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## Impact of yogasanas and meditation on selected psychological variables of college women

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### Abstract

The purpose of the study was to assess the effect of Yoga practices and Meditation on selected psychological variables of college women. In this study statistical population included 90 selected subjects from St. Thomas College Kozhencherry, Pathanamthitta, Kerala. The selected subjects were not involved in any kind of physical activity before. The necessary data was collected from the criterion measures- Self-esteem inventory questioner and Profile of mood states. Random group design was used in this study. The subjects numbering ninety female students were divided into Experiment group I (N: 30) Yoga experiment group, II (N:30) Meditation experiment group and a control group III (N:30). The experimental group I was given a set of 12 yogic asanas and experimental group II was given a meditation training for a period of 3 months. The subjects had undergone the training 3 days in a week. Twelve selected yogic asanas suitable for women subjects selected are Suriyanamkar, Virabhradrasana II, Vrikshasana, Trikonasana, Vijrasana, Naukasana, Bhnjanjgasana, Ushtrasana, Salabhasana, Virasana, Paschimotasana, Savasana were included in the training programme. In the training programme the experimental group II underwent the listening meditation. In the first 2 weeks of the training programme the subjects were made to relax for 10 minutes in Savasana by deep breathing and then gave them 15 minute listening meditation. The next weeks they were allowed to sit in any of meditative posture and then allowed to concentrate towards relaxation music for 15 minutes after 5 minutes savasana relaxation. To determine the difference between pre- test and post test results 't' test was computed for each of the selected variables. Analysis of t ratio for the data pre and post- test of experimental group and control group in variables among yoga practice revealed the following conclusions. Yoga training group shows significant differences in Profiles of mood state and self-esteem as compared to the control group. All the factors of Profiles of mood state such as tension, depression, anger, vigor, fatigue and confusion shows much higher significant differences. When considering the Meditation practice group shows significant difference in Profiles of mood state and self-esteem. As in Yoga practice group, the Meditation practice group also shows higher significant difference in terms of all the six factors of profiles of mood state such as tension, depression, anger, vigor, fatigue and confusion. On the basis of analysis of data of 3 month training programme of Yoga and Meditation had significant effect on selected Psychological variables. The result of the study also reveals that there will be significant changes in self- esteem variables. It may be the reason that the involvement in yoga and meditation training programme, improves the individuals personality or physical appearance.

**Keywords:** Meditation, yoga, self esteem, profiles of mood state

### Introduction

Yoga is a Systematic technology to improve the body understand the mind and free the spirit. Yoga tends to be more flexible, stronger, more energetic, thinner and more youth full than people who don't do yoga (Chuan S.S, 1982) <sup>[1]</sup>. What's happening on the outside is a reflection of what's happening to every system of the body. Practice of yoga strengthens and calms the nervous system, increases the blood flow to internal organs and bringing more oxygen to the cells and clearing the mental clutter that can wreck life by allowing to see things more clearly. The scope of yoga techniques is however not clearly limited for the development of body alone. The Yoga techniques as described are actually concerned with changing one's personality as a whole by bringing about revolutions in one's attitudes, tendencies and emotions (Renger R. 1993) <sup>[3]</sup>. The physiological and psychological changes that can be brought about in one's personality through the practices involving control of breath and the mind are usually overlooked.

