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## Effect of yoga Nidra on psycho-physiological variables of tribal learners

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### Abstract

The primary intention of the observe became too can offer a true information of how YOGA NIDRA effects on selected psycho-physiological variables on tribal learners. For purpose of the study 60 male tribal college students in the age among 18 to 22 years of Seva Bharati Mahavidyalaya, Kapgari had been randomly selected as topics from B.A/B.Sc. College students of Vidyasagar University, West Bengal. All topics have been randomly assigned to 2 groups (A and B) wherein A served as experimental group and B as manipulate organization, every consisted of 30 topics. The companies A were handled as experimental businesses and have been given training programmers of Yoga Nidra. The organization – B changed into served as a manipulate institution and keeps to take part in the ordinary programme of the college. Selection of Variables The studies pupil gleaned through all of the clinical literature relating Yoga from books, magazines, journals, periodicals to be had and in the end determined to keep the underneath stated variables and moreover preserving the feasibility criterion in mind additionally, specially inside the case of availability of instruments, the physiological parameters are constrained to crucial ability & breathing charge in which vital ability became measured volume of air in lung in litter & breathing rate changed into measured as in line with no. Of breath/minute and psychological parameters are confined to Social adjustment inventory of Social assessment index of cowbell's. Variables analysis become executed via 't' check statistical technique. Degree of importance became chosen at zero.05. To determine the imply variations the various rookies in the selected the findings of statistical evaluation revealed that there was big mean distinction within the variables of crucial potential & breathing charge among Yoga nidra institution and control group of tribal beginners. However there is no sizeable mean difference within the variable of Social adjustment index of cowbells.

**Keywords:** Vital capacity, breathing rate, social adjustment

### Introduction

Over the past one hundred years, lifestyles round the world have modified dramatically. Welfare and other structures remain the identical. These days, on this speedy-developing international, you need to enhance your survival skills and face a variety of competition. A person can be very wealthy in a fabric feel. However, keeping a wholesome intellectual kingdom could be very tough because there are many troubles in normal life. In different words, humans these days need mobility to continue to exist. Human work is break away strenuous muscle exertion. This manner of lifestyles comes at a price, as humans are nevertheless organic beings and need to be bodily lively to feature actively. There may be no substitute for exercise. It's far as crucial nowadays because it was when prehistoric humans roamed the Syrian plains. There are many scientific records known to aid the declare that "state of being inactive does now not lead to survival", and new data are found every day. Perhaps the quality way to gain sustained bodily health is to embrace biological efficiency as one of the key by means of-products of enjoyable pastime, instead of an end in itself. It would not suggest that you have to attention on very strenuous activities to obtain. Today; the practice of yoga has ended up popular in all over the world. But, there are numerous misconceptions approximately these practices that are usually notion in exercise body structure. The physiology of yoga exercise may be very exclusive from the bodily of practice. Yoga is a health and wellness system that combines physical, breathing techniques and meditation to achieve harmony between mind, body and spirit. The word "Yoga" comes from the Sanskrit word "yuj" meaning unity.

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Breathing strategies and meditation to deliver concord to the thoughts, body and spirit. The word 'Yoga' comes from the Sanskrit time period 'yuj' meaning to unite or be part of, which indicates how the exercise brings together diverse elements of postures, breathing strategies, meditation, and religious concepts. The phrase "yoga" means union in Sanskrit and represents the union of the mind, body, and spirit. The practice of yoga has come to be increasingly more famous within the Western global for its potential to improve physical fitness, reduce strain, and sell inner peace. There are numerous extraordinary varieties of yoga, each with their very own unique advantages and focuses. Whether or not practiced as a shape of exercise, pressure relief, or spiritual increase, yoga has something to offer for all of us. Its miles a versatile exercise that can be adapted to healthy individuals of every age and degrees of bodily potential.

