

Impact
Factor
2.147

ISSN 2349-638x

Refereed And Indexed Journal



**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

Monthly Publish Journal

VOL-III

ISSUE-IX

Sept.

2016

Address

•Vikram Nagar, Boudhi Chouk, Latur.
•Tq. Latur, Dis. Latur 413512
•(+91) 9922455749, (+91) 9158387437

Email

•aiirjpramod@gmail.com

Website

•www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

Examining The Effects Of Yogic Practices On Positive And Negative Mental Health

Kota Sridharkumar

Research Scholar,
Department of Physical Education ,
Swami Ramanand Teerth Marthwad University,
Nanded

Dr. Sinku Kumar Singh

Department of Physical Education,
Swami Ramanand Teerth Marthwad University,
Nanded

Abstract :-

The primary objective of the study was to determine the effects of selected yogic practices on mental health in volleyball players. Two groups were targeted experimental & control groups. The Volleyball players as an experimental group who was playing volleyball for at least collegiate level and 25 other players as a control group would be selected as subject for present study and their age ranged between 18-28. Only training was given to the experimental group. This, study involves the effects of Yogic Pranayama on mental health and physical fitness components on Volleyball players in an experimental design. The data was collected through respondents in the form of different tests. The demographic information about Age, height ,weight etc. was obtained before seeking responses. The Pre & post-tests were applied on experimental group's students to measure Health - Related physical fitness components. The Training program would be planned as 6 weeks 4 days a week and 60 min. The yogic Pranayama includes Suryanamskar, Dhanurashan, Pachimotasahan Kapalbhathi ,Anulom Vilom ,Bhastrika and nadi shodhan before starting above Yogic practices the demonstration was given to the Players. The, Mental health was measured by the using General Health Questionnaire (GHQ -12) . The General Health Questionnaire (GHQ) is a measure of current mental health and since its development by Goldberg in the 1970s it has been extensively used in different settings and different cultures . The 12-item GHQ-12 comprises six ' positive ' and six 'negative' items . The result reveals that significant effects of selected yogic practices were found on positive and negative mental health. The findings of the study shows that six week yogic practices programme improve positive mental health and decrease Negative mental health.

Introduction

Yoga means to attain physical and mental purification and balance. The aim of the Yoga is to eliminate toxin and impurities within the body that accumulate due to dietary habit. Once the toxins are eliminated the body reaches a state of purification which helps to bring about a state of balance in the functioning and performance of the internal organs and system.

Yoga provides physical and mental relation for sports man in the playing field is very much necessary to produced the desired results. Especially physical and mental relaxation at the time of critical junctures during the actual competition can be a boon to the sports persons.

Mental tension leads to the loss in self-confidence, bad temper, foul play and committing mistakes, which in the normal relaxed state they would not have done. There are several crucial situations in competition where a relaxed mind and body will enable to player to achieve your top performance.

Methods

Two groups were targeted experimental & control groups. The Volleyball players as an experimental group who was playing volleyball for at least collegiate level and 25 other players as a control group would be selected as subject for present study and their age ranged between 18-28. Only training was given to the experimental group. This, study involves the effects of Yogic Pranayama on mental health The data was collected through respondents in the form of different tests. The demographic information about Age, height ,weight etc. was obtained before seeking responses. The Pre & post-tests were applied on experimental group's students to mental health. The Training program would be planned as 6 weeks 4 days a week and 60 min. The yogic Pranayama includes Suryanamskar, Dhanurashan, Pachimotasahan Kapalbhati,Anulom Vilom ,Bhastrika and nadi shodhan before starting above Yogic practices the demonstration was given to the Players. The, Mental health was measured by the using General Health Questionnaire (GHQ -12) . The General Health Questionnaire (GHQ) is a measure of current mental health and since its development by Goldberg in the 1970s it has been extensively used in different settings and different cultures. The 12-item GHQ-12 comprises six 'positive ' and six 'negative' items . Positive items included 'Have you recently felt capable of making decisions about things ?',while negative items included 'Have you recently felt constantly under strain? ' Items were classified in this way according to wording, with positively worded items having responses 'Better than usual', 'Same as usual', 'Less than usual' and 'Much less than usual '. Responses to negatively worded items are 'Not at all ', 'No more than usual', 'Rather more than usual' and 'Much more than usual'. Questions 1,3, 4, 7, 8 and 12 as positively worded items. The remainder are negatively worded. Responses will be coded using an un weighted four-point Likert scale (0, 1, 2, 3). Positively worded items will later rescored so that a high score will indicative of endorsement of these items (e.g. 'better than usual '). Higher scores on negative items indicate greater distress and or difficulty. The mental health questionnaires filled two times like before and after yogic practices. The obtained data was in Pre & Post form therefore to analysis the obtained data Mean, Standard Deviation and T-ratio was utilized by the investigator. The level of significant was set up at 0.05 level.

