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Influence of Yogic Practices on Selected Psychological Variables among Middle Aged Men

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Abstract

The purpose of the study was to find out the influence of yogic practices on selected psychological variables among middle aged men. To achieve the purpose of the study, the investigator selected thirty middle aged men from Krishnagiri district, Tamilnadu as subjects and their age ranged from 30 to 45. Research design that is used in the study is Quasi Experimental Research design. The subjects (n = 30) were randomly assigned to two equal groups of middle aged men each. The groups were assigned as yogic practices group and control group and in an equivalent manner. Anxiety was measured by spielberger's trait anxiety questionnaire and aggression was measured by smith aggression questionnaire. The training group had undergone the training for a period of six weeks and the post-tests were conducted after the training period. Analysis of covariance (ANCOVA) was applied because the subjects were selected random, but the groups were not equated in relation to the factors to be examined. Hence the difference between means of the two groups in the pre-test had to be taken into account during the analysis of the post-test differences between the means. This was achieved by the application of the analysis of covariance, where the final means were adjusted for differences in the initial means, and the adjusted means were tested for significance. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study. The yogic practices group had shown significant difference in all the selected psychological variables.

Keywords: Yogic Practices, Middle Aged Men, Anxiety, Aggression.

Introduction

Yoga is one of India's wonderful gifts to mankind. It refers to the union of body and mind. Yoga is simple and easy to practice, acceptable to the people of all walks of life. One of its valuable qualities is that it builds up a store of physical health through the practice of a system of exercises called asana which keep the body cleansed and fit. Yoga postures are the physical positions that co-ordinate breath with movement and withholding the position to stretch and strengthen different parts of the body. Yogic practice is the ideal complement to other forms of physical exercises such as running, cycling and swimming. Yogic postures systematically work on all the major muscle groups, including the back, neck and shoulders, deep abdominal, hip and ankles, feet, wrists and hands. By their very nature, yogic practice affect all the muscle groups and organs as they simultaneously impart strength, increase flexibility and bring nourishment to internal organs. Although most poses are not aerobic in nature, they do in fact send oxygen to the cell by way of conscious deep breathing and sustained stretching and contraction of different muscle groups. Yoga can help to check any imbalance in muscular development and will enable both mind and body to function efficiently. The science of yoga consists of acquiring knowledge through observation and experiment. It is a science, which deals with the body and mind controlling the body through the practice of Yoga to achieve the rhythm of mind. The health and strength of the body and the mind are acquired, only when a state of equilibrium is attained whereby the body and the mind are balanced. Like all other arts, Yoga is also a science as well as a philosophy too. As science is concerned with analyses Yoga too is bent on analysis.

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Methodology

The purpose of the study was to find out the influence of yogic practices on selected psychological variables among middle aged men. To achieve the purpose of the study, the investigator selected thirty middle aged men from Krishnagiri district, Tamilnadu as subjects and their age ranged from 30 to 45. Research design that is used in the study is Quasi Experimental Research design. Quasi-experimental research designs share many similarities with the traditional experimental design or randomized controlled trial, but they specifically lack the element of random assignment to treatment or control. Instead, quasi-experimental designs typically allow the researcher to control the assignment to the treatment condition, but using some criterion other

than random assignment (e.g., an eligibility cutoff score). In some cases, the researcher may have no control over assignment to treatment condition. The subjects (n = 30) were randomly assigned to two equal groups of middle aged men each. The groups were assigned as yogic practices group and control group and in an equivalent manner. Anxiety was measured by spielberger's trait anxiety questionnaire and aggression was measured by smith aggression questionnaire. The training group had undergone the training for a period of six weeks and the post-tests were conducted after the training period. Analysis of covariance (ANCOVA) was applied because the subjects were selected random, but the groups were not equated in relation to the factors to be examined. Hence the difference between means of the two groups in the pre-test had to be taken into account during the analysis of the post-test differences between the means. This was achieved by the application of the analysis of covariance, where the final means were adjusted for differences in the initial means, and the adjusted means were tested for significance. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study.

