

ISO 9001 - 2015

ISSN 2349 - 4891

Monthly

IF
4.665



Volume 4, Issue 8, August 2017

International Journal of
Recent Research and Applied Studies

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

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Received 25th June 2017, Accepted 1st August 2017

Abstract

The purpose of the study was to find out the effect of yogic practices on selected psychological variables of middle aged men. To achieve the purpose of the present study, forty middle aged men from Madurai, Tamilnadu were selected as subjects at random and their ages ranged from 30 to 45 years. The subjects were divided into two equal groups of twenty middle aged men each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=40) were randomly assigned to two equal groups of twenty each. The groups were assigned as yogic practices and control group in an equivalent manner. The group I underwent yogic practices and group II acted as a control group. The experimental group participated the practices for a period of eight weeks and the control group did not participated in any practices programme. Anxiety was assessed by Spielbergers trait anxiety questionnaire and stress was assessed by Everly and Girdano's questionnaire. Paired 't' test was applied to test the significance of mean gains made in each of the variables by the two groups. The yogic practices group produced significant improvement in psychological variables

Keywords: Yoga Practices, Psychological variables, Middle Aged Men.

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Introduction

Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'. There are too many misconceptions clouding the science of Yoga. People perceive it to be some kind of black or white magic, sorcery, physical or mental debauchery through which miraculous feats can be performed. For some it is an extremely dangerous practice which should be limited to only those who have renounced the world. Few others think it to be a kind of mental and physical acrobaticism that is compatible only to a Hindu mind. Human mind is subject to certain weaknesses which are universal. Avidya wrong notions of the external world, asmita wrong notions of oneself, raga-longing and attachment for sensory objects and affections, dweshad is like and hatred for objects and persons, and abinivesha or the love of life are the five defects of the mind that must be removed. Yoga, the constant meditation and introspection eradicate these mental flaws (Andre 1987).

Methodology

The purpose of the study was to find out the effect of yogic practices on selected psychological variables of middle aged men. To achieve the purpose of the present study, forty middle aged men from Madurai, Tamilnadu were selected as subjects at random and their ages ranged from 30 to 45 years. The subjects were divided into two equal groups of twenty middle aged men each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=40) were randomly assigned to two equal groups of twenty each. The groups were assigned as yogic practices and control group in an equivalent manner. The group I underwent yogic practices and group II acted as a control group. The experimental group participated the practices for a period of eight weeks and the control group did not participated in any practices programme. Anxiety was assessed by Spielbergers trait anxiety questionnaire and stress was assessed by Everly and Girdano's questionnaire. Paired 't' test was applied to test the significance of mean gains made in each of the variables by the two groups.

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Results

Table 1

Significance of mean gains & losses between pre and post test scores on selected variables of yogic practices group (YPG)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Anxiety	55.42	42.90	12.52	1.28	0.65	7.85*
2	Stress	15.12	10.22	4.90	1.07	0.47	4.58*

* Significant at 0.05 level

Table I shows the obtained 't' ratios for pre and post test mean difference in the selected variable of anxiety (7.85) and stress (4.58). The obtained ratios when compared with the table value of 2.09 of the degrees of freedom (1, 19) it was found to be statistically

significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were significantly improved in psychological variables namely anxiety (12.52, p<0.05) and stress (4.90, p<0.05).

Figure 1

Shows the pre and post mean values of yogic practices group on selected variables