Results

TABLE – 1

Shows The Morphological Characteristics Of Experimental And Control Group

Sr. No.	Components	Means Scores	Standard Deviations	Means Scores	Standard Deviations
		Experimental group		Control Group	
1	Age (Year)	21.89	2.17	21.67	2.10
2	Weight (Kg)	64.23 Kg	5.67	65.76 Kg	5.99
3	Height (cm)	170.21	13.12	171.34	14.56

Table- shows, the demographic information of experimental and Control group.

TABLE – 2

Mean Scores, Standard Deviation And T-Ratio Of Pre And Post-Test Of Positive Mental Health Of Control Group.

Demission	Students	Number	Mean	S.Ds.	t-Ratio
Been able to concentrate	Pre-Test	25	3.56	0.68	NS
	Post-Test	25	3.61	0.65	
Plying Useful Part A	Pre-Test	25	3.56	0.68	NS
	Post-Test	25	3.61	0.65	
Capable of making Decision	Pre-Test	25	2.90	0.71	NS
	Post-Test	25	2.93	0.74	
Been able to enjoy	Pre-Test	25	3.11	0.68	NS
	Post-Test	25	3.08	0.65	
Been able to face up	Pre-Test	25	2.67	0.49	NS
	Post-Test	25	2.61	0.47	
Been feeling reasonably happy	Pre-Test	25	3.16	0.69	NS
	Post-Test	25	3.12	0.67	

NS- Not Significant.

Table 2 shows Mean Scores, standard deviation and t-ratio of pre and posttest of Positive mental health of control group

TABLE – 3

Mean Scores, Standard Deviation And T-Ratio Of Pre And Post-Test Of Negative Mental Health Of Control Group.

Demission	Students	Number	Mean	S.Ds.	t-Ratio
Lost much sleep	Pre-Test	25	3.24	0.64	NS
	Post-Test	25	3.31	0.68	
Under strain	Pre-Test	25	3.40	0.63	NS
	Post-Test	25	3.49	0.66	
Couldn't overcome	Pre-Test	25	3.44	0.73	NS
	Post-Test	25	2.54	0.43	
Unhappy and depressed	Pre-Test	25	3.15	0.82	NS
	Post-Test	25	3.13	0.79	
Been losing confidence	Pre-Test	25	3.26	0.70	NS
	Post-Test	25	3.35	0.73	
Yourself as a Worthless	Pre-Test	25	3.21	0.88	NS
	Post-Test	25	3.27	0.91	

NS= Not Significant.

Table 3 shows Mean Scores, standard deviation and t-ratio of pre and posttest of negative mental health of control group.

TABLE – 4

Mean Scores, Standard Deviation And T-Ratio Of Pre And Post-Test Positive Mental Health Of Experimental Health Group.

