



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(2): 124-127

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www.theyogicjournal.com

Received: 03-05-2019

Accepted: 07-06-2019

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## Effect of Yogasanas and Surya Namaskar on selected psychological variables among post graduate students

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### Abstract

The purpose of the study was to investigate the effects of yogasanas and surya namaskar on selected psychological variables among post graduate Female students. For this research (N=90) post graduate female students were selected from various educational institutions in Chennai district, Tamil Nadu. The age group of the females ranged from 20 to 25 years. To achieve the purpose of this study, the subject: were divided into three equal groups of 30 subjects each. Group I underwent Yogasana. Group II underwent surya namaskar and Group III acted as a control group. The duration of the experimental period for Yogasana and Surya Namaskar group was restricted to eight weeks and the number of session per week confined to six days (Sunday rest). It was concluded that there was significant reduction in anxiety and improvement in study skill due to Yogasanas and Surya Namaskar as compared to control group. It was concluded that there was significant improvement in study skills due to Yogasanas and Surya Namaskar as compared to control group. On the basis of the findings and conclusions of the present study, the following recommendations were made, Similar study may be conducted for various other age groups of males and females, The present study was mainly focused on College Women only; Yoga may be included in other schemes of the government for the welfare society.

**Keywords:** Yogasanas, Surya Namaskar, anxiety, study skill, etc.

### Introduction

#### Yoga

“Sun salutation can motivate and warm you, even on the darkest, coldest winter day.”

Carol Krucoff

To begin with it is important to know what we as human beings are and what our life is, under the divine wisdom, the earth has evolved from matter to plant life and then to animal life. Also evolution from animal to man is not final. Right from the stage of evolution the humanity is under the way of dark and light with all the signs of imperfections. To acquire all the qualities of the divine is the final purpose of nature's evolution. For acquiring such a final purpose of divinity, one must be ready for a firm resolution springing from one's heart and such progression can be by experiences of spiritual path.

It is here the yoga hastens progress that can be made in many lives is made in a few years. The meaning of the word yoga in its true sense is to join our external consciousness without true self the divine within our self which is again one everywhere. The word yoga is derivative from the Sanskrit root 'Yuj'. The importance is to bind, join, and assign and yoke, to straight and deliberate one's attention on, to use and apply.

'Surya' means the sun and namaskar means salute, bend down in with proper forms and due to its benefits has been acclaimed as the best practice for all the modern day's ills of assumptive lifestyle. As the sun has been worshipped since ancient times by one and all also it's the symbol of spiritual consciousness. Surya Namaskar stimulates the Pingalanadi by the absorbance of solar energy by the body. It contains asanas, pranayama, Mantra and mediation techniques, also Surya namaskar channelizes and stabilize the physical as well as developing mind stages. There are twelve postures in regular method and the rhythm and energy are the essential that make up Surya namaskar. This gives energetic body and balance of the mind. Surya Namaskar is an ancient meditative technique also called as one kind of yoga which is the skill of solar vitalize. This contains asanas; pranayama, mantras and mudras also contain three aspects procedure and vital energy and regularity.

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Surya Namaskar consist of 12 postures chanted in particular arrangement which is particular breathing pattern. The benefits of Surya namaskar are to vitalize and clear the entire system and decreases fat from all parts of human body and tones each and every muscle. Surya namaskar is beautiful attitude in its basic, so there are to physical techniques available and every pose would only take up between 30 – 40 seconds to complete the cycle might not lost for more than 10 minutes and with 2 minutes for relaxation.

**Hypothesis**

1. It was hypothesized that there would be significant differences due to yogasanas and surya namaskar on selected psychological variables among post graduate female students than the control group.
2. It was hypothesized that there would be significant differences due to yogasanas on selected psychological variables among post graduate female students of Yogasana group than the Surya Namaskar group.

**Selection of Subjects**

To achieve the purpose of the study, (N=90) post graduate

Female students were selected from various educational institutions in Chennai district, Tamil Nadu. The age group of the females ranged from 20 to 25 years. To achieve the purpose of this study, the subjects were divided into three equal groups of thirty subjects each. Group I underwent Yogasana, Group II underwent surya namaskar and Group III acted as a control group. The duration of the experimental period for Yogasana and Surya Namaskar group is restricted to eight weeks and the number of session per week confined to eight weeks.

**Selection of the variables**

The following psychological variables were selected for this study.