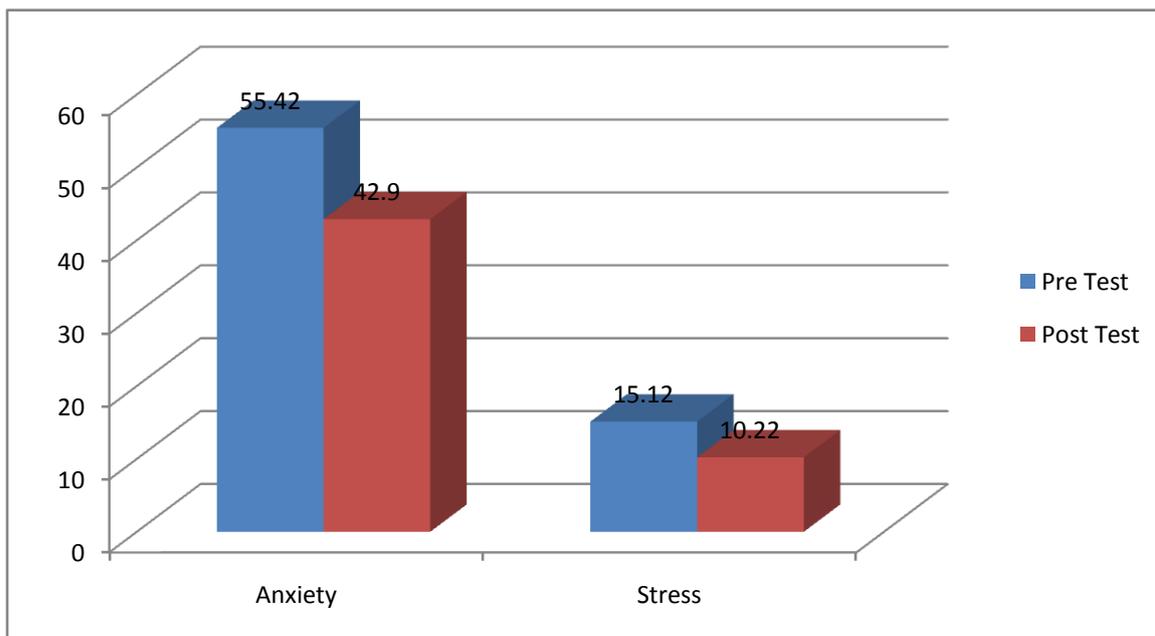


Table II

Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Control Group (CG)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Anxiety	55.20	54.70	0.50	0.78	0.12	1.25
2	Stress	14.50	14.29	0.21	0.8\65	0.09	0.87

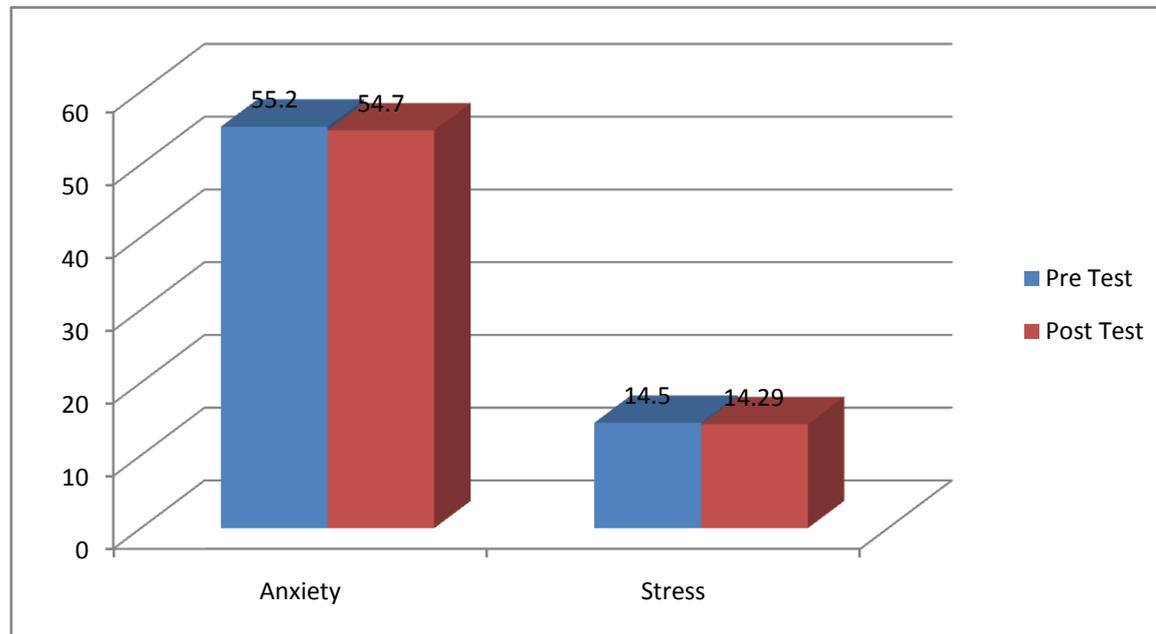
* Significant at 0.05 level

Table II shows the obtained 't' ratios for pre and post test mean difference in the selected variable of anxiety (1.25) and stress (0.87). The obtained ratios

when compared with the table value of 2.09 of the degrees of freedom (1, 19) it was found to be statistically insignificant at 0.05 level of confidence.

Figure II

Shows the pre and post mean values of control group on selected variables



Conclusion

1. The yogic practices group produced significant improvement in psychological variables. The 't' values of the selected variables have reached the significant level.
2. In the control group the obtained 't' value on all the variables were failed to reach the significant level.

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