Yoga Nidra is a meditative practice that has won immense popularity in latest years due to its numerous benefits on intellectual, bodily, and emotional well-being. This practice involves guided relaxation strategies that permit people to enter a state of deep relaxation whilst retaining awareness, leading to a experience of rejuvenation and internal peace. The reason of this thesis is to explore the records, philosophy, and theories at the back of nicely-being. The exercise includes a form of guided rest that takes the practitioner through various levels of focus, leading to a nation of deep relaxation and internal consciousness. This thesis targets to explore the technological know-how in the back of Yoga Nidra and its wonderful effects on intellectual health, strain discount, and improved sleep exceptional. The thesis will critically analyses the evidence-based totally studies on the practice and its effectiveness in treating tension, melancholy, PTSD, and different pressure-related situations. Furthermore, the thesis will discuss the ancient roots of Yoga Nidra, its philosophical underpinnings, and its current-day programs in holistic restoration practices. In the long run, the study of Yoga Nidra's beneficial results will cause a better expertise of the thoughts-frame connection and provide further insight into complementary and integrative remedy.

### Statement of problem

Each yogic practice demands specific stature, physiological competencies and psychological tendencies consistent with the character of yoga, to gain most reliable performances, yoga teacher try and develop the desire stage of all function and developments in their yoga nidra learners. Therefore the research student became fascinated to undertake the study as "The effect of Yoga Nidra on Psycho-Physiological Variables of tribal learners"

### The rationale of the study

1. Findings of the examine would be beneficial to the bodily education trainer, Yoga instructor and other yoga asana beginners.
2. The end result of this examine could assist for the diagnostic cause.
3. The findings are probably beneficial for construct a appropriate yogic schooling program for improvement of selected physiological and mental parameters or variables of yoga novices.

### Hypothesis

1. On the idea of literature reviewed dialogue with the experts and students very own know- how it become hypothesized that –there could be good sized distinction

inside the decided on physiological parameters among the Tribal freshmen.

2. There would be great distinction within the selected psychological variables amongst Tribal inexperienced persons.

### Methodology

Choices of topics sixty students, with age ranging between 19 to 22 years and reading in Seva Bharati Mahavidyalaya, Kargari were randomly selected as topics from B.A/B.Sc students of Vidyasagar College, West Bengal. All topics have been randomly assigned to two organizations (A and B) where A served as experimental group and B as control institution, each consisted of 30 subjects. The institutions A were treated as experimental corporations and have been given training programs of sixty one technique of Yoga nidra respectively. The group – B changed into served as a control organization and maintains to take part within the ordinary program of the college. Choice of Variables The studies student gleaned via all of the clinical literature pertaining to Yoga from books, magazines, journals, periodicals to be had and finally decided to preserve the underneath noted variables and moreover keeping the feasibility criterion in mind also, specially inside the case of availability of devices, the following variables has been chosen:

### Physiological variables

Vital capacity, Respiratory rate.

### Mental variables

Social evaluation index of cowbells.

1. Resting respiration fee became measured with the aid of manual technique over a length of one minute.
2. Vital potential turned into measured by way of Dry spirometer in milliliter.

Social Adjustment Cowell The twelve pairs of behavioral "attitudes" represent necessary and dangerous changes. As a result of the evaluation, ten pairs of valid and negative behaviors were kept as normal numbers for correct and negative correction. Effective and negative scales (Bureaucracy A and B, respectively) emerged in the Quality Adjustment Questionnaire. Cowell recommends that 3 teachers evaluate each student in two offices in different situations; a social worker is the sum of three teacher points plus 2 bureaucracies. Thus, a compatible student will get a good grade; A student who is mistreated will get very low grades. Each question has 4 options marked by the student. Apparently, they all, almost never, the values +3, +2, +1, and +0 for form A and -3, -2, -1 and zero for form B, respectively. Scoring: The total score is the difference between the scores of the 10 devices in picture A minus the number of 10 devices in picture B.

### Yoga nidra technique

Complete relaxation: lie on your back in shavasana. Lie down with your spine parallel and your toes and fingers apart from your side. It is best to put a thin pillow under your head and a scarf or blanket over your body to avoid cold.