**I. Dependent Variables**

Anxiety and Study skills

**II. Independent Variables**

1. Yogasanas
2. Surya namaskar

**Results on Anxiety**

**Table 1:** Computation of Analysis of Covariance of Anxiety

	YG	SNG	CG	SV	SS	df	MS	F
Pre test mean	53.14	52.48	52.87	B	9.87	2	4.87	0.28
				W	2056.90	87	23.64	
Post test mean	50.52	49.67	52.76	B	151.47	2	75.61	3.81*
				W	1873.14	87	21.28	
Adjusted mean	49.85	50.27	52.78	B	145.28	2	72.54	26.96*
				W	231.981	86	2.78	

Table F ratio at 0.05 level of confidence for 2<sup>nd</sup> and 87 (df) = 3.1

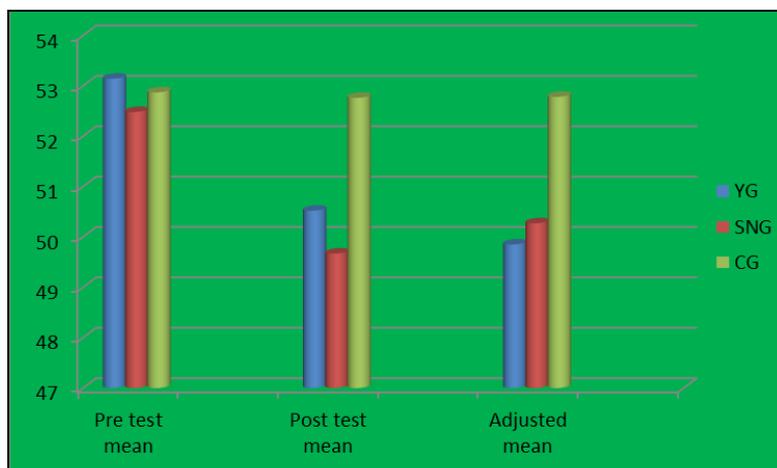
As shown in table 1 obtained F value on the scores pre test means 0.28 that random assignment of the subject were successful and their scores in anxiety. The analysis of post test means proud that the obtained F value 3.81 was greater than the required value of 3.1 to be significant at 0.05 level taking in to consideration of the pre test means adjusted post test means were done and the obtained F value 26.96 was greater than the required value of 3.1 and hence it was accepted that the Yogasana and Surya Namaskar practices yield significant differences in anxiety. Since significance differences were recorded, the results were subjected to post hoc analysis using Scheffe’s confidence interval test. The results were presented in table 2.

**Table 2:** Scheffe’s confidence interval test scores on Anxiety

M			MD	RCL
YG	SNG	CG		
49.85	50.27	-	0.42	1.05
49.85	-	52.78	2.93	1.05
-	50.27	52.78	2.51	1.05

\*significance at, 05 level of confidence

From the table 2, it was proved that there were significant differences between Yogasana and Surya Namaskar, also there was significant difference between Yogasana and control group. The ordered adjusted means were presented through bar diagram for better understanding of the result of this study in Figure 1 bar diagram on ordered adjusted means of psychological variables on anxiety.



**Fig 1:** Bar Diagram ordered adjusted means of psychological variable anxiety

**Discussion on the findings of anxiety**

Anxiety was measured through standard anxiety questionnaire the result presented in table showed significances differences in the adjusted means, as they obtained F value was greater than the required value the post hoc analysis of obtained adjusted means proved that there was significances

differences existed between control group and surya namaskar group. It was also proved that there was significance difference between Yogasana and Surya Namaskar group control groups.

**Results on study skills**

**Table 3:** Computation of Analysis of Covariance of study skill

	YG	SNG	CG	SV	SS	df	MS	F
Pre test mean	29.79	30.72	29.38	B	29.29	2	14.68	0.93
				W	1366.38	87	15.70	
Post test mean	33.38	34.17	29.98	B	298.70	2	149.38	8.99
				W	1441.58	87	16.60	
Adjusted mean	33.60	33.49	30.40	B	189.82	2	94.98	14.21*
				W	570.119	86	6.68	

