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A Comparative Effect of Maha Sidha Meditation and Chakra Meditation Yoga on Stress and Anxiety Parameters of Middle Aged Men

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Abstract

The present study is to analyze the comparative effect of Maha Sidha Meditation and Chakra Meditation Yoga on physical, physiological and psychological parameter of the middle aged men. The subjects were selected from Sivananda Vashe yoga Center at Maha Sidha Yoga Center at Neelampur West at Madathukulam, Tirupur District. The subject's age was ranged from 30 to 49 years and the subjects were divided into three groups namely Maha Sidha Meditation Practice Group (MSMPG), Chakra Meditation Practice Group (CMPG), and Control Group (CG) and each group consisting of 15 subjects. The selected subjects were initially tested on the criterion variables used in this study and this was considered as the pretest. After assessing of the pretest, the subjects belonging to Maha Sidha Meditation Practice Group (MSMPG) and Chakra Meditation Practice Group (CMPG) were treated with yogic practices. As far as the subjects in Control Group (CG) were considered, they were not given any Chakra Meditation Practice. It was concluded that the 12 weeks of training practices showed the significant improvements in the Stress and Anxiety.

Keywords: Stress, Anxiety.

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Introduction

The word 'maha' implies the meaning of the highest, 'Siddha' refers to the mind. Maha Siddha Dhyana encompasses in controlling the mind in the highest level. The world has got a dichotomy, that is two world. The first one is external world. The second one is inner world or internal world. The external world comprises the worldly ambitions and benefits such as movable and immovable properties, money power and muscle power. All these worldly pleasures can be seen and enjoyed. For attaining the attributes of the external world, hard work and planning are sufficient. Access in all the worldly benefits fills our heart and mind with pleasure. As the material assets accumulate, immense pleasure is gained. But the pleasure is always short-lived. The pleasure attained by the material benefits does not last long. It disappears and vanishes within a matter of days perhaps, weeks. In the spiritualistic parlance, this pleasure is adduced to the external world.

The second one is inner world or internal world. In the context of internal world, the vision is needed to turn in the inward directions, thereby, the thoughts and thinking process can be controlled. Who is responsible for all the blues and problems? The individual alone is solely responsible and accountable for the problems.

Everyone subsumes the body and mind. Everyone is an admixture of body and mind. It is a fact that the mind controls the body. So, in order to bring in an orderliness, the mind should be at right. All the problems, emotions such as grief, despair, sorrow, ecstasy, happiness and bliss are attributable to the mind. So, if the mind is regulated, happiness gushes out. If bliss embraces, all anatomical parts start functioning properly. If all the body parts function haste free, freedom from illness. Can be got the happiness and peace of mind can be lapped all through our life. Reflection to the treatment of real sadness enhances treatment results (19). Further, Smith et al. (2011) found that yoga classes with essential moral and profound segments gave extra emotional wellness benefits over yoga rehearses just as an activity administration (109).

Objectives of the study

1. To find out whether the practice of Maha Sidha Meditation could improve the Stress and Anxiety parameters of the middle aged men.
2. To find out whether the practice of Chakra Meditation could improve the Stress and Anxiety parameters of the middle aged men.
3. To find out whether the practice of Maha Sidha Meditation could improve the Stress and Anxiety better than the Chakra Meditation of the middle aged men.

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Problem of the Study

The purpose of the study is to compare the effect of Maha Sidha Meditation and Chakra Meditation on physical, physiological, psychological parameter among the Middle aged men

Hypotheses

1. It is hypothesis that the practice of Maha Sidha meditation would significantly improve the Stress and Anxiety parameters of the middle aged men.
2. It is hypothesis that the practice of chakkara meditation would significantly improve the Stress and Anxiety parameters of the middle aged men.
3. It is hypothesis that yoga would significantly improve the Stress and Anxiety parameters of the middle aged men better than the Chakkara Meditation that the group that practiced Maha Sidha meditation.

