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## Effect of yogic practices on selected psychological variables among college students

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### Abstract

The purpose of the study was to find out the effect of yogic practices on selected psychological variables among college students. To achieve the purpose of the present study, thirty college students from NIFT TEA College of Knitwear Fashion, Tirupur, Tamil Nadu were selected as subjects at random and their ages ranged from 19 to 25 years. The subjects were divided into two equal groups of fifteen students each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen students each. The groups were assigned as yogic practices and control group in an equivalent manner. The group I underwent yogic practices and group II acted as a control group. The experimental group were participated the training for a period of six weeks to find out the outcome of the training packages and the control group did not participated in any training programme. The following statistical techniques were adopted to treat the collected data in connection with established hypothesis and objectives of this study. Initially 't' test was applied to test the significance of mean gains made in each of the variables by the experimental group. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study.

**Keywords:** Yogic practices, depression, aggression, college students

### Introduction

Yoga is one of the most ancient cultural heritages of India. The word yoga in Sanskrit means "to unite", and so yoga can be said to connote a unitive discipline. In this sense, it is an exercise in moral and mental cultivation that generates good health (*Arogya*), contributes to longevity (*Chirayu*), and the total intrinsic discipline culminates into positive and perennial happiness and peace. Therefore, yoga is said to be indispensable to the ultimate accomplishment in life. It is a science that affects not only the conscious self but the subconscious as well. It is a practical physiological training (*Kriya yoga*), which] if practiced, can exalt man to the „supra mundane level“. Yoga is a complete science of life that originated in India many thousands of years ago. It is the oldest system of personal development in the world, encompassing body, mind and spirit. Ancient yoga had a profound understanding of man's essential nature and of what he needs to live in harmony with himself and his environment. The ancients perceived the physical body as a vehicle, with the mind as the driver, the soul as man's true identity, and action, emotion and intelligence as the three forces, which pull the body-vehicle. In order for there to be an integrated development, these three forces must be in balance. Taking into account the interrelationship between body and mind, the yogis formulated a unique method for maintaining the balance – a method that combines all the movement you need for physical health with breathing and meditation techniques that ensure peace of mind.

Yoga is usually defined as union: union between the limited self and the Divine Self. The aim of Yoga is not really to unite us with anything for we are already united. It is to help us realize our identity with the Divine Self, to make us know and tune into our intrinsic nature. There are many definitions of Yoga, which apply to all levels of existence and awareness. At the physical level, we need to harmonize the functions of different organs, muscles and nerves so that they do not hamper or oppose each other. Disharmony in various body parts and systems brings about inefficiency and lethargy or clumsiness. Moreover, it manifests in diseases in the body. Yoga is the science of right living, and as such, is intended to be incorporated in daily life.

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It works on all aspects of the person: the physical, vital, mental, emotional, psychic and spiritual. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body. Yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment. This is a simple definition. The practice of yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind (Yadhav & Rachna, 1998) [7].

The purpose of this study was to find out the effect of yogic practices on selected psychological variables among college students.

To achieve the purpose of the present study, thirty college students from NIFT TEA College of Knitwear Fashion, Tirupur, Tamil Nadu were selected as subjects at random and their age ranged from 19 to 25 years. The subjects were divided into two equal groups of fifteen students each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen students each. The groups were assigned as yogic practices and control group in an equivalent manner. The group I underwent yogic practices and group II acted as a control group. The experimental group was participated the training for a period of six weeks to find out the outcome of the training packages and the control group did not participated in any training programme. Further, the group mean gains pre and posttest recorded by two groups during the experimental period of six weeks to the criterion measures were tested for significance by applying student's 't' – test.

**Results and Discussion**

**Table 1:** Significance of mean gains & losses between pre and post test scores on selected variables of yoga group (YG)

S. No	Variables	Pre-test Mean	Post-test Mean	Mean Diff	Std. Dev	't' Ratio
1.	Depression	23.20	17.80	5.40	0.60	4.10*
2.	Aggression	16.00	13.06	2.94	0.88	12.85*

\* Significant at 0.05 level

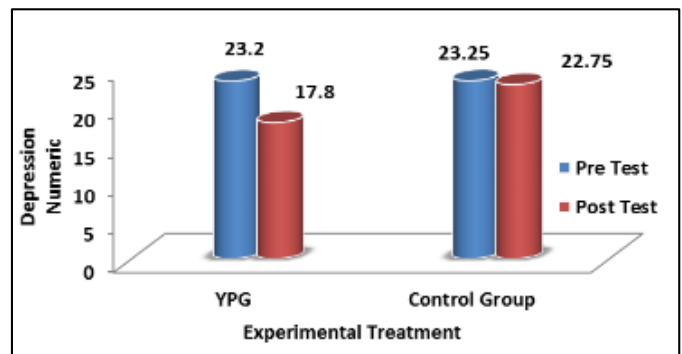
Table I shows the obtained „t“ ratios for pre and post-test mean difference in the selected variable of depression (4.10) and aggression (12.85). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post-test were significantly improved in depression (5.40  $p > 0.05$ ) and aggression (2.94  $p > 0.05$ ).

**Table 2:** Significance of mean gains & losses between pre and post test scores on selected variables of control group (CG)

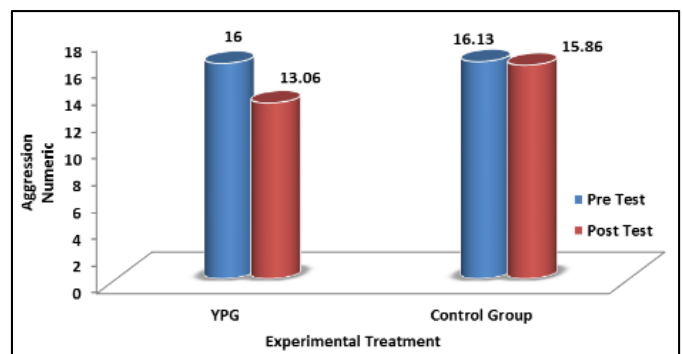
S. No	Variables	Pre-test Mean	Post-test Mean	Mean Diff	Std. Dev	't' Ratio
1.	Depression	23.25	22.75	0.50	0.31	0.64
2.	Aggression	16.13	15.86	0.26	1.38	0.74

Table II shows the obtained „t“ ratios for pre and post-test mean difference in the selected variable of depression (0.64)

and aggression (0.74). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be insignificant at 0.05 level of confidence.



**Fig 1:** Shows the pre and post mean values on depression



**Fig 2:** Shows the pre and post mean values on aggression

**Conclusion**

It was concluded that the yoga group produced significant improvement in psychological variables among College students.

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