Demission	Students	Number	Mean	S.Ds.	t-Ratio
Been able to concentrate	Pre-Test	25	3.51	0.69	0.01
	Post-Test	25	4.13	0.78	
Plying A Useful Part	Pre-Test	25	3.54	0.61	0.01
	Post-Test	25	4.56	0.77	
Capable of making Decision	Pre-Test	25	2.88	0.54	0.01
	Post-Test	25	3.88	0.84	
Been able to enjoy	Pre-Test	25	3.16	0.86	0.01*
	Post-Test	25	4.52	0.98	
Been able to face up	Pre-Test	25	2.65	0.52	0.01
	Post-Test	25	3.67	0.86	
Been feeling reasonably happy	Pre-Test	25	3.07	0.53	0.01
	Post-Test	25	4.19	0.81	

Significant

Table 4 shows that Mean Scores, standard deviation and t-ratio of pre and post-test positive mental health of experimental health group.

TABLE – 5

Mean Scores, Standard Deviation And T-Ratio Of Pre And Post-Test Negative Mental Health Of Experimental Health Group.

Demission	Students	Number	Mean	S.Ds.	t-Ratio
Lost much sleep	Pre-Test	25	3.29	0.61	Sig.
	Post-Test	25	2.56	0.41	
Under strain	Pre-Test	25	3.44	0.73	Sig.
	Post-Test	25	2.54	0.43	
Couldn't overcome	Pre-Test	25	3.06	0.57	Sig.
	Post-Test	25	3.01	0.54	
Unhappy and depressed	Pre-Test	25	3.07	0.75	NS
	Post-Test	25	3.17	0.79	
Been losing confidence	Pre-Test	25	3.58	0.94	NS
	Post-Test	25	2.76	0.59	
Yourself as a Worthless	Pre-Test	25	3.28	0.87	Sig.
	Post-Test	25	3.22	0.89	

Significant at .05 levels.

Table 5 shows that Mean Scores, standard deviation and t-ratio of pre and post-test negative mental health of experimental health group.

Discussion

The average age of control group was 21.67, the average weight of control group was 65.76 Kg, The average height of control group was 171.34 cm. respectively. Whereas, the standard Deviation of age in control group was 2.10, the standard Deviation of weight in control group was 5.99 Kg, The standard Deviation of height in control group was 14.56 cm. respectively. The average weight of experimental group was 64.23 Kg, The average height of experimental group was 170.21 cm. respectively. Whereas, the standard deviation of age in experimental group was 2.17, The standard deviation of weight in experimental group was 5.67 Kg, The standard deviation of height in control group was 13.12 cm. respectively.

With regards to positive mental health with respect to Been able to concentrate in pre and Post-test of experimental group they have obtained mean values were 3.51 and 4.13 respectively, whereas they obtained standard deviation 0.69 and 0.78 respectively. The result reveals that significant effects of selected yogic practices were found on positive mental health

with respect to Been able to concentrate was found in experimental group. The findings of the study shows that six week yogic practices programme improve positive mental health with respect to Been able to concentrate to experimental group.

With regards to positive mental health with respect to Plying A Useful Part in pre and Post-test of experimental group they have obtained mean values were 3.54 and 4.56 respectively, whereas they obtained standard deviation 0.61 and 0.77 respectively. The result reveals that significant effects of selected yogic practices were found on positive mental health with respect to Plying A Useful Part was found in experimental group. The findings of the study shows that six week yogic practices programme improve positive mental health with respect to Plying A Useful Part to experimental group.

With regards to positive mental health with respect to Capable of making Decision in pre and Post-test of experimental group they have obtained mean values were 2.88 and 3.88 respectively, whereas they obtained standard deviation 0.54 and 0.84 respectively. The result reveals that significant effects of selected yogic practices were found on positive mental health with respect to Capable of making Decision was found in experimental group. The findings of the study shows that six week yogic practices programme improve positive mental health with respect to Capable of making Decision to experimental group.

With regards to positive mental health with respect to Been able to enjoy in pre and Post-test of control group they have obtained mean values were 3.11 and 3.08 respectively, whereas they obtained standard deviation 0.68 and 0.65 respectively. The result reveals no significant difference of positive mental health with respect to Been able to enjoy was found in control group

With regards to positive mental health with respect to Been able to enjoy in pre and Post-test of experimental group they have obtained mean values were 3.16 and 4.52 respectively, whereas they obtained standard deviation 0.86 and 0.98 respectively. The result reveals that significant effects of selected yogic practices were found on positive mental health with respect to Been able to enjoy was found in experimental group. The findings of the study shows that six week yogic practices programme improve positive mental health with respect to Been able to enjoy to experimental group.

