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Influence of Nishpanda Bhava on anxiety and aggression of middle aged men

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Abstract

Background: The purpose of the study was to find out the influence of Nishpanda Bhava on anxiety and aggression of middle aged men.

Methods: The subject was selected thirty middle aged men from Salem district, Tamilnadu. Subject's age ranged from 30 to 45. Totally (N = 30) were randomly assigned to two equal groups of middle aged men. The groups were named as Nishpanda Bhava group and control group. Anxiety was measured by spielberger's trait anxiety questionnaire and aggression was measured by smith aggression questionnaire. The training group had undergone the training for a period of six weeks and the post-tests were conducted after the training period.

Results: Hence the difference between means of the two groups in the pre-test had to be taken into account after the analysis of the post-test differences between the means. Descriptive and analysis of covariance, which were adjusted, mean for differences in the initial means, to test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study. This Nishpanda Bhava group had significant difference on anxiety and aggression of middle aged men.

Keywords: Nishpanda bhava, anxiety, aggression

Introduction

Yoga is one of India's wonderful gifts to mankind. It refers to the union of body and mind. Yoga is simple and easy to practice everyone in life, acceptable to the people of all walks of life. One of its valuable qualities is that it builds up a store of physical health and mental power through the practice of a system of exercises called asana which keep the body cleansed and fit. Nishpanda Bhava The drama of the world continues. I let it pass, be still and hold my own' this is one of the most powerful yogic techniques developed by Shri Yogendraji to inculcate a spirit of vairagya, 'letting go'. We traverse life to hold onto all and sundry, from our material possessions to our thoughts, opinions, likes, dislikes, grudges, regrets and our insatiable desires. This simple technique teaches us that life goes by just as the sounds around us. These sounds represent life, its events, situations and people who come and go. We understand that they persist, acknowledge them and allow ourselves to move on without regret, analysis and judgment. Nishpanda Bhava is Sit on a mat leaning against a wall with feet apart and outstretched. Do not slouch. Let the hips be close to the wall so that the spine remains naturally erect. The hands rest on the thighs, the palms and fingers are loose and facing upwards. Close your eyes and passively observe the passing sounds as they come and fade away. Do not allow you to dwell on any sound but let it go as it fades away. Pick up on the next sound in the surrounding atmosphere. If there are no sounds then you can focus on some light instrumental music but no words as words tend to develop emotions and reactions in the mind. Do not get affected by any outside sounds in any way. Sit in this manner for 5 to 15 minutes.

Methodology

The purpose of the study was to find out the influence of Nishpanda Bhava on selected psychological variables among middle aged men. To achieve the purpose of the study, the investigator selected thirty middle aged men from Salem district, Tamilnadu as subjects and their age ranged from 30 to 45.

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Research design that is used in the study is Experimental Research design. Experimental research designs share many similarities with the traditional experimental design or randomized controlled trial, but they specifically lack the element of random assignment to treatment or control. Instead, experimental designs typically allow the researcher to control the assignment to the treatment condition, but using some criterion other than random assignment (e.g., eligibility cutoff scores). In some cases, the researcher may have no control over assignment to treatment condition. The subjects (N = 30) were randomly assigned to two equal groups of middle aged men each. The groups were assigned as Nishpanda Bhava group and control group and in an equivalent manner. Anxiety was measured by spiel Berger's trait anxiety questionnaire and aggression was measured by smith aggression questionnaire. The training group had

undergone the training for a period of six weeks and the post-tests were conducted after the training period. Analysis of covariance (ANCOVA) was applied because the subjects were selected random, but the groups were not equated in relation to the factors to be examined. Hence the difference between means of the two groups in the pre-test had to be taken into account during the analysis of the post-test differences between the means. This was achieved by the application of the analysis of covariance, where the final means were adjusted for differences in the initial means, and the adjusted means were tested for significance. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study.

Results

Table 1: Computation of Analysis of Variance of Pre and Post Means of Anxiety

	Means	NBG	CG	S	SS	Df	M.S	F-ratio
Anxiety	Pre-Mean	53.74	42.45	B W	1.20	1	1.20	0.24
				W S	136.66	28	4.88	
	Post-Mean	42.45	54.03	B W	1092.03	1	1092.03	102.97*
				W S	296.93	28	10.60	
	Adjusted Mean	42.13	54.04	BW	1087.75	1	1087.75	99.15*
				W S	296.21	27	10.97	

*significant at 0.05 level

The observed F-value for the Pre means for anxiety (0.24). These values are compared to the table value at 0.05 significant level, and it was found that the observed F-values on pre means of anxiety, are pre-less than the required table value of 4.19 for df 1 and 28. Therefore it was concluded that the mean difference between the NBG and CG on pre means of the anxiety and aggression are statistically pre-significant. The observed F-value for the Post means for anxiety (102.97). These values are compared to the table value at 0.05 significant levels, and it was found that the observed F-values

on post means of anxiety are greater than the required table value of 4.19 for df 1 and 28. Therefore it was concluded that the mean difference between the NBG and CG on post means of the anxiety and aggression are statistically significant. The obtained F-value was, to be signification at 0.05level for degree of freedom 1 and 27, the required table value was 4.21. Hence, observed 'f' value (99.15) was found as greater than the table value (4.21), it was inferred that the adjusted mean difference existing between the NBG and CG on was statistically significant.

