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Effects of selected yogic practices and psychological variables among police men in Chennai

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Abstract

Yoga could superficially appear as just a physical exercise to tone the body, but its benefits lies buried only to be unraveled with persistent practice. The Police officials have turned to Yoga to beat their work stress due to their hectic lifestyle. The high traditions of Tamil Nadu Police include service delivery to the public at large, effective enforcement of traffic laws, with a view to ensuring safety on the roads and adoption of e-Governance with a view to bringing about more transparency in the functioning of the Police. Psychology is a 'science of mind', the study of the human behavior and personality, character traits and attitude in all its aspects: physical, psycho Health, genetic, interaction with environment, and personality. (Kamlesh M.L. 1983). For the purpose of this study Ninety Police men of "Tamil Nadu Police Academy" At Kollapakkam, Vandalur, Chennai were selected as subjects, their age was ranged from 30 to 45 years. All the subjects were assigned to two Experimental groups (A and B) and one Control group (C), each consisting 30 subjects. Group A and B were treated as experimental group and named, The required Scheffe's confidence interval to be significant at 0.05 level was 1.54 and the difference between yogic practices of Swami Satyananda Saraswati (Group A), Swami Kuvalayananda (Group-B) and control group (group C) of police men were greater than required confidence interval and hence it is significant. It was concluded that the Anxiety were significantly reduced due to the influences of Twelve week training Yogic packages of Swami Satyananda Saraswati (Group A) and Swami Kuvalayananda (Group-B) than the control group C on Police men. It was concluded that Yogic packages of Swami Satyananda Saraswati (Group A) was slightly effective than Swami Kuvalayananda (Group-B) in improving Anxiety on Police men.

Keywords: Yoga, anxiety, police man, meditation, exercise, stress

Introduction

Yoga could superficially appear as just a physical exercise to tone the body, but its benefits lies buried only to be unraveled with persistent practice. The Police officials have turned to Yoga to beat their work stress due to their hectic lifestyle. Yoga asanas apart from contributing to the physical fitness of an individual extends to calm and sooth the mind paving way for deeper relaxation for stress management. This in turn helps for more increased productivity in one's career, here with the police department, to curb crime (Swami Kuvalayananda (1993) [3]. The Tamil Nadu Police is recognized as one of the finest forces in the country. It is in the forefront in most professional areas as is borne out by its performance in successive All India Police Duty Meets. The high traditions of Tamil Nadu Police include service delivery to the public at large, effective enforcement of traffic laws, with a view to ensuring safety on the roads and adoption of e-Governance with a view to bringing about more transparency in the functioning of the Police.

The administrative control of Tamil Nadu Police vests with the Chief Minister of Tamil Nadu who holds the portfolio of Home Minister. The supervision and coordination of Police is done by the Home Department Govt. of Tamil Nadu. The modern Tamil Nadu Police Force is over 150 years old. It is the fifth largest state police force in India.

Yoga could superficially appear as just a physical exercise to tone the body, but its benefits lies buried only to be unraveled with persistent practice. The Police officials have turned to Yoga to beat their work stress due to their hectic lifestyle. Yoga asanas apart from contributing to the physical fitness of an individual extends to calm and sooth the mind paving way for deeper relaxation for stress management.

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This in turn helps for more increased productivity in one's career, here with the police department, to curb crime.

In other systems of physical exercises, the internal organs of the body mostly do not get proper exercises, while yogic practices gives sufficient exercises to the internal organs of the body. Yoga practices have a greater impact on the mind and control the senses. Yogic practices make possible not only physical and mental development but also intellectual and spiritual development. Yoga practices are called a 'non-violent activity' (Sharma, 1984) [1].

Psychology is a 'science of mind', the study of the human behavior and personality, character traits and attitude in all its aspects: physical, psycho Health, genetic, interaction with environment, and personality. (Kamlesh M.L. 1983) [4]

Materials and methods

Selection of subjects

For the purpose of this study Ninety Police men of "Tamil Nadu Police Academy" At Kollapakkam, Vandalur, Chennai were selected as subjects, their age was ranged from 30 to 45 years.

All the subjects were assigned to two Experimental groups (A and B) and one Control group (C), each consisting 30 subjects. Group A and B were treated as experimental group and named,

Group A – Twelve weeks - Yogic practices of Package - I.

Group B – Twelve weeks - Yogic practices of Package - II.

Group C -- Control group.

Selection of test items

Dependent Variables

Selected Psychological variables

1. Anxiety

Anxiety measured by use Questionnaire called "Taylor's Manifest Anxiety Scale".

Independent Variables

Selected yogic practices of package - I (GROUP - A) (Swami Sathyananda Saraswathi)

2. Transcendental Meditation

Selected yogic practices of package - II (Group - B)

(Swami Kuvalayananda)

3. Pranayama

Procedures

This chapter deals with the analysis of data collected from sample under study. The two groups of experimental group and one group of control group were analyzed for the differences in selected Psychological variables in relation in pre test, post test.

In this study 90 subjects were taken as subjects and their age was ranged from 30 to 45 years. To test the significance of changes made from the pre and post test on three groups individually paired ANCOVA test was applied. The significance of the means of the obtained test results was tested at 0.05 of confidence. Thus the obtained results were interpreted with earlier studies and presented in this chapter well along with graphical applications.

Results & Discussion

The Anxiety was measured through Taylor's Manifest Anxiety Scale.

The Table- 1 shows the variance of Anxiety among Yogic practices of Swami Satyananda Saraswati (Group A), Swami Kuvalayananda (Group-B) and Control group (group C) of Police men.

Table 1: Analysis of Co-Variance of the Means of Two Experimental Groups and the Control Group in Anxiety.

