



Effect of Yogic Practice on Selected Physiological Variables among Stressed Men Police Constable

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Abstract

The purpose of the study was to investigate the effect of yogic practice on selected Physiological and Psychological variables among stressed men police constable. To facilitate the study 30 stressed men police constable were selected from Tirunelveli District, as subjects between the age group of 25-35 years. In this study yogic practice were given to experimental group and control group was not given any type of training. The pre tests were taken for all the subjects before administering the training. Then subjects were given respective training for a period of six weeks. And at the end of the sixth week, post tests were taken. Before and after the experimental period of six weeks pre and post test scores were obtained from all the two groups. The scores on physiological variables were considered as the effect of yogic practice among stressed men police constable. The mean differences were tested for significance using analysis of co variance (ANCOVA). The Pulse rate has significantly reduced due to influence of six week training of yogic practice compared to control group. There was a significant result in the level of Vital Capacity due to influence of six week training of yogic practice pared to control group.

Keywords: Yogic Practice, Physiological Variables, Police Constable.

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Introduction

Yoga is usually defined as union: union between the limited self (jiva) and the cosmic self (atman). Without trying to confuse things any further, we would like to point out that there is an anomaly in this definition. For there to be an aim or goal of union there must first be a state of separation. And in fact this separation does not exist. At this very moment you are united with the cosmic consciousness. Even this statement is not true, for you actually are the cosmic consciousness. So the aim of yoga is not really to unite you with greater self, to make you are already united. It is to make you realize your identity with the greater self, to make you know and tune in with your existing inner nature (Swami Satyananda Saraswati, 1981). Yoga is an ancient philosophy of life as well as a system of exercises that encourages the union of mind, body, and spirit. In fact, the word yoga is derived from the Sanskrit word meaning "yoke" or "union." The ultimate goal of yoga is to achieve a state of balance and harmony between mind and body.

Stress plays a part in the lives of everyone. Some stress is not only inevitable, it can be good. For example, the physical stress of "working out" improves your cardiovascular system, and feeling pressure that

causes you to study harder for an exam can improve your score. Police stress, however, refers to the negative pressures related to police work. Police officers are not super humans. According to Gail Goolkasian and others, research shows that they are affected by their daily exposure to human indecency and pain; that dealing with a suspicious and sometimes hostile public takes its toll on them; and that the shift changes, the long periods of boredom, and the ever-present danger that are part of police work do cause serious job stress (Selye, 1920). The very nature of a police officer's job is to become deeply involved in the lives of those who have either committed a crime or been the victim of a crime. On both ends of this spectrum it is likely that the individuals involved are suffering in one way or another. Spending most of the day working with people who are experiencing high levels of distress is bound to affect one's own emotional state. The unfortunate fact is that police officers spend an above average amount of time around pain, suffering and sadness.

Methodology

The purpose of the study was to investigate the effect of yogic practice on selected Physiological and Psychological variables among stressed men police constable. To facilitate the study 30 stressed men police constable were selected from Tirunelveli District, as subjects between the age group of 25-35 years. In this study yogic practice were given to experimental group

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and control group was not given any type of training. The pre tests were taken for all the subjects before administering the training. Then subjects were given respective training for a period of six weeks. And at the end of the sixth week, post tests were taken. Before and after the experimental period of six weeks pre and post test scores were obtained from all the two groups. The scores on physiological variables were considered as the

effect of yogic practice among stressed men police constable. The mean differences were tested for significance using analysis of co variance (ANCOVA).

Results

The statistical analysis comparing the pre and post means of pulse rate due to yogic practice in stressed men police constable is presented in table I.

Table I. Computation of analysis of covariance in pulse rate (Beats Per Minutes)

Test	Yogic Practice	Control Group	SV	SS	Df	MS	F
Pre test	78.40	77.60	B	30.51	1	6.756	0.20
			W	111.2	28	26.48	
Post test	68.53	78.40	B	790.98	1	395.4	13.96*
			W	693.33	28	16.51	
Adjusted post test	68.48	78.44	B	889.8	1	444.91	16.60*
			W	273.6	27	6.756	

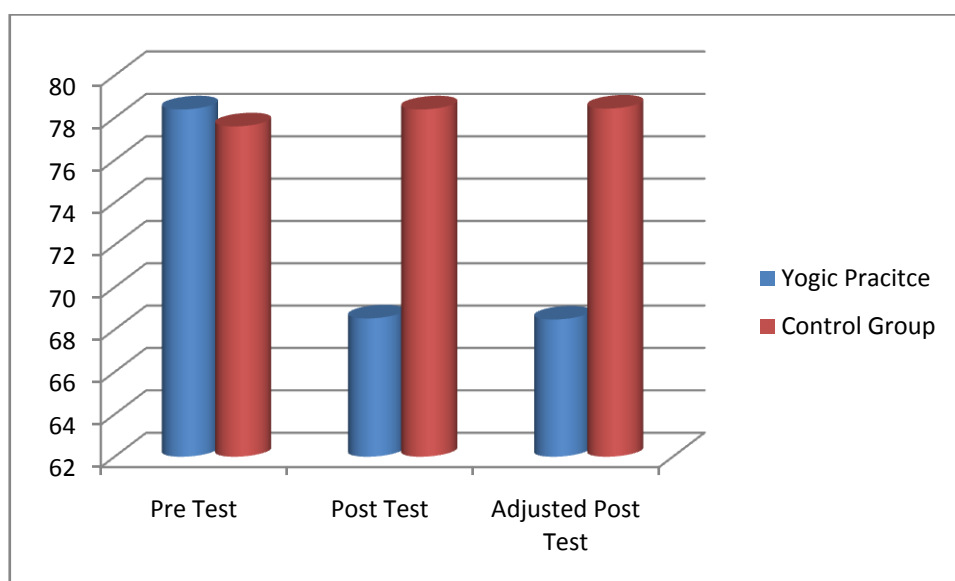
Table F-ratio at 0.05 level of confidence for 1 and 28 (df) =4.20, 1 and 27 (df) =4.21.

