



Effect of Integrated Yogic Modules With and Without Yoga Nidra on Selected Psychological Variables Among Hypertensive Working Men

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Abstract

The present study was designed to find out the effect of integrated yogic modules with and without yoga nidra practices on selected psychological variables among hypertensive working men. It was hypothesized that there would be significant differences in psychological variables such as self confidence among hypertensive working men due to the influences of integrated yogic modules with and without yoga nidra practices. To achieve the purpose of the study, 45 among hypertensive working men aged between 21 and 24 years were selected subjects were divided into (EXPGI), (EXPGII), and control group with 15 subjects each in a group. Experimental group I and II underwent integrated yogic modules with and without yoga nidra practices for the period of 6 weeks of an hour in the morning. The control group was not exposed to any specific training but they participated in the regular activities. Yogic practice given to experimental group include vajrasana, upavistakonasana, trikonasana, padha konasana, uktasana, vrikshasana, tadasana, sukhasana, ardha chandrasana, ardha kati chakrasana, sethu bandhasana, parvathasana, padmasana, savasana, nadi sodhana, sitali, sethukari, yoga nidra. The pre-test and post-test were conducted before and after the training for three groups. The self confidence was measured by using Rekha Agnihotry (1987) Questionnaire. The data pertaining to the variables collected from the three groups before and after the training period were statistically analyzed by using Analysis of Covariance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance. The results of the study showed that self confidence increased significantly as a result of integrated yogic modules with and without yoga nidra practices. Hence, the hypothesis was accepted at 0.05 level of confidence. The conclusion is that the integrated yogic modules with and without yoga nidra practices helped to increase the self confidence among hypertensive working men.

Keywords: Integrated Yoga, Hypertensive.

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Introduction

The practice of yoga not only help to keep the body strong and supple but also incorporate mental activities, disciplines that help to develop attention and concentration, and stimulate the creative abilities that are latent within the child. Yoga practitioner disciplines help the growing child to channel and direct his emotional energies in a constructive manner.

The practice of yoga has many positive effects on Men adolescents. Yoga is a multifaceted approach to exercise that encompasses physical stretching, mental centering and breath awareness, making it an ideal preparation for labor and childbirth. Yoga encourages relaxation, internal focus and slowed breathing patterns, goals that are common in many types of childbirth preparation classes. Yoga may help relieve many of the common discomforts of pregnancy, such as lower back pain, nausea, insomnia, carpal tunnel syndrome and headaches. In addition, prenatal yoga classes often offer

a supportive environment in which Men adolescents can share their experiences, which may help relieve feelings of anxiety or depression.

Purpose of the Study

The present study was designed to find out the effect of integrated yogic modules with and without yoga nidra practices on psychological variables among hypertensive working men.

Hypothesis

It was hypothesized that there would be significant difference in psychological variable such as self confidence due to influences of integrated yogic modules with and without yoga nidra practices.

Review of Related Literature

Andersson, A.L. et al. (2008),. Conducted the study on "Effect of adolescents injured in traffic--associated psychological consequences" fulfilling specified criteria, the prevalence of PTSS was estimated at 30% within 1 month and 13% at 3-6 months. The prevalence of PTSD was almost 30% at 1-2 months and decreased to the same level as PTSS at 3-6 months.

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Perceived threat and high levels of distress, anxiety symptoms and being female were significantly associated with PTSD and PTSS. Injury severity was positively related to the number of PTSD symptoms in one of eight studies. Types of accident, age and socioeconomic status were not related to the development of PTSD/PTSS

Methodology

To achieve the purpose of study, 45 among hypertensive working men aged between 25 to 35 years were selected randomly into experimental and control groups of 15 subjects each.

The selected subjects were divided into two experimental groups and a control group (CG) with 15 subjects each in a group. I & II underwent integrated yogic modules with and without yoga nidra practices for the period of 6 weeks, five days per week for the

maximum of one hour in the morning. The control group (CG) was not exposed to any specific training but they participated in the regular activities.

Yogic practice given to experimental group include trikonasana, naukasana, padahasthasana, arthamatsyendrasana, patchimotasana, halasana, sarvangasana, matsyasana, vajrasana, janusirasasana, dhanurasana, salabhasana, bhujangasana, savasana, anuloma and viloma, *brahmari*, kapalabhati, ujjayi, nadi sodhana, sitali, sethkari, yoga nidra.

The self confidence measured by Rekha Agnihotry (1987) Questionnaire.

Self Confidence

The analysis of Covariance on the data obtained for Self confidence of Pre and Post-test of EXPGI, EXPGII and CG have been presented in Table I.