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Yoga is a science of right living and it works when integrated in daily life. It works on all the aspects of the person; the physical, mental, emotional, psychic and spiritual. It is believed that this describes the union between the mind and body. Yoga was originally developed as a method of discipline and attitude to help people reach spiritual enlightenment. The body must be purified and strengthened through various practices. Asanas' in Sanskrit means posture. There are around 84 asanas each one has a special name, special form and a distinct way of performing asanas are designed to promote, a state of mental and physical well being or good health. This may be defined as the condition that is experienced when all the organs function effectively under the intelligent control of the mind. Asanas have an extraordinary capacity to overhaul, rejuvenate and bring the entire system into a state of balance. Asanas or yoga postures, literally means those postures comfortably held and are composed of smooth, slow motion postures. During their practice, the body remains in a state of relaxed efficiency, and the deep breathing which naturally accompanies this means that more oxygen is carried to the bloodstream. During asanas, energy is accumulated and the body refreshed (Cooper Smith S. 1967) [2]. The result is improved functioning of the entire organism, including its since hormonal secretions, gradually help to bring emotional disturbances under control. Thus asanas relieve the mind of many upsetting influences, and mental composure is attained. Scientists today ascertain that the intrinsic health of a human being is of prime importance along with outer development of body. This was realized thousands of years ago by the ancient Indian yogis. The practice of yoga has a substantial foundation in science. Yogic asanas accelerate blood circulation in the body and pranayama abates carbon dioxide content ensuring sound health. Yoga provides all round benefit to a human being. Meditation is by definition transcendental, a word used to convey the beauty of the practice, in which all fears, desires, longings, and negative emotions are left behind. Meditation gives this relief and much more. It teaches us that there is a power within each one of us, an energy, a peace, and a wisdom. Which we can tap into once we know it is available. This power inspires, encourages, reinforces and gives strength to those who seek to grow in a positive direction. The power, the light is there and available to all; we need only to connect ourselves with the current. This source of wisdom is the self. The self is not the individual body or mind, but that aspect is deep inside each person that

knows the truth. It exists in each being and exist independently also.

**Criterion measures and collection of data:** Self-esteem inventory – (Immanuel Thomas and Dr. H. Sam 1985) and Profile of mood states (Mac Nair *et al.* 1991). The necessary data were collected by administering the questionnaire for chosen variables prior to the training and after the completion of 3months training.

**Experimental Design:** Random group design was used in this study. The subjects numbering ninety female students were divided in to Experiment group I (N: 30) Yoga experiment group, II (N:30) Meditation experiment group and a control group III (N:30). The experimental group I was given a set of 12 yogic asanas and experimental group II was given a meditation training for a period of 3 months. The subjects had under gone the training 3 days in a week. Twelve selected yogic asanas were included in the training programme.

**Selection of the yogic Asanas:** After reviewing the literature, performing to yoga and its contribution to the development of various systems in the body, the researcher was selected twelve yogic asanas suitable for women subjects. Suriyanamaskar, Virabhadrasana II, Vrikshasana Trikonasana, Vijrasana, Naukasana, Bhnjanjgasana, Ushtrasana, Salabhasana, Virasana, Paschimotasana, Savasana.

**Listening Meditation Techniques:** Listening meditation had been practicing since the Vedic age. Its main intention is to relax the body and mind. Thus develops a positive thinking and as a result the mental health is improved. In the training programme the experimental group II underwent the listening meditation. In the first 2 weeks of the training programme the subject were made to relax for 10 minutes in Savasana by deep breathing and then gave them 15 minute listening meditation. The next weeks they were allowed to sit in any of meditative posture and then allowed to concentrate towards relaxation music for 15 minutes after 5 minutes savasana relaxation.

**Statistical Analysis:** To determine the difference between pre test and post test results 't' test was computed for each of the selected variables.

**Table 1:** Analysis of t ratio for the data pre test and post test of experimental group and control group in Profiles of Mood.

Groups	Number	Profiles	Initial mean	Final mean	Mean difference	SE	t value
Experimental group	30	Tension	12.42	11.11	1.31	.32	3.21*
Control group	30		13.01	12.55	.46	.14	.38
Experimental group	30	Depression	13.21	12.93	.28	.04	3.41*
Control group	30		13.52	13.48	.04	.09	.45
Experimental group	30	Anger	11.76	10.82	.94	.28	3.21*
Control group	30		11.8	11.71	.07	.11	.72
Experimental group	30	Vigor	18.2	19.4	1.24	.31	3.45*
Control group	30		17.92	18.2	.28	.24	.74
Experimental group	30	Fatigue	9.84	8.2	1.64	.30	3.42*
Control group	30		9.91	10.04	0.13	.12	.72
Experimental group	30	Confusion	9.21	8.57	.64	.16	4.03*
Control group	30		9.4	9.36	.04	.11	.38

Significant at 0.01 level of confidence, t 0.01 (29) 2.756

Analysis of Table 1 reveals a significant effect of yoga practices on profiles of mood state all the factors of experimental group with t value obtained for POMS factors were. 3.21, 3.41, 3.21, 3.45, 3.42, 4.03 for Tension,

Depression, Anger, Vigor, Fatigue and Confusion respectively. Which was higher than the required table value. In case of control group there were no significant changes.