Results

Table I. Descriptive Statistics of Pre and Post Test Scores on Selected Variables of Yogic Practices and Control Group

S.No		Variables	Pre-Test Mean	Post-Test Mean	Adjusted Mean
1	Yogic Practices Group	Anxiety	53.74	42.45	42.13
2		Aggression	14.44	11.16	11.06
1	Control Group	Anxiety	54.12	54.03	54.04
2		Aggression	15.14	15.09	15.11

* Significant at 0.05 level

Table II. Computation of Analysis of Variance of Initial and Final Means of Selected psychological variables

Variables		Sources	SS	df	MS	F-ratio
Anxiety	Pre Test	Between sets	1.20	1	1.20	0.24
		Within sets	136.66	28	4.88	
	Post Test	Between sets	1092.03	1	1092.03	102.97*
		Within sets	296.93	28	10.60	
Aggression	Pre Test	Between sets	0.83	1	0.83	0.28
		Within sets	81.46	28	2.91	
	Post Test	Between sets	104.53	1	104.53	30.70*
		Within sets	95.33	28	3.40	

*significant at 0.05 level

In the initial data analysis, F-test was applied to test initial and final means between the group of yogic practices group practice group (YPG) and control group (CG) on psychological variables. The F-value needed for significance for df 1 and 28 at 0.05 levels is 4.19. The obtained F-value for the initial means for anxiety (0.24) and aggression (0.28). These variables are not significant. The observed F-values on the above said variables are found to be insignificant. Since, they have failed to reach the required table value of 4.19 for df 1 and 28, it is concluded that the mean difference between the YPG and CG on the variables used in this study before the treatment is statistically insignificant. The observed F-value for the final means for anxiety (102.97), aggression (30.70). These values are compared to the table value at 0.05 significant level, and it was found that the observed F-values on final means of anxiety, aggression, self confidence and stress were greater than the required table value of 4.19 for df 1 and 28. Therefore it was concluded that the mean difference between the PYG and CG on final means of the anxiety and aggression are statistically significant.

Table III. Analysis of Covariance on Anxiety

Sources of Variance	Sum of Squares	df	Mean Square	F-ratio
Between sets	1087.75	1	1087.75	99.15*
Within sets	296.21	27	10.97	

*significant at 0.05 level

The table III reveals that the obtained 'f' value was, to be significant at 0.05 level for degree of freedom 1 and 27, the required table value was 4.21. Hence, observed 'f' value (99.15) was found as greater than the table value (4.21), it was inferred that the adjusted mean difference existing between the YPG and CG on was statistically significant.

Figure I. Shows the adjusted post test mean values of yogic practices group (YPG) and control group (CG) on Anxiety

