



## Effect of Manavalakkalai Yoga With and Without Laughing Exercises on Stress and Self Confidence among Male Government Clerical Staff

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### Abstract

*The present study is an outcome of the effect of manavalakkalai yoga with and without laughing exercises on stress and self confidence among male government clerical staff. To achieve the purpose of the study forty five male government clerical staffs were selected from the Chennai district and their age group were between 40-45 years. Selected subjects were divided into three equal groups, namely experimental group I, experimental group II and control group. Each group consisted of fifteen subjects. Random group design was used for the selection of the subjects. Training period of this study was six weeks. Experimental group I undergone the Manavalakkalai yoga with laughing exercises, experimental group II undergone the Manavalakkalai yoga without laughing exercises and control group undergone no training. Pre and post test were taken before and after the six weeks of training programme. To analyses the data ANCOVA and Scheffe's post hoc test was used. The result of the study shows that there was a significant improvement on self confidence and decreased stress level among male government clerical staff due to the influence of manavalakkalai yoga with and without laughing exercises.*

**Keywords:** Manavalakkalai, Laughing Exercises, Clerical Staff, Stress, Self Confidence.

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### Introduction

Clerical staff, also known as administrative or support staffs are critical components to achieving the mission of an organization. According to the Occupational Outlook Handbook of the Bureau of Labor Statistics, the largest number of job openings every year resides among the clerical profession. With the ever-growing technology boom, clerical staffs are assuming more roles that were once held for professional and managerial staff. While faxing, copying and scanning are still a part of clerk's duties, the overall job responsibilities have expanded in recent years. Today's clerical staff is tackling more complicated projects such as spreadsheet creation, company database maintenance, digital graphics creation and advanced PowerPoint presentations. Advanced computer software skills are becoming a must for clerical staff. Due to job deadlines they will face stress may leads to psychological problems. Yogic practices with laughing therapy can be a meaningful and enjoyable alternative to traditional forms. Yoga can play an important role in reducing stress and frustration that results from pain and disability, and increasing positive feelings and wellbeing as well as body become too good.

### Statement of the Problem

The purpose of the study was to find out the effect of manavalakkalai yoga with and without laughing exercises on stress and self confidence among male government clerical staff.

### Hypothesis

It was hypothesized that would be a significant improvements on self confidence and reduce stress level among male government clerical staff.

### Delimitations

1. The subjects were delimited into forty-five male government clerical staff.
2. The age groups of the subjects were between 40-45 years.
3. The selected subjects were divided into three equal groups; each group was consisted of fifteen subjects only.
4. The subjects of the study were selected from Chennai district only
5. The study was delimited to the male government clerical staff.

### Limitations

Certain factors like life style, body structure, personal habits, family heredity, and motivational factors are not to be taken into consideration for this study. Certain factor like diet, environmental and climatic conditions, and economical background is not to be

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taken into consideration. The day to day routine works would not be controlled.

### Methodology

#### Selection of the Subjects

To achieve the purpose of these study forty-five subjects were randomly selected from various government office male government clerical staff in Chennai district, the subject's age groups was ranged between 40-45 years only. They were divided into three equal groups. Manavalakkalai yoga with and without laughing exercises group were considered as experimental groups and another group was control group.

#### Selection of the Variables

1. **Independent variables** - Manavalakkalai yoga with and without laughing exercises
2. **Dependent variables** – Self confidence and stress

#### Experimental Design

The study was formulated as a true random group design, consisting of a pre test and post test the subjects (N=45) were randomly assigned to three equal groups. The groups were assigned as Experimental group I, II and Control group respectively. Pretest was conducted for all the subjects on the experimental groups participated in their respective Manavalakkalai yoga with laughing therapy and Manavalakkalai yoga without laughing therapy for a period of six weeks. The post test

was conducted on the above said dependent variables after a period of six weeks in the respective treatments.

#### Collection of Data

The subjects of the study were selected at random and divided into three homogeneous groups. Among the three groups, the control group was strictly under control, without undergoing any special activity. The experimental groups underwent the experimental treatments. The experimental groups were well acquainted with their allotted techniques and did only the experimental treatment given to them for a period of six weeks under the personal supervision of the researcher.

#### Statistical Technique

The data collected from the subjects were treated statistical Analysis of Covariance was used to find out the adjusted mean difference among the treatment groups. The Scheffe's post hoc test was used to find out the paired mean significance.

#### Results and Discussion

##### Results on Stress

The statistical analyses comparing the initial and final means of stress accessed through Everyly and Girdano's due to Manavalakkalai yoga with and without laughing exercises among male government clerical staff presented in table -I

**Table I.** Computation of Analysis of Covariance of Stress (Scores in Numbers)

|                         | MKY With Laughing Exercises | MKY   | Control Group | SOV     | SS     | df | MS    | 'F'    |
|-------------------------|-----------------------------|-------|---------------|---------|--------|----|-------|--------|
| Pre Test Mean           | 25.27                       | 24.73 | 24.53         | Between | 4.31   | 2  | 2.16  | 0.22   |
|                         |                             |       |               | Within  | 403.60 | 42 | 9.61  |        |
| Post Test Mean          | 21.00                       | 22.27 | 24.13         | Between | 74.53  | 2  | 37.27 | 4.05*  |
|                         |                             |       |               | Within  | 386.67 | 42 | 9.21  |        |
| Adjusted Post Test Mean | 20.65                       | 22.36 | 24.39         | Between | 104.47 | 2  | 52.23 | 20.34* |
|                         |                             |       |               | Within  | 105.28 | 41 | 2.57  |        |
| Mean Diff               | -4.27                       | -2.47 | -0.40         |         |        |    |       |        |

