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## Effects of yoga on psychological variable among school boys

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### Abstract

The purpose of the present study was to investigate the effects of yoga on psychological variable of school boys. To achieve the purpose of the study thirty school boys were selected from Alagappa Model Hr. Sec. School, Karaikudi, during the year 2018. The subject's age ranges from 14 to 16 years. The selected players were divided into two equal groups consists of 15 school boys each namely experimental group and control group. The experimental group underwent yoga programme for six weeks. The control group was not taking part in any training during the course of the study. Stress was taken as criterion variable in this study. The selected subjects were tested on stress was measured through Perceived Stress Scale. Pre-test was taken before the training period and post- test was measured immediately after the six week training period. Statistical Technique 't' ratio was used to analyze the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to yoga asanas given to the experimental group on stress when compared to control group.

**Keywords:** Yoga asanas, Stress and 't' ratio

### Introduction

"Yoga originated several thousand years ago in India (Paul, 2015). Yoga is a science of holistic living; it is also a traditional system of healing the mind and body. Regular practice of yoga brings about mental and physical balance in an individual. It helps to evoke the hidden potential of man in a systematic and scientific way by which man becomes a fuller individual. It helps in growth of physical, mental, intellectual, emotional and spiritual level to meet the all round challenge of the modern technological era (Nagarathna and Nagendra, 2003) [4].

"Yoga is derived from the Sanskrit root 'YUJ' which means to join. The English word 'YOKE' also comes from the same root, which means to direct and concentrate ones attention on, to use and apply." (Iyenger, 2009) [3].

Originally the literal significance of the two words was almost the same. "The root verb 'YUJ' signifies to join/bind/attach, Jeevatma with Paramatma" (Hadi, 2007) [2]. Stress in organization can be defined as a misfit between a person's skills and abilities and demands of his/her job, and as a misfit in terms of a person's needs not being fulfilled by his/her job environment (French *et al.* 1974) [1].

Stress is a person's adaptive response to a stimulus that places excessive psychological or physical demands on that person. Selye (1974) [5] pioneer in stress research has put forth that stress can also be positive. It is referred to as eustress. Eustress is necessary in each person's life. Selye conceptualized the psycho physiological response to stress. He put forth the three phase defense reaction General Adaptation Syndrome (GAS). The three distinct phases are, alarm, resistance and exhaustion.

### Methodology

The purpose of the study was to find out the effect of yoga on stress among school boys. To achieve this purpose of the study, thirty school boys were selected as subjects at random. The age of the subjects were ranged from 14 to 16 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as yoga group (Experimental Group) and control group.

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The experimental group underwent yoga for three days per week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following psychological variable, namely stress was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable stress was measured through the Perceived Stress Scale. The 't' test was used to analysis the significant differences, if any, in between the

groups respectively. The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

**Analysis of the data**

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent 't' test was used with 0.05 levels as confidence.

**Table 1:** Analysis of t-ratio for the pre and post-tests of experimental and control group on Stress

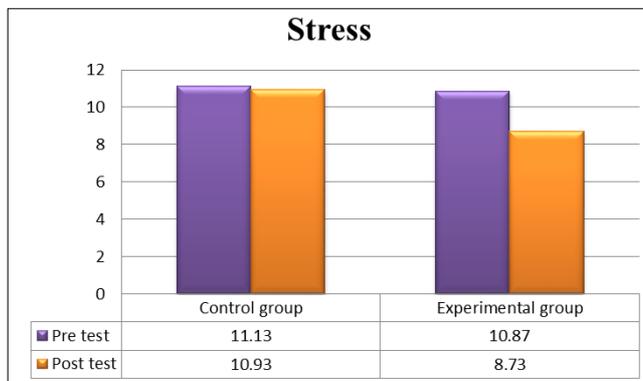
Variables	Group	Mean		SD		SD Error		DF	't' ratio
		Pre	Post	Pre	Post	Pre	Post		
Stress	Control	11.13	10.93	0.74	0.70	0.19	0.18	14	0.68
	Experimental	10.87	8.73	0.63	0.80	0.16	0.20		6.63*

\*Significance at .05 level of confidence.

The Table-I reveals that the mean values of pre-test and post-test of the control group on stress were 11.13 and 10.93 respectively. The obtained 't' ratio was 0.68, since the obtained 't' ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on stress were 10.87 and 8.73 respectively. The obtained 't' ratio was 6.63\* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in stress. It may be concluded from the result of the study that experimental group improved in stress due to six weeks of yoga.

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**Fig 1:** Bar diagram showing the pre and post mean values of experimental and control group on Stress

**Discussions on findings**

The result of the study indicates that the experimental group, namely yoga group had significantly improved the selected dependent variable, namely stress, when compared to the control group. It is also found that the improvement caused by yoga when compared to the control group.

**Conclusions**

1. There was a significant difference between experimental and control group on stress after the training period.
2. There was a significant improvement in stress. However the improvement was in favour of experimental group due to six weeks of yoga.