Methodology

The present study was to compare the effect of

Maha Sidha Meditation and Chakra Meditation Yoga on Stress and Anxiety parameters of middle aged men. To achieve the purpose of the study 45 subjects were selected from Sivananda Vashe Yoga Center at Maha Sidha Yoga Center at Neelampur West at Madathukulam Tirupur District and they were randomly divided in three equal groups. Experimental Group –I (N=15) underwent Maha Sidha Meditation Practice Group (MSMPG), Experimental Group –II (N=15) underwent the Chakra Meditation Practice Group (CMPG), and finally control group (N=15) did not practice any Chakra Meditation Practice (CG). The experimental groups participated in respected training schedule for the period of 12 weeks, three alternative days in a week. The study parameters including Stress and Anxiety were also analyzed. The data were analyzed by using 't' ratio to find out the mean difference from pre test to post test. Analysis of co variance was applied in Scheffee's post hoc test.

Analysis of Data and Interpretation

Table 1

The tabulation values shows the mean losses / gains between pre and post test values of maha sidha meditation practice group on stress and anxiety among middle the aged men

Variables	Test	Mean	Std. Deviation	S.E.M	M.D	't' value
Stress in Numbers	Pre-Test	33.79	2.59	0.271	5.55	20.43*
	Post- Test	28.24	3.14			
Anxiety in Numbers	Pre-Test	53.74	3.05	0.881	8.14	9.23*
	Post- Test	45.60	1.90			

*Significance at 0.05 levels (2.09)

Table 1 displays the results of 't' value of Stress (20.43), Anxiety (9.23). The obtained tabulated t value is 2.09 statistically significant differences at the 95 % confidential level, D.F. (1,14). It is found that

statistically significant at 0.05 level of confidence. It is observed that the mean gains and losses made from pre and post test are showed a significant improvement in Stress ($5.55p < 0.05$), Strength ($8.14p < 0.05$).

Table 2

The tabulation values shows the mean losses / gains between pre and post test values of chakra meditation practice group on stress and anxiety among middle aged men

Variables	Test	Mean	Std. Deviation	S.E.M	M.D	't' value
Stress in Numbers	Pre-Test	34.35	2.20	0.554	3.22	5.80*
	Post- Test	31.13	2.41			
Anxiety in Numbers	Pre-Test	55.16	2.58	0.593	6.26	10.55*
	Post- Test	48.90	2.04			

*Significance at 0.05 levels (2.09)

Table 2 displays the results of 't' value of Stress (5.80), Anxiety (10.55). The obtained tabulated t value is 2.09 statistically significant differences at the 95 % confidential level, D.F. (1,14). It is found that

statistically significant at 0.05 level of confidence. It is observed that the mean gains and losses made from pre and post test are showed a significant improvement in Stress (3.22 $p < 0.05$), Anxiety (6.26 $p < 0.05$).

Table 3

The tabulation values shows the mean losses / gains between pre and post test values of control group on stress and anxiety among the middle aged men

Variables	Test	Mean	Std. Deviation	S.E.M	M.D	't' value
Stress in Numbers	Pre-Test	34.96	2.77	0.204	0.40	1.96
	Post- Test	34.56	2.87			
Anxiety in Numbers	Pre-Test	54.67	2.38	0.114	0.12	1.08
	Post- Test	54.79	2.34			

*Significance at 0.05 levels (2.09)

Table 3 displays the results of 't' value of Stress (1.96), Anxiety (1.46). The obtained tabulated t value is 2.09 statistically insignificant differences at the 95 % confidential level, D.F. (1,14). It is found that

statistically not significant at 0.05 level of confidence. It is observed that the mean gains and losses made from pre and post test did not showed any significant improvement.

