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## Assess the effects of psycho analysis techniques of yoga

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### Abstract

Yoga and the practice of mindfulness have gained popularity as performance psychology interventions, by promoting a relaxed state of focus, increasing body flexibility, and improving awareness during performances. Like professional athletes, circus performers invest a great deal of time, resources, and mental and physical energy in their performances. The present pilot project focuses on the effect of the Bali Yoga Program, adapted for athletes (BYP-A), on the general psychological state, quality of life, performance anxiety, and perceived athletic performance of circus artists studying at the National Circus School in Montreal. Over 8 weeks, student circus artists (n= 18) attended 90-min yoga session. Results showed that following the intervention, participants reported decreased depressive and somatic symptoms, decreased cognitive and somatic performance anxiety and enhanced coping abilities (relaxation, mental distractions). BYP-A has initially shown to provide benefits for circus artists, such as factors related to improved psychological health and mental state related to performance. Future avenues for research should explore yoga intervention more thoroughly and pursue to investigate the differences existing between circus arts and other performance fields.

**Keywords:** yoga, performance anxiety, quality of life, coping, circus arts, performance

### Introduction

Yoga is one of the most ancient metaphysical sciences, which investigates the nature of soul, through discipline, awakens like super consciousness of mind. As per yogic concept of living the components of life are Body, Breathing, Vital energy, Mind, Emotions, Aura, Psychic consciousness, Supramental state etc.

The characters of healthy living consists of Ailments free life Preventive measures towards the physical, mental and emotional factors, perception with community and society, right attitude and behavior adjustment with changed circumstances sensibility, Awareness, Balanced emotional states, unified personality positive psychology and self-perception. Yogic practices influences psychometric variables including mindfulness, depression, anxiety and important role in learning, memory, regulation, stress response and metabolisms. The Neurotransmitters are chemical messengers that Co-ordinate with transmission of signals from one neuron cell to other cell. This neurotransmitters regulate a wide namely processes including emotions fear, pleasure, joy, anger, memory, cognition, attention, concentration, alertness energy, appetite, through yogic psycho analysis techniques many neurotransmitters affects in a positive way. The yogic therapeutic strategies help for behavior changes, life style modifications, and stress demission. Psycho analyses Method of yoga techniques consists Asanas, Pranayama, Meditation, yoga nidra, Antar mouna, and bio feedback. Significant and importance of the study. Psycho analysis played an important role in the development of Human psychology and it's influenced our approach to the treatment of physical and mental health issues. It helps understanding how a person protects him/herself from emotionally difficult states. It helps the people to handle problematic feelings and solve the conflicts. It helps to clarify the nature of fears and worries. It develops a more realistic appraisal of higher life and the origins of distress and its develops awareness. The younger community learns to handle emotion. It helps to exploration of personality modification. It helps to solve the number of mental health problems.

### Statement of the problem

The purpose of the study is to find out psychophysiological and psychological effects of psycho analysis techniques of yoga among health professional women students.

**Objectives of the study**

1. The study to investigate the changes in psychological variable.
2. The study focus to understand how psychological variable influence health.

**Hypothesis**

H<sub>1</sub> the subjects in the experimental group who receive the psycho analysis practice of yoga will have significant reduction in \_\_\_\_\_.

**De-limitation**

The experimental and control group. Consist of college going health professional female student of Siddhartha medical college of medical science at ryayawada Iys. The study delimited selected medical collage female students.

The age limits of the female students from 20-23 only.

The study delimited to select. Psycho analysis techniques of yoga were conducted for 5 day per week, for 12 weeks only.

**Limitation**

1. The socio economic cultural status of students not controlled.
2. Food habits and daily routine activities were not taken in to consideration.

**Assumptions**

1. The psycho analysis techniques of yoga were easy and can be practiced by subjects.
2. The yogic techniques were an effective method to control the selected psychological variables. (Stress).

**Methodology**

Research Design Keeping the objective and hypothesis in min an experimental design was adopted for this study.

$$\text{Control group} - O_1 \frac{12 \text{ weeks}}{\times} O_2$$

$$\text{Experimental group } O_3 \frac{12 \text{ weeks}}{\times} O_4$$

O<sub>1</sub> – Initial data

O<sub>2</sub> – After 12 weeks data

O<sub>3</sub> – Pre-Intervention data

X – Post intervention data

O<sub>4</sub> – Post – intervention data after 12 weeks.

The schematic representation of the research design is presented in Fig 1.

Research Group	Pre-invention Data	Intervention	After 12 Week
Research Group	Pre-invention Data	Intervention	
A – Control group	Stress questionnaire		
A – Control group	10 Female health		
B. Experimental group female health student			

**Fig 1:** Schematic Representation of the Research Design

**Setting of the study**

This study was conducted at Siddhartha medical college at age.