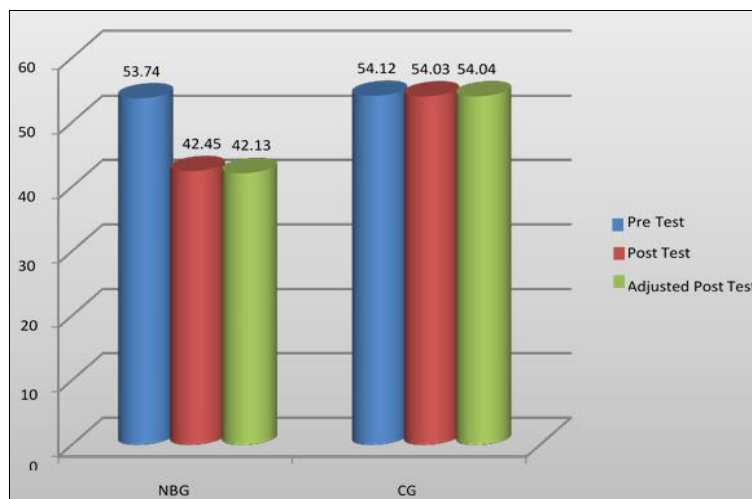


Fig 1: Shows the adjusted pre-test and post-test mean values of Nishpanda Bhava group (NBG) and control group (CG) on Anxiety

Table 2: Computation of Analysis of Variance of Pre and Post Means of Aggression

	Means	NBG	CG	S	SS	Df	M.S	F-ratio
Aggression	Pre-Mean	14.44	15.14	B W	0.83	1	0.83	0.28
				W S	81.46	28	2.91	
	Post-Mean	11.16	15.09	B W	104.53	1	104.53	30.70*
				W S	95.33	28	3.40	
	Adjusted Mean	11.06	15.11	BW	106.15	1	106.15	30.60*
				W S	93.64	27	3.46	

*significant at 0.05 level

The observed F-value for the Pre means for aggression (0.28). These values are compared to the table value at 0.05 significant level, and it was found that the observed F-values on pre means of aggression, are pre-less than the required table value of 4.19 for df 1 and 28. Therefore it was concluded that the mean difference between the NBG and CG on pre means of the anxiety and aggression are statistically pre-significant.

The observed F-value for the Post means for aggression (30.70). These values are compared to the table value at 0.05 significant levels, and it was found that the observed F-values

on post means of aggression are greater than the required table value of 4.19 for df 1 and 28. Therefore it was concluded that the mean difference between the NBG and CG on post means of the anxiety and aggression are statistically significant.

The obtained F-value was, to be signification at 0.05level for degree of freedom 1 and 27, the required table value was 4.21. Hence, observed 'f' value (30.60) was found as greater than the table value (4.21), it was inferred that the adjusted mean difference existing between the NBG and CG on was statistically significant.

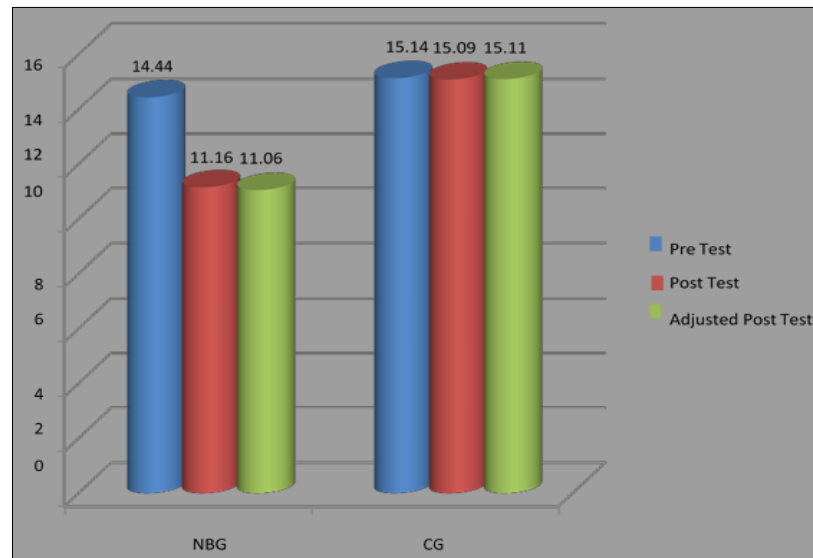


Fig 2: Shows the adjusted pre-test and post-test mean values of Nishpanda Bhava group (NBG) and control group (CG) on Aggression.

Discussion of finding

The result of the study indicates that the experimental group and namely Nishpanda Bhava had significantly improved the anxiety and aggression had signification improved after six week training. It is also found that the improvement caused by Nishpanda Bhava was better when compared the control group.

Conclusions

Based on the result of the study the following conclusion was drawn.

1. The Nishpanda Bhava group had shown significant difference in all the selected psychological variables.
2. It was concluded that the Nishpanda Bhava had produced significant improvement on psychological variables such as Anxiety and Aggression of middle age men has improved from the base line to the post line treatment and when compared with control group.

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