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**Neeta Deshi**

Research Scholar,  
Akkamahadevi Women's  
University, Vijayapura,  
Karnataka, India

**Dr. KP Martin**

Associate Professor,  
Akkamahadevi Women's  
University, Vijayapura,  
Karnataka, India

## Effect of yogic practices on psychological variables of pre adolescents

**Neeta Deshi and Dr. KP Martin**

### Abstract

The purpose of the study was to find out the effect of Yogic practices on selected psychological variables of school children. It was hypothesized that there would be significant differences on selected psychological variable due to the effect of yogasana of pre-adolescents. For the present study the 60 secondary girls from Adarsh Vidyalaya School pandavapura, Mandya district, Karnataka were selected at random and their age ranged from 14 to 16 years. The present study pre-test post-test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of thirty each and named as Group 'A' and Group 'B'. Group 'A' underwent yogic practices and Group 'B' has not undergone any training. The level of significance was set at 0.05. Psychological variables were assessed by test. The data was collected before and after sixteen weeks of training. The yogic practices had positive impact on variables among school children.

**Keywords:** Yogic practices, school (girls) children, psychological variables

### Introduction

Yoga offers essential psychological benefits to the practitioners. Yoga exerts its effects on both the body and the mind. It affects the tissues locally and centrally. Asana work by flexion and extending the tissues locally so as to stimulate nerves, blood, lymph, endocrine organs and neuroplexes. Local compression of various structures affects the whole body. Pranayama and meditation on the other hand, appear to work centrally and the effects spread to the periphery. It is well known that yoga is a powerful method to induce relaxation and is therefore, is one of the best antidotes to stress. It is more than likely that it does this via its neuron endocrine effects. There are many studies which point to yoga's capacity to influence the brain, to increase alpha wave activity in the frontal lobes indicating relaxation of the thinking processes, to increase theta wave activity, which seems to indicate enhancing creativity, imagery and insight, and to generally synchronise, harmonise and integrate brain functioning. (Swami sathyananda Saraswathi 1984) Some research findings have shown evidence about the effect of yoga and psychological variables such as anxiety,

Stress-related psychological conditions can be effectively treated through yoga, new research has suggested. Published in Medical Hypotheses, the study found the activity can bring positive benefits for those suffering from depression, anxiety, cardiac disease and high blood pressure.

Yoga improves Concentration, Attention, Mood, Depth perception, Mind/Body neuro connection, Memory, Learning efficiency, Balance, Steadiness and Cognitive function. Besides, it decreases Anxiety and Depression. It also increases Self-acceptance, Social skills, Well-being, Somatic and kinaesthetic awareness and Self-actualization.

### Methodology

The purpose of the study was to find out the effect of yogic practices on psychological variables of school children. It was hypothesized that there would be significant differences on psychological variable due to the effect of yogic practices on psychological variables of school children. For the present study the 60 school girls form Adharsha Vidyalaya School Pandavapura, Karnataka were selected at random and their age ranged from 14 to 16 years. For the present study pre-test-post-test random group design which consists of control group and

### Correspondence

**Neeta Deshi**

Research Scholar,  
Akkamahadevi Women's  
University, Vijayapura,  
Karnataka, India

experimental group was used. The subjects were randomly assigned to two equal groups of thirty each and named as group ‘A’ and Group ‘B’. Group ‘A’ underwent yogic practices and Group ‘B’ has not undergone any training. The data was collected before and after sixteen week of training. The data was analysed by applying dependent t test. The level of significance was set at 0.05. of pre adolescents in Yogic practices group.

**Table 1:** Variables and Tests

S. No.	Variables	Test
1	Mental Health	Questionnaire
2	Stress Management	Questionnaire
3	Self Confidence	Questionnaire

**Table 2:** Results of dependent t test between pre-test and post-test scores of Psychological variables i.e. mental health (MH), Stress Management (SM) and Self Confidence (SC) of pre adolescents of pre adolescents in Yoga exercise group

