

Effect of selected yogic practices on psychological variables among university men students

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■ ABSTRACT

The purpose of the study was to find out the effect of selected yogic practices on psychological variables among university men students. To achieve this purpose of the study, thirty men students were selected as subjects who were from the Department of Physical Education, Punjabi University, Patiala. The selected subjects were between 18 to 25 years. They were divided into two equal groups of fifteen each, Group I underwent yogic exercise programme and Group II acted as control that did not participate in any special training apart from their regular curricular activities. The subjects were tested on selected criterion variables such as anxiety, aggression and self-depression prior to and immediately after the training period. The selected criterion variables such as anxiety, aggression and self-depression were measured by collection of questionnaire. The analysis of covariance (ANCOVA) was used to find out the significant differences if any, between the experimental group and control group on selected criterion variables separately. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate. The result of the present study has revealed that there was a significant difference among the experimental and control group on anxiety, aggression and self-depression.

■ **Key Words :** Yogic practices, Psychological variables

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Yoga exercises and techniques derived from Yoga indirectly affect technical and tactical preparation. Yoga exercises and techniques also have significant, direct effects on the physical, psychological, theoretical preparation and on the regeneration of the strength process. Yoga asanas can be used for warm-up, cool-down, regeneration, compensation of muscle dysbalances, synthesis of mind and body, activation or deactivation of the body and as supplemental exercises (Kogler, 2003).

Negative emotions – hate, fear, panic, despair, depression, exasperation, exertion, frustration, anxiety, failures, worries and disappointments could produce powerful changes in the bodies' chemistry and set a stage for intensified illness. The negative emotions produce innumerable number of psychosomatic diseases and disorders. Many of the modern

diseases of the mankind are psychosomatic in origin. Chronic illness like diabetes, asthma, migraine, ulcer, allergy, uterine dysfunction and hypertension, are mainly related to stress and strain. Yogasana and meditation are proved to activate hypothalamus and enhance the secretion of neurohormones which in turn sets right, the sympathetic and parasympathetic imbalance leading bronchial asthma (Nagendra and Nagendra, 1986). Excessive anxiety is maladaptive. It is often considered to be the major component of unhealthy lifestyle that contributes significantly to the pathogenesis of not only psychiatric but also many other systemic disorders. Among the approaches to reduce the level of anxiety has been the search for healthy lifestyles (Gupta *et al.*, 2006). Exponents of Yoga believe that other exercise systems only have a physical beneficial effect on the body whereas yogasanas result in the