*Significant

The table I shows that the pre test means scores of pulse rate in yogic practice group and control group were 78.4 and 77.6 respectively and the obtained 'F' value on pre test scores of 0.26 was less than the required F value of 4.20 to be significant at 0.05 level. This proved that there was no significant difference among the groups at initial stage and the randomized assignment of the subjects into two groups were successful. The post test mean scores of yogic practice group and control group were recorded as 68.53 and 78.40 respectively, showed improvement over the pre test scores. The

obtained 'F' value on post test scores 13.96 was greater than the required 'F' value 4.20. This showed that there was significant difference among the post test means of the subjects. The obtained 'F' value of 16.60 of adjusted post test means was greater than the required table 'F' value of 4.21. This proved that there was significant difference among the means due to six weeks training of yogic practice on physiological variable of Pulse rate. The ordered adjusted means on Pulse rate were presented through bar diagram for better understanding of the results of this study figure I.

Figure I. Bar diagram showing the mean differences among the group on pulse rate (Beats per minute)



The result of the study on pulse rate indicates that all the yogic practice groups brought about significant improvement after the training. The results of

the study indicate that there was a significant difference on pulse rate between the yogic practice group and control group. However, yogic practice group was found

to be better in decreasing the pulse rate level in yogic practice than control group. The result of this study on

pulse rate has in line with the study conducted by Madan (2004).

Table II. Computation of analysis of covariance in vital capacity (Scores in Litres)

Test	Yogic Practice	Control Group	SV	SS	Df	MS	F
Pre test	41.50	39.96	B	1767.7	1	8838.8	2.96
			W	1255.0	28	2959.8	
Post test	41.73	39.86	B	3201.1	1	1600.5	4.83*
			W	2151.0	28	5121.4	
Adjusted post test	40.93	40.62	B	7606.0	1	3803.4	5.13*
			W	8509.4	27	2075.4	

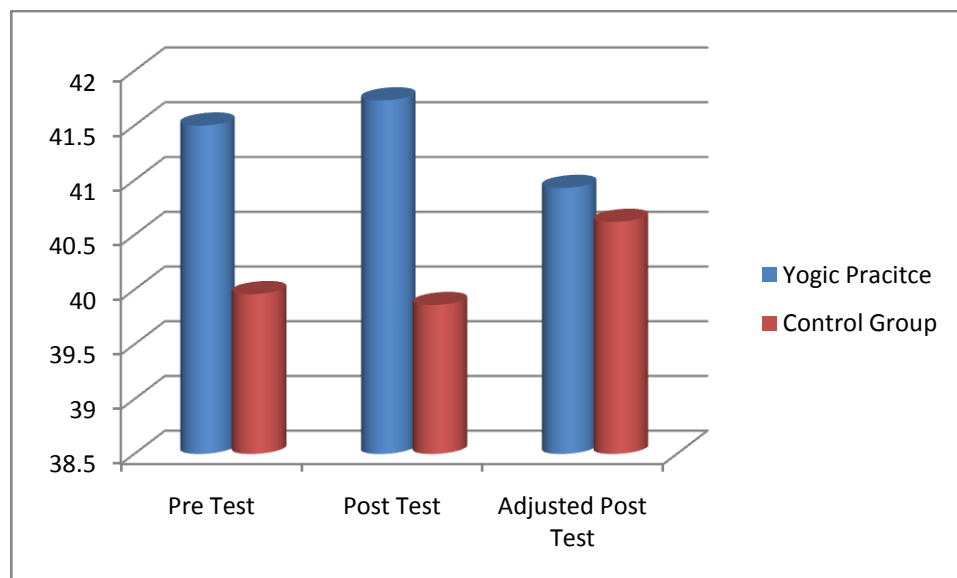
Table F ratio at 0.05 level of confidence for df 1 and 28 = 4.20, 1 and 27=4.21.

* Significant

The table II shows that the pre test mean scores of vital capacity in yogic practice group and control group were 41.50 and 39.96 respectively and the obtained 'F' value on pre test scores of 2.96 was less than the required F value of 4.20 to be significant at 0.05 level. This proved that there was no significant difference among the groups at initial stage and the randomized assignment of the subjects into two groups were successful. The post test mean scores of yogic practice group and control group were recorded as 41.73 and 39.86 respectively, showed improvement over the

pre test scores. The obtained F' value on post test scores 4.83 was greater than the required 'F' value 4.20. This showed that there was significant difference among the post test means of the subjects. The obtained 'F' value of 5.13 of adjusted post test means was greater than the required table 'F' value of 4.21. This proved that there was significant difference among the means due to six weeks training of yogic practice on physiological variable of Vital capacity. The ordered adjusted means on vital capacity were presented through bar diagram for better understanding of the results of this study figure I.

Figure I. Bar diagram showing the mean differences among the group on vital capacity (Scores in Litres)



Conclusions

Within the limitations and delimitations set for the present study and considering the results obtained, the following conclusions were drawn.

1. The Pulse rate has significantly reduced due to influence of six week training of yogic practice compared to control group.

2. There was a significant result in the level of Vital Capacity due to influence of six week training of yogic practice pared to control group.
3. As a result the yogic practice group shows a better improvement than the control group.

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