Table 1. Analysis of covariance of data on self confidence among expgi, expgii and control groups

Test	EXPGI	EXPGII	CG	SOV	Sum of Square	df	Mean Squares	“F” Ratio
Pre Test	28.67	28.47	27.20	between	18.97	2	9.49	0.15
				within	2667.47	42	63.51	
Post Test	17.8	21.8	29.07	between	978.71	2	489.36	16.13*
				within	1273.73	42	30.33	
Adjusted Post Test	17.54	21.63	29.49	between	1098.07	2	549.04	32.03*
				within	702.68	41	17.14	
Mean Gain	10.87	6.67	-1.87					

*Significant at 0.05 level of confidence. Table F-ratio for 2 and 42(df) = 3.22, 2 and 41(df) = 3.23.

The obtained F-ratio values were higher than the table value; it indicates that there was significant difference among the post test and adjusted post-test

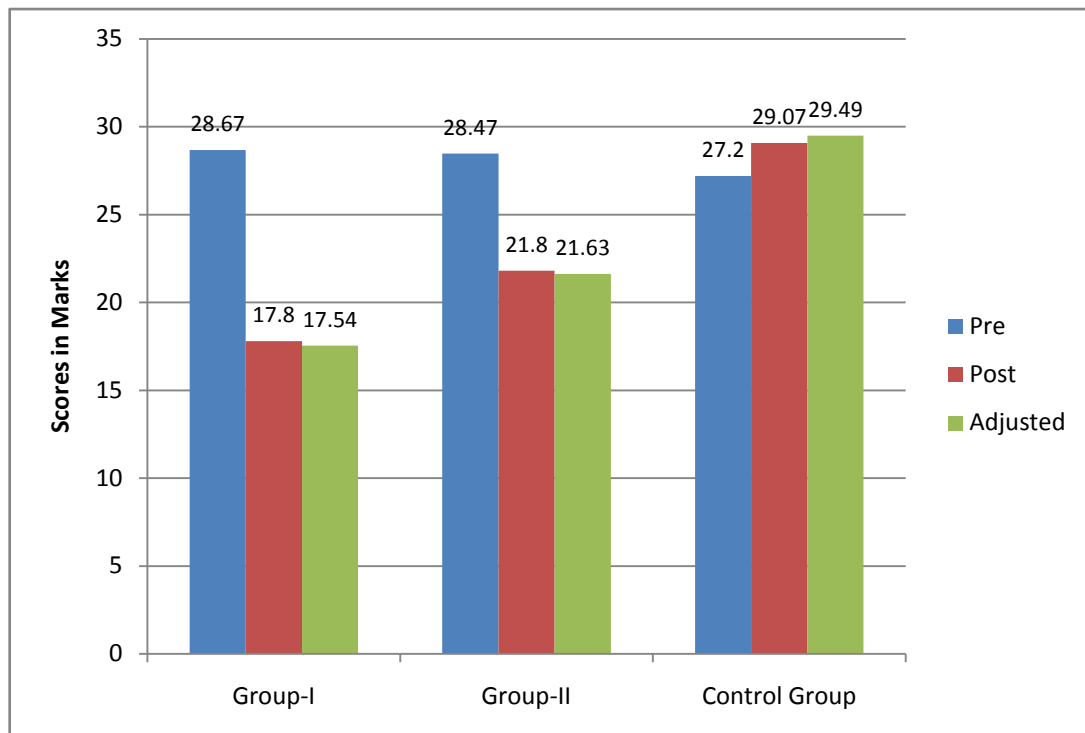
means of the EXPGI, EXPGII and the CG on selfconfidence.

Table 2. Scheffe's post-hoc test for self confidence

Experimental Group – I	Experimental Group – II	Control Group	Mean difference	Required C.I
17.54	21.63	-	4.09*	3.84
17.54	-	29.49	11.95*	
	21.63	29.49	7.86*	

* Significant at 0.05 level of confidence.

Figure 1. Bar diagram showing post-test values of experimental group i, ii and control group on self confidence



The results of the study showed that self-confidence reduced significantly as a result of integrated yogic modules with and without yoga nidra practices. Hence, the hypothesis was accepted at 0.05 level of confidence. Systematic integrated yogic modules with and without yoga nidra practices reduce and increase the self confidence. The above findings can also be substantiated by observation made by renowned expert Harinath(2004).

Conclusion

The Integrated yogic modules with and without yoga nidra practices than the control group helped to increase the self confidence among hypertensive working men. If comparing the both experimental group, Experimental group – I (Integrated yogic modules with yoga nidra practices) better than the Experimental group – II (Integrated yogic modules without yoga nidra practices) among hypertensive working men.

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