and tension also reduced significantly in male students.

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