Variables	Time	Mean	Std.Dv.	Mean Diff.	SD Diff.	Paired t	P-value
Mental health (MH)	Pre-test	150.73	4.49				
	Post-test	198.83	4.36	-48.10	4.86	-54.2194	0.0001*
Stress Management (SM)	Pre-test	94.57	7.60				
	Post-test	156.70	4.19	-62.13	6.47	-52.5669	0.0001*
Self Confidence (SC)	Pre-test	30.87	4.86				
	Post-test	12.73	2.45	18.13	3.28	30.3062	0.0001*

The results of the above table clearly showed that

There is a significance difference between pre-test and post-test scores of motor variable i.e. Mental health (MH) of pre adolescents in Yoga exercise group ( $t=-54.2194, p<0.05$ ) at 5% level of significance. Thus, the  $H_0$  is rejected and  $H_1$  is not rejected. It means that, the post-test scores are significantly higher as compared to pre-test scores of mental health (MH) of pre adolescents in Yoga exercise group.

- There is a significance difference between pre-test and post-tests scores of motor variable i.e. Stress Management (SM) of pre adolescents in Yoga exercise group ( $t=-52.5669, p<0.05$ ) at 5% level of significance. Thus, the  $H_0$  is rejected and  $H_1$  is not rejected. It means that, the post-tests scores are significantly higher as

**Results**

After the sixteen weeks of Yogic practices there was significant improvement on Psychological variables. The data health (MH), Stress Management (SM) and Self Confidence (SC) on before and after the yoga training of experimental and control groups are analyzed and presented in Tables.

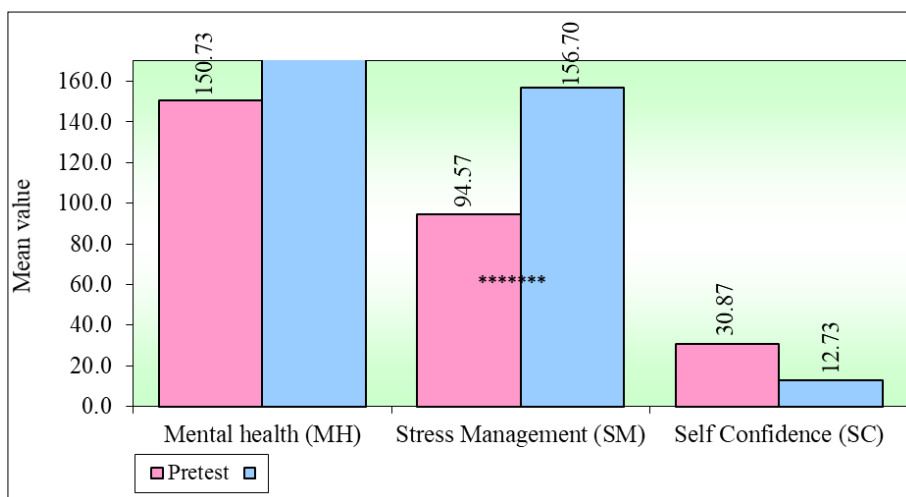
**Yoga group**

Hypothesis: There is no significant difference between pre-test and post-test scores of Psychological variables i.e. mental health (MH), Stress Management (SM) and Self Confidence (SC) of pre adolescents in Yoga exercise group.

To test or accomplish above hypothesis, the dependent t test was performed and the results are presented in the table given below.

compared to pre-test scores of Stress Management (SM) of pre adolescents in Yoga exercise group.

- There is a significance difference between pre-test and post-tests scores of motor variable i.e. Self Confidence (SC) of pre adolescents in Yoga exercise group ( $t=30.3062, p<0.05$ ) at 5% level of significance. Thus, the  $H_0$  is rejected and  $H_1$  is not rejected. It means that, the post-tests scores are significantly smaller as compared to pre-test scores of Self Confidence (SC) of pre adolescents in Yoga exercise group. The mean pre-test and post-test scores of Psychological variables are also presented in the diagram given below.



**Fig 1:** Comparison of pretest and posttest scores of Psychological variables of pre adolescents in yoga group

**Control group**

**Hypothesis:** There is no significant difference between pre-test and post-test scores of Psychological variables i.e. mental health (MH), Stress Management (SM) and Self Confidence

(SC) of pre adolescents in control group.