### Training process

- Let your attention wander over your head and face, including the crown, forehead, eyebrows, eyes, cheekbones and nose.
- Focus on breathing through the nose several times.

- Keep looking at the mouth, chin and chin.
  - Next, inspect the neck and throat, shoulders, hands, elbows, wrists, hands, palms, and fingers.
  - Feel as if you are inhaling from the arm and shoulder tips and exhale back to the finger.
  - Then cross your arms back across the palms, wrists, forearms, forearms, shoulders, back and chest.
  - Inhale and exhale several times, focusing on the center of the chest.
  - Pay attention to the abdomen, stomach, buttocks, hips, thighs, knees, calves, ankles, and feet.
  - Exhale when the whole body exhales; inhale when the whole body exhales. Let go of all the stress, questions and anxiety as you exhale. Breathe in as you breathe in the new present as well as feeling peaceful and relaxed.
- Inhale and exhale a few times.

**Exercise**

Yoga Nidra also known as Yogic Sleep is a form of guided meditation and relaxation technique that enables profound physical mental and emotional relaxation. It is typically done lying down in a comfortable position such as savasana (Corpse pose) and is practiced with closed eyes.

Here is a step-by-step guide on how to practice Yoga Nidra:

1. **Prepare Yourself:** Find a quiet and comfortable space where you won't be disturbed. Lie down on your back with your arms alongside your body palms facing up. Make sure you are warm and cozy using blankets or cushions if needed.
2. **Set an Intention:** Begin by setting an intention for your practice. This could be something specific you want to work on or simply the intention to relax deeply and let go.
3. **Relaxation and Body Scan:** Start by taking a few deep breaths and consciously relaxing your body. Then move your awareness through different body parts starting from your toes and moving slowly up to your head. With each part allow yourself to feel a sense of relaxation and release any tension you might be holding.
4. **Breath Awareness:** Bring your attention to your breath. Observe the natural flow of your breath without trying to change it. Notice the sensations of each inhale and exhale

- and let your breath become deeper and more effortless.
5. **Sensory Awareness:** Shift your focus to your senses. Notice the sounds around you without getting involved with them. Become aware of any sensations on your skin the feeling of the floor or surface supporting you and any smells or tastes in the air. Allow yourself to experience these sensations without judgment or attachment.
  6. **Visualization:** Engage your imagination by visualizing various images or experiences. This could include visualizing yourself in a tranquil natural setting envisioning a healing light filling your body or practicing specific affirmations or visualizations that resonate with you.
  7. **Emotional Awareness:** Invite awareness to your emotional state. Notice any emotions that arise without getting caught up in them. Observe them with detachment allowing them to come and go without judgment.
  8. **Resolve and Sankalpa:** This is an opportunity to plant a positive seed in your subconscious mind. Formulate a short positive and present-tense statement that reflects your deepest aspirations or goals. Repeat your sankalpa silently to yourself several times with trust and conviction.
  9. **Return to the external world:** Slowly begin to bring your awareness back to the present moment. Become aware of your physical body lying on the ground and gradually connect with the sounds and sensations around you.
  10. **Take your time:** When you feel ready gently open your eyes and take a few moments to transition back into your daily routine. Move slowly allowing the benefits of Yoga Nidra to integrate into your being.

Remember consistency is key with any meditation practice. Regularly incorporating Yoga Nidra into your routine can offer profound relaxation rejuvenation and an overall sense of well-being.

To decide the mean distinction the various decided on beginners inside the chosen variables with 't' test statistical approach was implemented. Stage of importance selected at zero.05.