**Table 2:** Analysis of t ratio for the data pre test and post test of experimental group and control group in Self esteem.

Groups	Number	Initial mean	Final mean	Mean difference	SE	t value
Experimental group	30	17.28	17.28	0.27	0.95	2.98*
Control group	30	19.65	19.75	- 0.1	0.98	1.26

Significant at 0.01 level of confidence, t 0.01(29) 2.756

Analysis of Table 2 reveals a significant effect of yoga practices on self esteem of experimental group with a t value 2.98. Which is higher than the required t value. The control

group showed no significant difference with a value of 1.26. Difference of means of Experimental and control group in Psychological variables among Meditation practices group.

**Table 3:** Analysis of t ratio for the data pre test and post test of experimental group and control group in Mood state

Groups	Number	POMS factors.	Initial Mean	Final Mean	Mean Difference	SE	t value
Experiment group	30	Tension	12.84	11.64	1.20	.33	3.23*
Control group	30		13.04	12.56	.48	.11	.38
Experiment group	30	Depression	13.52	12.52	.28	.04	3.43*
Control group	30		13.52	13.48	.04	.09	.45
Experiment group	30	Anger	11.78	10.84	.92	.09	4.15*
Control group	30		11.8	11.72	.08	.28	1.25
Experiment group	30	Vigor	18.2	19.48	-1.28	.35	3.45*
Control group	30		17.92	18.2	-2.8	.16	.74
Experiment group	30	Fatigue	9.84	8.8	1.04	.30	3.50*
Control group	30		9.92	10.04	-0.12	.11	.71
Experiment group	30	Confusion	9.92	8.6	.64	.16	4.03*
Control group	30		9.4	9.36	.04	.11	.38

Significant at .01 level of confidence t. 0.01 (29) 2.756.

Table (3) reveals that in the case of the experimental group significant changes were noticed in POMS factors following meditation practices program. Since the t value obtained for POMS factors were 3.23, 4.15, 3.45, 3.50 and 4.03 for

Tension, Depression, Anger, Vigor, Fatigue and Confusion respectively, which was higher than the required t value. In case of control group there were no significant changes.

**Table 4:** Analysis of t ratio for the data pre test and post test of experimental group and control group in Self Esteem.

Groups	Number	Initial Mean	Final Mean	Mean Difference	SE	t value
Experiment group	30	18.71	18.1	0.61	0.98	3.10*
Control group	30	19.65	19.74	0.14	0.11	0.63

Significant at 0.1 level of confidence, t 0.01 (29) 2.756

Analysis of table 4 reveals a significant effect of meditation practices on self esteem of experimental group with a t value of 3.10. Which is higher than the required t value. The control group showed no significant difference with a value of 0.63.

### Discussion on Findings and conclusions

With in the limitations of the study and on the basis of the results obtained the following conclusions were drawn. The assessment on Yoga training revealed the following conclusions. Yoga training group shows significant differences in Profiles of mood state and self esteem as compared to the control group. All the factors of Profiles of mood state such as tension, depression, anger, vigor, fatigue and confusion shows much higher significant differences. When considering the Meditation practice group shows significant difference in Profiles of mood state and self-esteem Swami sathyanda saraswathi, 1981. As in Yoga practice group, the Meditation practice group also shows higher significant difference in terms of all the factors of profiles of mood state such as tension, depression, anger, vigor, fatigue and confusion. On the basis of analysis of data of 3 month training programme of Yoga and Meditation had

significant effect on selected Psychological variables. Thus such training may be recommended to improve the efficiency and also it is recommended to manage the psychological conditions.

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