	Group-A	Group-B	Control	Source of variance	Sum of Squares	Df	Mean Squares	Obtained F ratio
Pre test Mean	37.26	37.13	35.06	Between	91.28	2	45.64	1.26
				Within	3135.2	87	36.03	
Post test Mean	17.30	28.23	39.06	Between	7106.87	2	3553.43	120.21
				Within	2571.53	87	29.55	
Adjusted Post test Mean	16.65	27.69	40.26	Between	8179.50	2	4089.75	965.11
				Within	364.43	86	4.23	
Mean difference	19.97	8.90	4.00					

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103.

* Significant.

The obtained F value on pre test scores 1.26 was less than the required F value of 3.103 to be significant at 0.05 level. This proved that there was no significant difference between the groups a pre test and post test and the randomization at the pre test was equal.

The post test scores analysis proved that there was significant difference between the groups, as the obtained F value 120.21 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among

the groups adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 965.11 was greater than the required F value of 3.103. This proved that there was significant differences among the means due to twelve weeks of Yogic practices on Psychological variables, Anxiety.

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – 1 (A).

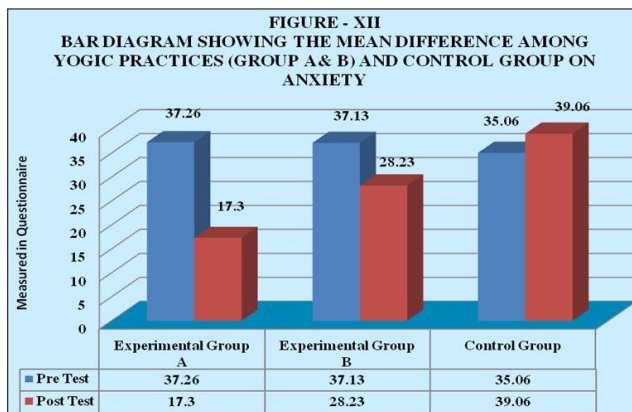
Table 1(A): Scheffe's post-hoc test for anxiety

Means			Mean difference	Required C.I
Group-A	Group-B	Control		
16.65	27.69		11.04	1.54
16.65		40.26	23.61	1.54
	27.69	40.26	12.56	1.54

* Significant

The multiple mean comparisons shown in table 1 (A) proved that there existed significant differences between the adjusted means of Yogic practices of Group A and control group, Yogic practices of Group B and control group. There was significant difference between Yogic practices of Group A and Group B.

The ordered adjusted means on Anxiety were presented through bar diagram for better understanding of the results of this study in Figure 1.



The Table-1 (A) shows that Scheffe's confidence interval values of Anxiety among Yogic practices of Swami Satyananda Saraswati (Group A), Swami Kuvalayananda (Group-B) and Control group (group C) of police men.

From the Table-1 (A) it is clear that the mean value of Yogic practices of Swami Satyananda Saraswati (Group A), Swami Kuvalayananda (Group-B) and Control group (group C) of police men were 16.65, 27.69 and 40.26 respectively.

The mean difference between Yogic practices of Swami Satyananda Saraswati (Group A) and Swami Kuvalayananda (Group-B), Swami Satyananda Saraswati (Group A) and control group (group C), Swami Kuvalayananda (Group-B) and control group (group C) were 11.04, 23.61 and 12.56 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 1.54 and the difference between yogic practices of Swami Satyananda Saraswati (Group A), Swami Kuvalayananda (Group-B) and control group (group C) of police men were greater than required confidence interval and hence it is significant.

Transcendental meditation

Transcendental Meditation is to be practiced fifteen to twenty minutes twice daily while sitting comfortably in a chair. In essence, the Transcendental Meditation technique comprises the silent mental repetition of a simple sound known as a mantra, allowing the repetition to become quieter and quieter, until it disappears and one is left conscious, but without thoughts. This is the goal of the inward stroke of meditation and is called pure consciousness (in Sanskrit: turiya or Samadhi with Abraham Maslow: peak experience). Together with the mind, the body has come to rest too, and starts to clear out "stress". This means bodily activity, and therefore also mental activity in the form of thoughts: the outward

stroke of meditation. After the purification has finished, the inward stroke starts again, etc.

Pranayama

- Sit in any comfortable meditation posture, preferably siddha/siddha yoni asana or padmassana. (Those who cannot sit in a meditation posture may sit against a wall with the legs outstretched or in a chair which has a straight back) Keep the head and spine upright.
- Relax the whole body and close the eyes.
- Practice yogic breathing for some time
- Adopt nasagra mudra with the right hand and place the left hand on the knees in chin or jnana mudra
- Close the right nostril with the thumb.
- In hale and exhale through the left nostril 5 times.
- Be aware of each breath.
- After 5 breaths release the pressure of thumb on the right nostril and press the left nostril with the ring finger, blocking the flow of air.
- Inhale and exhale through the right nostril 5 times, keeping the respiration rate normal.
- Lower the hand and breathe 5 times through both nostrils together.
- This is one round.
- Practice 5 rounds or for 3 to 5 minutes, making sure that there is no sound as her air passes through the nostrils. After practicing for 15 days go on to technique 2.

Conclusions

Within the limitations and delimitations of the present study, the following conclusions were drawn,

1. It was concluded that the Anxiety were significantly reduced due to the influences of Twelve week training Yogic packages of Swami Satyananda Saraswati (Group A) and Swami Kuvalayananda (Group-B) than the control group C on Police men.
2. It was concluded that Yogic packages of Swami Satyananda Saraswati (Group A) was slightly effective than Swami Kuvalayananda (Group-B) in improving Anxiety on Police men.

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