**Result and Discussion**

**Table 1:** Descriptive Statistics Showing Mean and Standard Deviation of Social Adjustment.

Group	Pre-test Mean	Standard Deviation	Post-test Mean	Standard Deviation	Mean Difference	't' Value
Yoganidra (A)	14.23	13.88	11.40	14.03	2.83	3.60*
Control(B)	14.5	5.3	13.5	5.12	1	0.76

It is evident from the table no-1 that mean and fashionable deviation of yoga nidra, and control group of the freshmen are 14.23 ± 13.88 (pre), 11.40 ± 2.83 (Post), 14.5 ± 5.3 (pre), 13.5 ± 5.12 (Post) respectively and the calculated 't' value for

Social adjustment of Yoga Nidra group is 3.60 which is greater than the tabulated 't' value i.e. 2.04. Consequently, it is concluded that there's enormous difference in Yoga Nidra organization after the training length

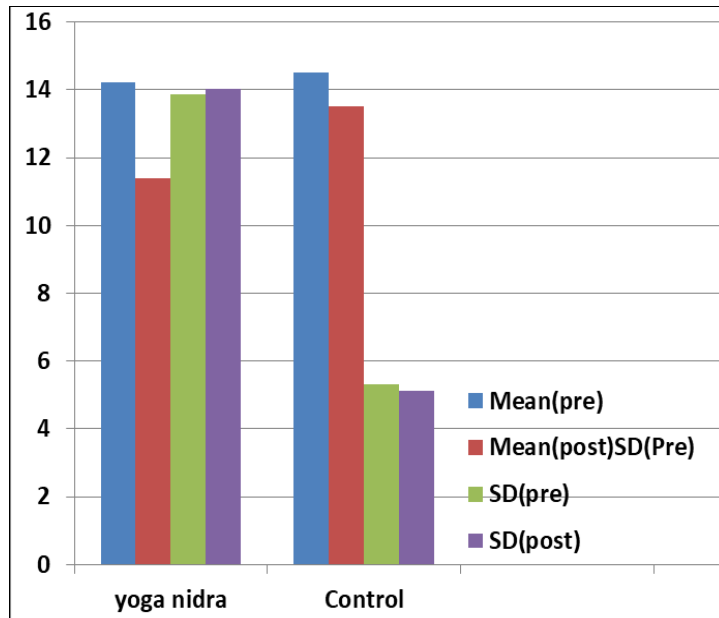


Fig 1: The differences of mean among yoga nidra & control group on social adjustment.

Table 2: Descriptive Statistics Showing Mean and Standard Deviation of Vital capacity.

Group	Pre-test Mean	Standard Deviation	Post-test Mean	Standard Deviation	Mean Difference	't' Value
YogaNidra(A)	3.8	0.296	4.0	0.301	0.2	2.63*
Control (B)	3.6	0.27	3.7	0.25	0.1	1.47

It's far obvious from the table no-2 that mean and standard deviation of yoga nidra, and manage organization of the learners are  $3.8 \pm 0.296$  (pre),  $4.0 \pm 0.301$  (Post),  $4.2 \pm 0.39$  (pre),  $3.6 \pm 0.27$  (pre),  $3.7 \pm 0.25$  (Post) respectively and the calculated 't' value for Vital Capacity of Yoga Nidra group was 2.63 respectively which is greater than the tabulated 't' value i.e.2.04. Therefore, it is concluded that there is

significant difference in Yoga Nidra group after sixteen weeks training period. Whereas the calculated 't' value for the control group is 1.47 which is lesser than the value of tabulated 't' value i.e. 2.04. Therefore, it is concluded that there is insignificant distinction in crucial ability parameter after the sixteen weeks of training period.