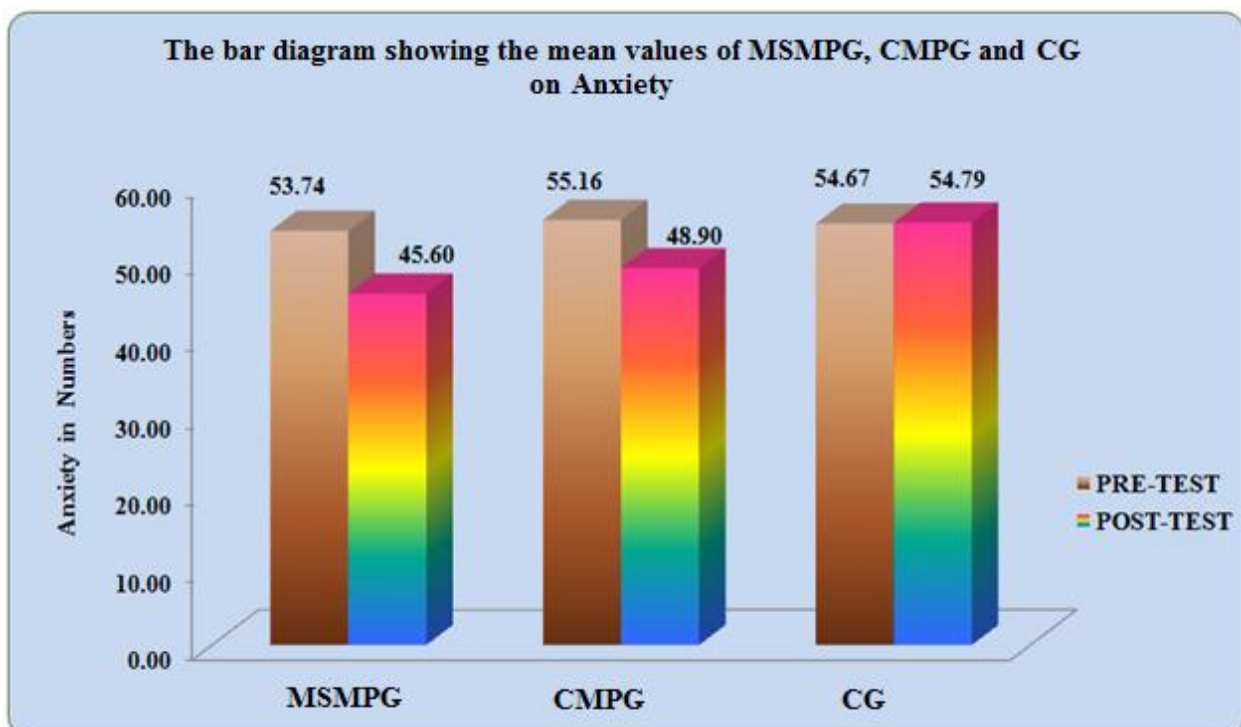
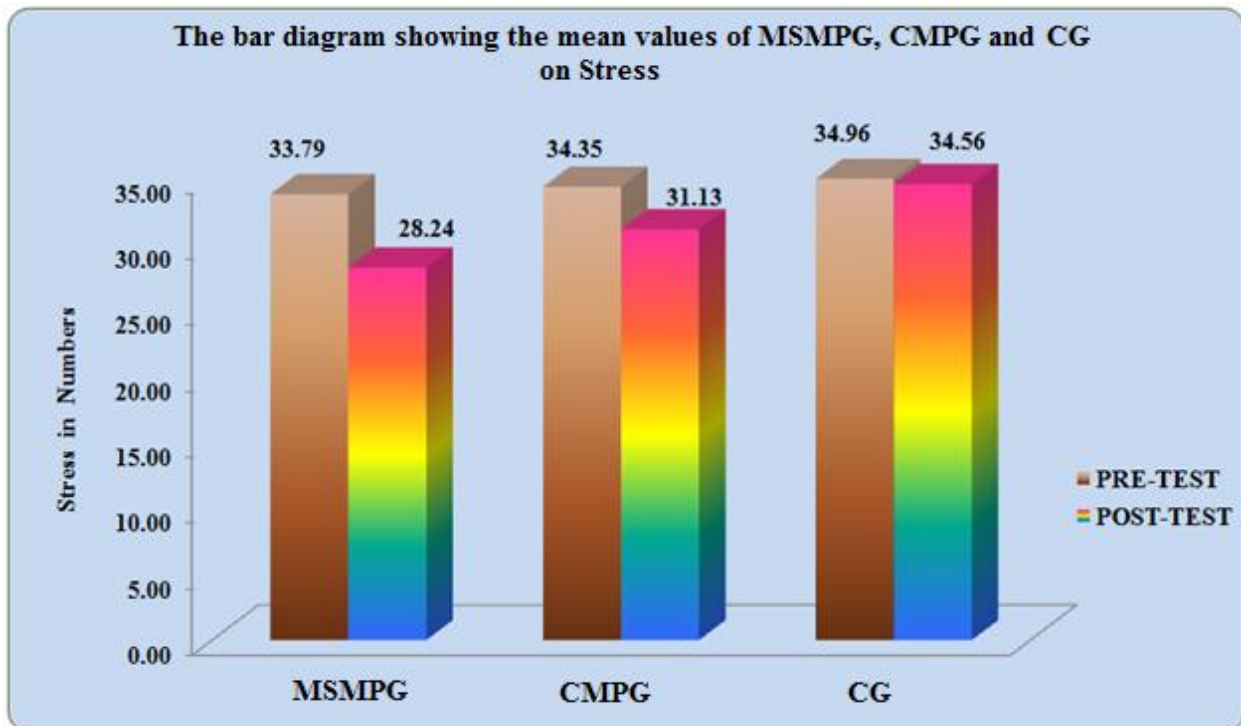