Table F ratio at 0.05 level of confidence for 2<sup>nd</sup> and 87 (df) = 3.1

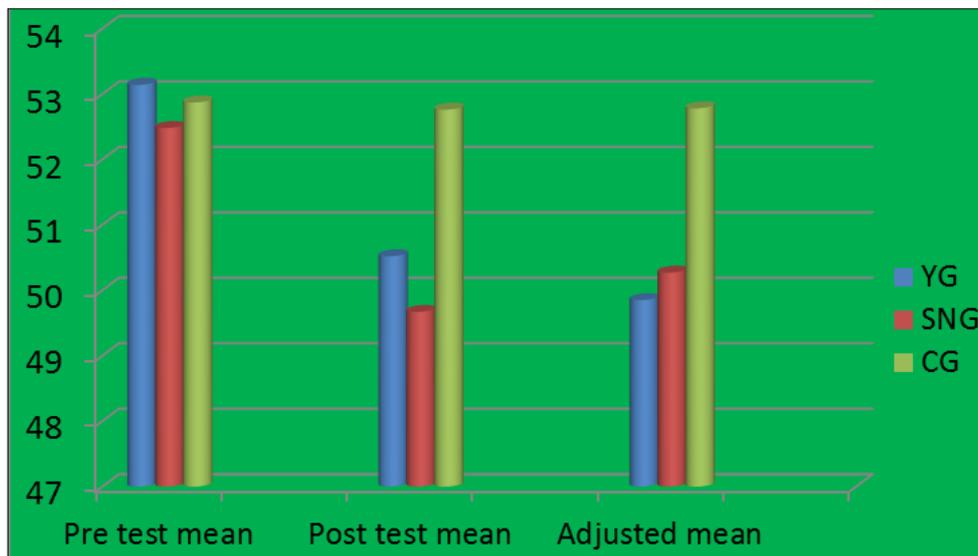
As shown in table 3 obtained F value on the scores pre test means 0.93 that the random assignment of the subject were successful and their scores in study skills. The analysis of post test means proud that the obtained F value 8.99 was greater than the required value of 3.1 to be significant at 0.05 levels. Taking in to consideration of the pre test means adjusted post test means were done and the obtained F value 14.21 was greater than the required value of 3.1 and hence it was accepted that the Yogasana and Surya Namaskar practices significantly increased the Study skills. Since significance differences were recorded, the results were subjected to post hoc analysis using Scheffe’s confidence interval test. The result were presented in table 4.

**Table 4:** Scheffe’s confidence interval test scores on study skills

M			MD	RCL
YG	SNG	CG		
33.60	33.49	-	0.11	1.66
33.60	-	30.40	3.2	1.66
-	33.49	30.40	3.09	1.66

\*significant at, 05 level of confidence

From the table 4, it was proved that there was significant differences between Yogasana and Surya Namaskar it was also entered that there was significant difference between Yogasana and control group. The ordered adjusted means were presented through bar dia-gram for better understanding of the result of this study in Figure 2 bar diagram on adjusted means of psychological variable study skills.



**Fig 2:** Bar Diagram Ordered Adjusted Means of Psychological Variable Study Skills

**Discussion on the findings of study skills**

Study skills was measured study skills scale test result presented in table showed significances differences in the adjusted means, as they obtained F value was greater t the required F value the post hoc analysis of obtained adjusted means proved that there significances differences existed between control group and Yogasana group. It was also proved that there was significance difference between Yogasana group and Suryanamaskar group and control group.

earlier works done by differ researchers. Telles, Gaur and Balkrishna, (2009) examined the theoretical aspects of yoga appears to reduce state anxiety, with a greater reduction following yoga practice. Anxiety significantly has decreased and study skill also improved.

**Discussion on hypothesis**

For the purpose of the study the investigator formulated hypothesis number one stating that ‘It was hypothesized that that would be a significant deferens on selected in Psychological variables among Post graduate students to yogasanas and surya namaskar.

**Discussion on reviews**

These results are found to be in good agreement with the

The result presented in tables 1 to 4 proved that there were significant different among the Yogasana group and Surya Namaskar group and control group on the select criterion variables such as anxiety and study skills the results proved that Yogasana and Suryanamaskar practices has significantly improved than the control group The result proved that Yogasana group and Surya Namaskar groups control groups significantly different.

It was hypothesized that there was significant difference among Yogasana group, Surya Namaskar group and control group would be the dependant variables would be improvement due to yogasanas and surya namaskar and the same were improved at 0.05 level of significant also.

### **Conclusion**

Limitations and delimitations of this study was concluded that there was significant reduction in anxiety and improvement study skill due to Yogasana and Surya Namaskar comparing with control group.

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