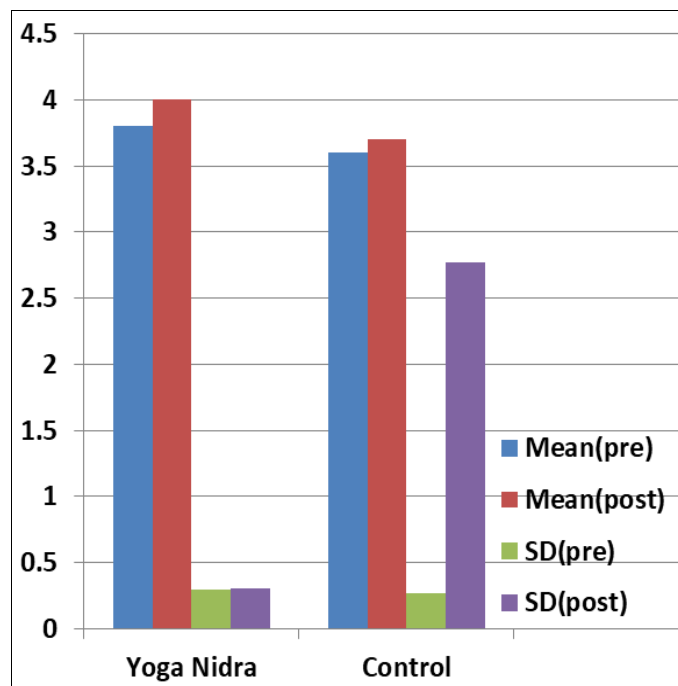
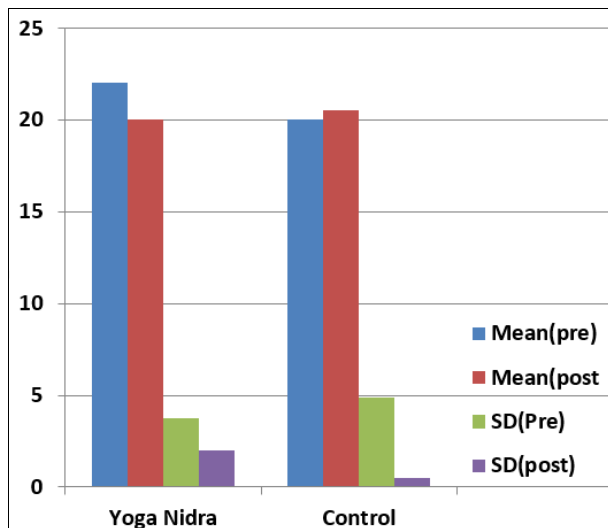


Fig 2: The differences of mean among yoga asana & control group on vital capacity parameter.

Table 3: Descriptive Statistics Showing Mean and Standard Deviation of Respiratory rate.

Variables	Pre-test Mean	Standard Deviation	Post-test Mean	Standard Deviation	Mean Difference	't' Value
Yoga nidra (A)	22	3.76	20	3.35	2.0	2.17
Control (B)	20	4.89	20.5	4.53	0.5	0.413

It's miles obvious from the table no-three that suggest and well-known deviation of yoga nidra, and control group of the newcomers are  $22 \pm 3.76$  (pre),  $20 \pm 3.35$ (Post),  $20 \pm 4.89$  (pre),  $20.5 \pm 4.53$  (Post) respectively and the calculated 't' value for Respiratory Rate of Yoga Nidra group was 2.17\* respectively which is greater than the tabulated 't' value i.e.2.04. Therefore, it is concluded that there is significant difference in Yoga Nidra group after sixteen weeks of training period. Whereas the calculated 't' value for the control group is 0.413 which is lesser than the value of tabulated 't' value i.e. 2.04. Therefore, it's miles concluded that there is insignificant distinction in respiration fee parameter after the 16 weeks of training period.



**Fig 3:** The differences of mean among yoga asana & control group on Respiratory rate parameter.

### Discussion of findings

From the findings of statistical analysis it's miles discovered that, it is quite acknowledged reality that numerous varieties of yogic education effect range of system of our frame in widespread however aerobic-vascular device in particular. After going through the result obtained as evident from various tables given in this chapter earlier. It is found that there is a significant change in two groups after a span of Sixteen weeks training, Vital Capacity, Respiratory rate, Social adjustment parameters were significant difference among the two groups.

### Conclusion

- Considerable improvement turned into determined in vital capacity index as a result of the experimental remedies inside the experimental organization in evaluation to manipulate organization.
- Widespread improvement turned into discovered in social adjustment because of the experimental remedies in the experimental organization in comparison to govern organization.
- Tremendous development becomes discovered in respiration index as a result of the experimental remedies inside the experimental institution in comparison to control organization.

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