Table 4

Analysis of variance on pre - test means values among msmpg, cmpg and cg of training on stress and anxiety among middle the aged men

Variables	Source of Variance	Sum of Squares	DF	Mean Square	F	Sig.
Stress in numbers	Between	13.699	2	6.850	1.06	0.35
	Within	366.703	42	6.433		
Anxiety in numbers	Between	20.873	2	10.437	1.44	0.24
	Within	411.969	42	7.228		

*Significance at 0.05 levels (3.16)

Table 4 views that the obtained 'F' value for the MSMPG, CMPG AND CG on Stress (1.06), Anxiety (1.44). The obtained tabulated f value is 3.16 statistically

not significant differences at the 95 % confidential level and the degrees of freedom (2, 42). It is found that statistically insignificant. So the treatment is successful.

Table 5

Analysis of variance on pre - test means values among msmpg, cmpg and cg of training on stress and anxiety among middle the aged men

Variables	Source of Variance	Sum of Squares	DF	Mean Square	F	Sig.
Stress in numbers	Between	400.703	2	200.352	25.07	.000
	Within	455.382	42	7.989		
Anxiety in numbers	Between	868.014	2	434.007	97.79	.000
	Within	252.970	42	4.438		

*Significance at 0.05 levels (3.16)

Table 5 views that the obtained 'F' value for the MSMPG, CMPG AND CG on Stress (25.07), and Anxiety (97.79). The obtained tabulated f value is 3.16 statistically significant differences at the 95 %

confidential level and the degrees of freedom (2, 42). It is found that statistically significant. So the treatment is successful.

Table 6

Analysis of variance on pre – test and post -test means values among msmpg, cmpg and cg of training on stress and anxiety among the middle aged men

Variables	Source of Variance	Sum of Squares	DF	Mean Square	F	Sig.
Stress in numbers	Between	268.250	2	134.125	47.76	.000
	Within	157.248	41	2.808		
Anxiety in numbers	Between	821.899	2	410.950	104.25	.000
	Within	220.736	41	3.942		

*Significance at 0.05 levels (3.16)

Table 6 viewed that the obtained 'F' value for the MSMPG, CMPG AND CG on Stress (47.76), and Anxiety (104.25) The obtained tabulated f value was

3.16 statistically significant differences at the 95 % confidential level and the degrees of freedom (2, 41). It is found that statistically significant.

Table 7

The scheffe's post hoc test for the differences between adjusted post test means of msmpg, cmpg and cg on stress

MSMPG	CMPG	CG	Mean Differences	Confidence Interval Value
28.762	31.152	-	2.390*	0.52
28.762	-	34.029	5.267*	0.52
-	31.152	34.029	2.877*	0.52

* Significant at 0.05 level of confidence

Table 7. shows the adjusted post hoc test mean values of MSMPG group, CMPG group and CG. The mean difference required for the confidential interval to be significant is 0.52. To Compare the MSMPG group and CMPG group, the mean differences between the two groups were 2.390. Hence the MSMPG group are showed better improvement on Stress. To compare the

MSMPG group and CG, the mean differences between the two groups are 5.267. Hence MSMPG group are showed better improvement on Stress. To compare the CMPG group and CG, the mean differences between the two groups are 2.877. Hence the CMPG group showed a better improvement on Stress. Finally MSMPG group showed better result than the CMPG and CG on Stress.