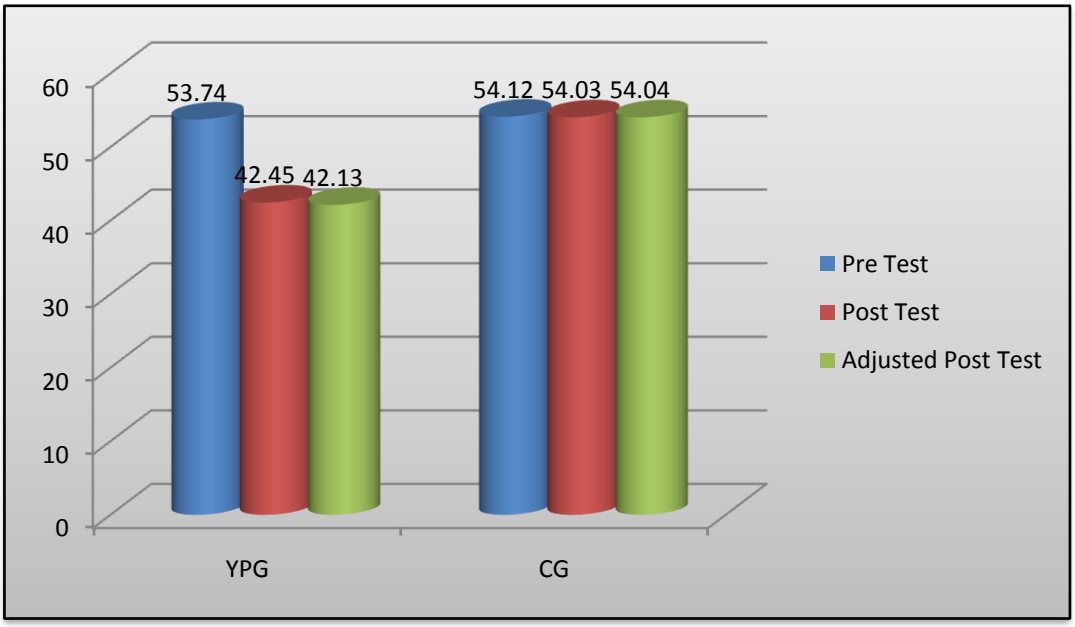


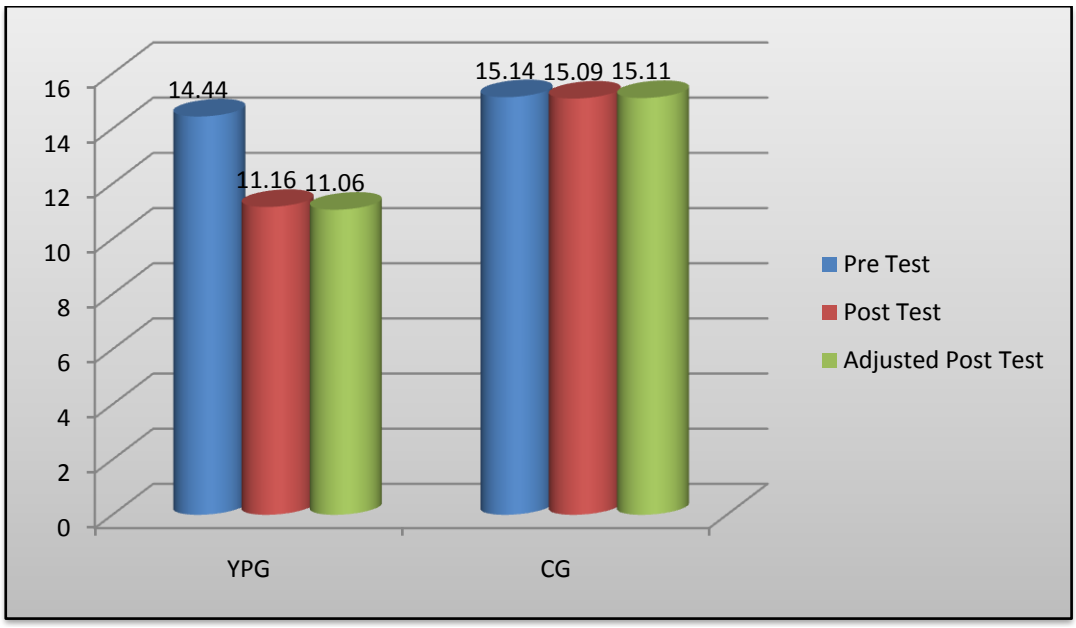
Table IV. Analysis of Covariance on Aggression

Sources of Variance	Sum of Squares	df	Mean Square	F-ratio
Between sets	106.15	1	106.15	30.60*
Within sets	93.64	27	3.46	

*significant at 0.05 level

The table IV reveals that the obtained 'f' value was, to be significant at 0.05 level for degree of freedom 1 and 27, the required table value was 4.21. Hence, observed 'f' value (30.60) was found as greater than the table value (4.21), it was inferred that the adjusted mean difference existing between the YPG and CG on was statistically significant.

Figure II. Shows the adjusted post test mean values of yogic practices group (YPG) and control group (CG) on Aggression



Conclusions

Within the limitation of the present study, the conclusions were drawn.

1. The yogic practices group had shown significant difference in all the selected psychological variables.
2. The experimental group had shown significant improvement in all the selected psychological variables than the control group.

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