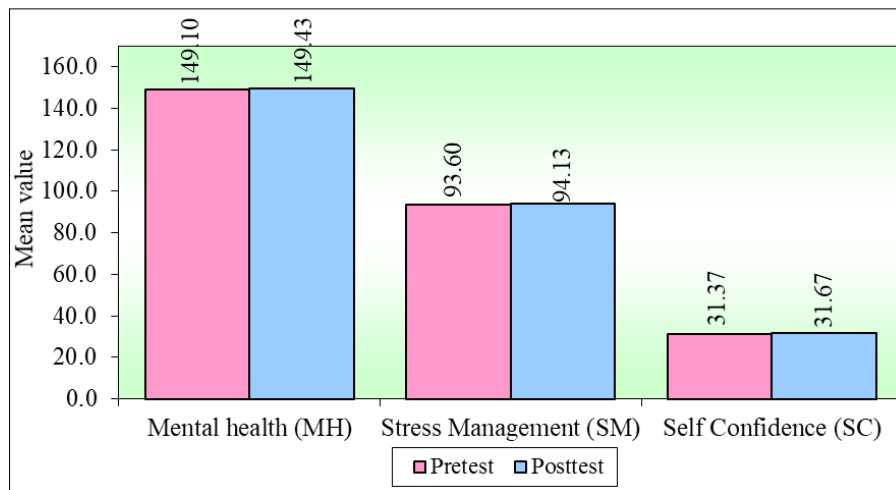
To test or accomplish above hypothesis, the dependent t test was performed and the results are presented in the table given below.

**Table 3:** Results of dependent t test between pre-test and post-test scores of Psychological variables i.e. mental health (MH), Stress Management (SM) and Self Confidence (SC) of pre adolescents of pre adolescents in control group.

Variables	Time	Mean	Std. Dv.	Mean Diff.	SD Diff.	Paired t	P-value
Mental health (MH)	Pretest	149.10	5.14				
	Posttest	149.43	5.05	-0.33	1.69	-1.0814	0.2884
Stress Management (SM)	Pretest	93.60	4.90				
	Post-test	94.13	5.18	-0.53	1.74	-1.6820	0.1033
Self Confidence (SC)	Pretest	31.37	3.58				
	Post-test	31.67	4.37	-0.30	3.39	-0.4854	0.6310

The results of the above table clearly showed that

- There is no significance difference between pre-test and post-test scores of motor variable i.e. Mental health (MH) of pre adolescents in control group ( $t=-1.0814$ ,  $p>0.05$ ) at 5% level of significance. Thus, the  $H_0$  is not rejected and  $H_1$  is rejected. It means that, the pre-test and post-test scores of mental health (MH) of pre adolescents are similar in control group.
- There is no significance difference between pre-test and post-test scores of motor variable i.e. Stress Management (SM) of pre adolescents in control group ( $t=-1.6820$ ,  $p>0.05$ ) at 5% level of significance. Thus, the  $H_0$  is not rejected and  $H_1$  is rejected. It means that, the pre-test and post-tests scores of Stress Management (SM) of pre adolescents are similar in control group.
- There is no significance difference between pre-test and post-tests scores of motor variable i.e. Self Confidence (SC) of pre adolescents in control group ( $t=-0.4854$ ,  $p>0.05$ ) at 5% level of significance. Thus, the  $H_0$  is not rejected and  $H_1$  is rejected. It means that, the pre-test and post-tests scores of Self Confidence (SC) of pre adolescents are similar in control group. The mean pre-test and post-tests scores of Psychological variables are also presented in the diagram given below.

**Fig 2:** Comparison of pretest and posttest scores of Psychological variables of pre adolescents in control group

### Discussion and findings

Psychological variables result between pre and post test has been found significantly higher in experimental group in comparison to control group. This is possible because of due to yoga practices which may also bring spurt in Psychological variables in school children. The finding of the present study have strongly indicates that yoga practices of sixteen weeks have significant effect on selected psychological variables of pre-adolescent. Hence the hypothesis earlier set that yoga practices programme would have been significant effect on psychological variables in light of the same the hypothesis was accepted.

### Conclusion

On the basis of finding and within the limitation of the study the following conclusion were draws:

1. The yoga practices had positive impact on selected psychological variables among pre-adolescent.
2. The experimental group showed improvement on selected psychological variables of pre-adolescents than the control group.

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