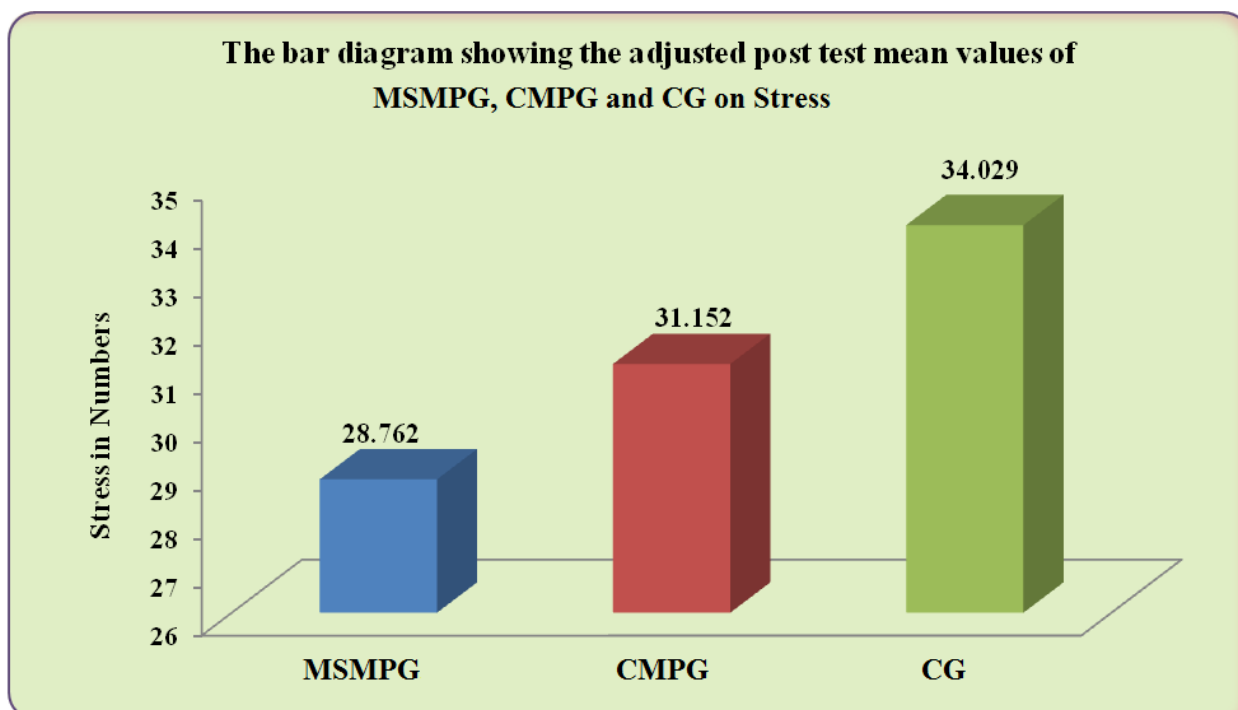


Table 8

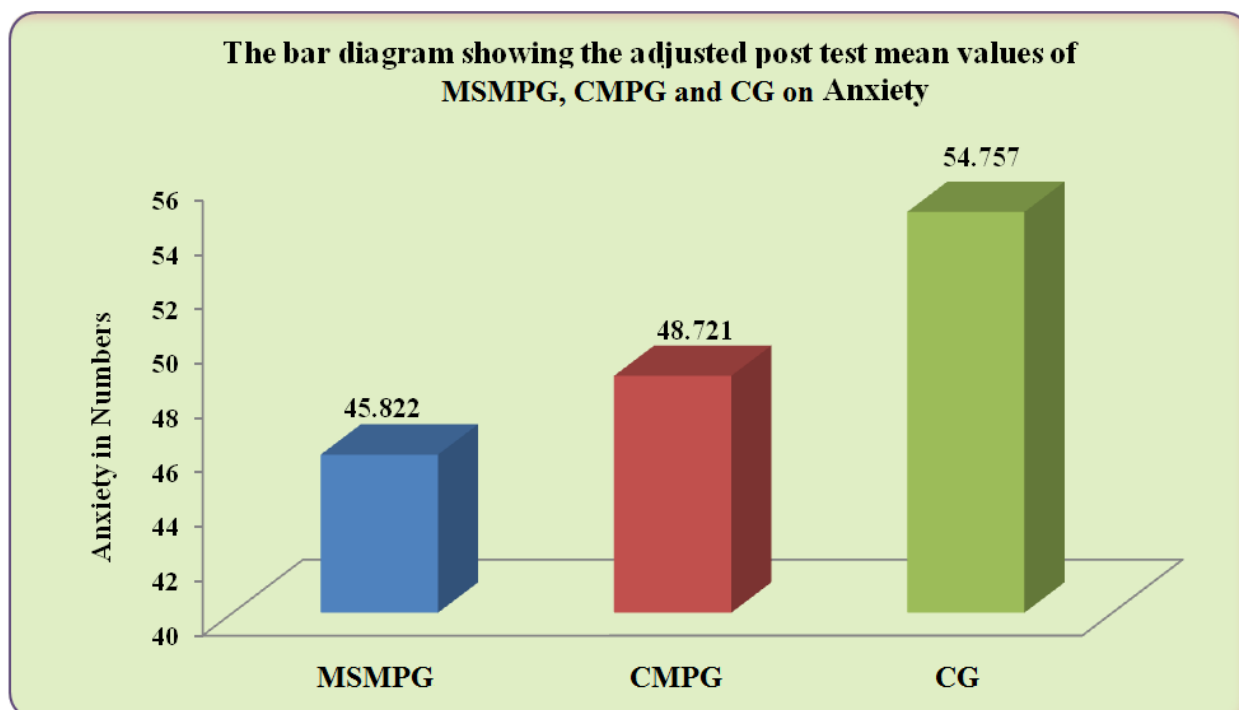
The scheffe's post hoc test for the differences between adjusted post test means of msmtpg, cmpg and cg on anxiety

MSMPG	CMPG	CG	Mean Differences	Confidence Interval Value
45.822	48.721	-	2.899*	1.80
45.822	-	54.757	8.935*	1.80
-	48.721	54.757	6.036*	1.80

* Significant at 0.05 level of confidence

Table 8 shows the adjusted post hoc test mean values of MSMPG group, CMPG group and CG. The mean difference required for the confidential interval to be significant is 1.80. To Compare the MSMPG group and CMPG group, the mean differences between the two groups are 2.899. Hence the MSMPG group were showed better improvement on Anxiety. To compare the MSMPG group and CG, the mean differences between

the two groups are 8.935. Hence the MSMPG group are showed better improvement on Anxiety. To compare CMPG group and CG, the mean differences between the two groups are 6.036. Hence the CMPG group showed better improvement on Anxiety. Finally MSMPG group showed better result than the MSMPG and CG on Anxiety.



Result of the Study

1. The present study showed the results due to Maha Sidha meditation practice significantly improved the Stress and Anxiety of the middle aged men.
2. The present study showed the results due to Chakra Meditation Practice significantly improved the Stress and Anxiety of middle aged men.
3. The present study showed the results due to Maha Sidha Meditation Practice significantly improved the Stress and Anxiety better than the Chakra Meditation Practice and Control Group of the middle aged men.
4. The present study showed the results due to Chakra Meditation Practice significantly improved the Stress and Anxiety better than the Control of the middle aged men.

Conclusion

1. It was concluded that the Maha Sidha Meditation Practice significantly improved the Stress and Anxiety of the middle aged men.
2. It was concluded that the Chakra Meditation Practice significantly improved the Stress and Anxiety of middle aged men.
3. It was concluded that the Maha Sidha Meditation Practice significantly improved the Stress and Anxiety better than the Chakra Meditation Practice and Control Group of the middle aged men.
4. It was concluded that the Chakra Meditation Practice significantly improved the Stress and Anxiety better than the Control of the middle aged men.

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