**Sample**

20 health professional students were selected from Siddhartha medical college at r. w sp.

**Sample size**

The control group consisted of 10 female health professional students. The experimental group consisted of 10 female health professional students. Criteria for sample selection:

**Inclusion Criteria**

Medical professional students in the age group of 20 to 23.

Only female.

Students who are willing to participate in the study after obtaing permission from the college administration.

**Exclusion criteria**

Not willing to participate.

**Sampling technique**

Convenience sampling techniques was used for this study.

Convenience sampling is the selection of the most readily available persons as participants in a study. To reduce the possibility of contamination between control and experimental groups. The first 10 female students were taken as control group after. Completing the data collection of the

control group, the experimental group was selected and intervention was given this 18 to prevent the intermingling of subjects in the two groups which could reduce the effectiveness of the manipulation. Development and Description of the intervention. The intervention of psychoanalysis techniques of yoga to the experimental group was developed by the researcher after doing extensive literature review and also taking the opinion of Research supervisor and experts. The instruction was prepared in English. Content validity: The content validity of psycho analysis techniques was established by giving the tool to yoga experts. The purpose of the study was to find out the effect of psychoanalysis techniques of yoga on psychological variable. On stress to achieve this purpose health professional students selected as subjects at random from medical college Vijayawada. They were divided into two groups each group consisted of 10 subjects and group 1 underwent psycho analysis techniques of yoga, group II acted as control group which did not go for any training. The data collected from the two groups before and after the training period were statistically analysed for significant improvement if any, in order to find out the significant difference, between pre-test and adjusted port test means the analysis of covariance (ANCOVA) was used. Statistical significance was set at 0.051 ever of confidence. (P<0.05). The data collected were tabulated, analysed and presented based on the objective and hypothesis. Distribution of samples before and after the practice of psycho analysis techniques of yoga.

**Table 1:** Distribution of stress level in Experimental group and Control group before and after practiced yoga (N=20)

Stress level	Experimental group N= 10		Control group N= 10	
	Pre	Post	Pre	Post
	+	%	+	%
Mild	2	26.2	1	10.6
Moderate	7	10.7	86	58.2
Severe	1	13.1	3	32.2

Table 1 shows the percentage of Pre-post level of stress among the subjects in the experiment and control groups

**Results of Stress**

The stress was measured through toylor’s manifest stress scale the table II shows the vanance of stress among yogic practices and control groups. Analysis of Co-variance of the means of Experimental groups and control group is stress.

**Table 2:** The table of ration at 0.05 level of confidence for 2 and 7 = 3.18, 2 and 6 (of 3.18) Significant.

Group	Exp Group I	Control group	Source of variance	Sum of Squares	Of	Means squares	Obtained F-Ratio
			Between within				
Pre test	17.10	16.25		11.63	2 7	5.81 18.54	0.31
Post teste	5.50	13.60		2823.60 720.00	2 7	1411.8 12.63	111.77
Adjusted posttest mean	5.3.8	13.40		2955.34 437.52	2 6	1477.67 7.81	189.13

The obtained f value on pretest score 0.31 was less than the required f value of 3.18 of significant at 0.05 level. This proved that there was no significant difference between the groups a pre-test and port test and the randomization at the pretest was equal. The post test scores analysis proved that there was significant difference between the groups, as the obtained F-value III 76 was greater than the required F value of 3.18. This proved that the differences between the posttest means of the objects were significant. Taking into consideration the pre and post test scores among the groups adjusted means Scores were calculated and subjected to statistical treatment. The obtjained F value of 189. 13 was greater than the required F value of 3.18. This prored that there was a significant difference among the means the to 6 weeks of yogic practices on psychological and variables stress. Since significant improvements were subjected to post hoc analysis using scheffe’s confidence introval test. The result were presented in table

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**Table: 3** Significant improvements were subjected to post hoc analysis using scheffe’s confidence introval test

Scheffe’s for stress		Post – Hoc	Test
Means		Means difference	Required C.I
Group I	Control		
5.38	13.40	8.02*	2.56
5.38	13.40	17.28*	2.56
	13.40	9.21	2.56

\* Significant

The mean comparison shown in the above table proved that there existed significant difference between the adjusted means of yogic practices group and control group.

**Discussion on the findings**

The above table shows that scheffe’s confidence interval values of stress among yogic practices group and control group. From the table. It is clear that the mean value of yogic practices group and control group of were 5.38, 13.40 respectively. The required scheffe’s confidence interval to be significant of 0.05 level was 2.56 greater there required confidence interval and hence it is significant.

**Conclusion**

It was concluded that the yogic practices group was significant impact due to the influences of yogic techniques than the control group.