\*Significant Table F value at 0.05 level of significance for 2 and 41 df & 2 and 42 was 3.10

From the table I obtained F value for pre test 0.22 was lesser than the table F value 3.10, this indicates that the random assignment of the subjects were successful. The analysis of post test proved that the obtained F value 4.05 was greater than the required value of 3.10 to be significant at 0.05 levels. Taking into consideration of adjusted post test, the obtained F value

20.34 was greater than the required value of 3.10 and hence it was accepted that Manavalakkalai yoga with and without laughing exercises. Significantly decreased stress level since significance differences were recorded, the results were subjected to post hoc analysis using Scheffe's confidence interval test. The results were presented in table II.

**Table II.** Scheffe's Confidence Interval Test Scores on Stress (Scores in Numbers)

| MEANS                       |       |               |                 | C I  |
|-----------------------------|-------|---------------|-----------------|------|
| MKY with Laughing Exercises | MKY   | Control Group | Mean Difference |      |
| 20.65                       | 22.36 |               | 1.71*           | 1.51 |
| 20.65                       |       | 24.39         | 3.75*           | 1.51 |
|                             | 22.36 | 24.39         | 2.03*           | 1.51 |

\* Significant

The table II, it was proved that there was significant differences Manavalakkalai yoga with and without laughing exercises and control group.

and without laughing exercises and control group.

### Discussion on the Findings of Stress

Stress was measured through everyly and Girdano's standard questionnaire. The result presented in table-I proved that there was a significantly decreased the stress due to Manavalakkalai yoga with

### Results on Self Confidence

The statistical analyses comparing the initial and final means of Self confidence accessed through Agnihotri's Self Confidence Inventory standard questionnaire due to Manavalakkalai yoga with and without laughing exercises presented in table –III.

**Table III.** Computation of Analysis of Covariance of Self Confidence (Scores in Numbers)

|                         | MKY With Laughing Exercises | MKY   | Control Group | SOV     | SS     | df | MS     | 'F'    |
|-------------------------|-----------------------------|-------|---------------|---------|--------|----|--------|--------|
| Pre Test Mean           | 22.47                       | 22.73 | 21.80         | Between | 6.93   | 2  | 3.47   | 0.25   |
|                         |                             |       |               | Within  | 575.07 | 42 | 13.69  |        |
| Post Test Mean          | 27.67                       | 25.47 | 22.47         | Between | 204.40 | 2  | 102.20 | 6.68*  |
|                         |                             |       |               | Within  | 642.80 | 42 | 15.30  |        |
| Adjusted Post Test Mean | 27.54                       | 25.10 | 22.95         | Between | 157.44 | 2  | 78.72  | 19.87* |
|                         |                             |       |               | Within  | 162.41 | 41 | 3.96   |        |
| Mean Diff               | 5.20                        | 2.73  | 0.67          |         |        |    |        |        |

\*Significant Table F value at 0.05 level of significance for 2 and 41 df & 2 and 42 was 3.10

From the table III obtained F value for pre test 0.25 was lesser than the table value of F (3.10), this indicates that the random assignment of the subjects were successful. The analysis of post test proved that the obtained F value 6.68 was greater than the required value of 3.10 to be significant at 0.05 levels. Taking into consideration of adjusted post test, the obtained F value

19.87 was greater than the required value of 3.10 and hence it was accepted that the Manavalakkalai yoga with and without laughing exercises. Significantly improve self confidence. Since significance differences were recorded, the results were subjected to post hoc analysis using Scheffe's confidence interval test. The results were presented in table IV.

**Table IV.** Scheffe's Confidence Interval Test Scores on Self Confidence

| MEANS                       |       |               |                 | C I  |
|-----------------------------|-------|---------------|-----------------|------|
| MKY with Laughing Exercises | MKY   | Control Group | Mean Difference |      |
| 27.54                       | 25.10 |               | 2.44*           | 1.88 |
| 27.54                       |       | 22.95         | 4.59*           | 1.88 |
|                             | 25.10 | 22.95         | 2.15*           | 1.88 |

\* Significant

The table IV, it was proved that there was significant differences between Manavalakkalai yoga with and without laughing exercises compared to control group.

#### **Discussion on the Findings of Job Involvements**

Self confidence was measured through Agnihotri's standard questionnaire. The result presented in table II proved that there was a significantly improved self confidence due Manavalakkalai yoga with and without laughing exercises compared to control group.

#### **Conclusion**

From the analysis and discussions of the present study, the following conclusion was drawn.

It was concluded that there was significant decrease in stress level and significant increase in self confidence among male government clerical staff. Due to manavalakkalai yoga with and without laughing

exercises and control group

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