With regards to positive mental health with respect to Been able to face up in pre and Post-test of experimental group they have obtained mean values were 2.65 and 3.67 respectively, whereas they obtained standard deviation 0.52 and 0.86 respectively. The result reveals that significant effects of selected yogic practices were found on positive mental health with respect to Been able to face up was found in experimental group. The findings of the study shows that six week yogic practices programme improve positive mental health with respect to Been able to face up to experimental group.

With regards to positive mental health with respect to Been feeling reasonably happy in pre and Post-test of experimental group they have obtained mean values were 3.07 and 4.19 respectively, whereas they obtained standard deviation 0.53 and 0.81 respectively. The result reveals that significant effects of selected yogic practices were found on positive mental health with respect to Been feeling reasonably happy was found in experimental group.

The findings of the study shows that six week yogic practices programme improve positive mental health with respect to Been feeling reasonably happy to experimental group.

With regards to pre an post-test of positive mental health of experimental group they have obtained mean values were 21.30 and 23.86 respectively, whereas they obtained standard deviation 4.34 and 4.86 respectively. The result reveals that significant effects of selected yogic practices were found on positive mental health was found in experimental group. The findings of the study shows that six week yogic practices programme improve positive mental health to experimental group.

With regards to negative mental health with respect to Lost much sleep in pre and Post-test of experimental group they have obtained mean values were 3.29 and 2.56 respectively, whereas they obtained standard deviation 0.61 and 0.41 respectively. The result reveals that significant effects of selected yogic practices were found on negative mental health with respect to Lost much sleep was found in experimental group. The findings of the study shows that six week yogic practices programme reduce negative mental health with respect to Lost much sleep to experimental group.

With regards to negative mental health with respect to Under strain in pre and Post-test of experimental group they have obtained mean values were 3.44 and 2.54 respectively, whereas they obtained standard deviation 0.73 and 0.43 respectively. The result reveals that significant effects of selected yogic practices were found on negative mental health with respect to Under strain was found in experimental group. The findings of the study shows that six week yogic practices programme reduce negative mental health with respect to Under strain to experimental group.

With regards to negative mental health with respect to Couldn't overcome in pre and Post-test of experimental group they have obtained mean values were 3.06 and 4.01 respectively, whereas they obtained standard deviation 0.57 and 0.54 respectively. The result reveals that no significant effects of selected yogic practices were found on negative mental health with respect to Couldn't overcome was found in experimental group.

With regards to negative mental health with respect to Unhappy and depressed in pre and Post-test of experimental group they have obtained mean values were 3.07 and 4.17 respectively, whereas they obtained standard deviation 0.75 and 0.79 respectively. The result reveals that no significant effects of selected yogic practices were found on negative mental health with respect to Unhappy and depressed was found in experimental group.

With regards to negative mental health with respect to Been losing confidence in pre and Post-test of experimental group they have obtained mean values were 3.58 and 2.76 respectively, whereas they obtained standard deviation 0.94 and 0.59 respectively. The result reveals that significant effects of selected yogic practices were found on negative mental health with respect to Been losing confidence was found in experimental group. The findings of the study shows that six week yogic practices programme reduce negative mental health with respect to Been losing confidence to experimental group.

With regards to negative mental health with respect to Yourself as a Worthless in pre and Post-test of experimental group they have obtained mean values were 3.28 and 3.22

respectively, whereas they obtained standard deviation 0.87 and 0.89 respectively. The result reveals that no significant effects of selected yogic practices were found on negative mental health with respect to Yourself as a Worthless was found in experimental group.

With regards to negative mental health in pre and Post-test of experimental group they have obtained mean values were 19.75 and 17.20 respectively, whereas they obtained standard deviation 3.66 and 3.01 respectively. The result reveals that significant effects of selected yogic practices were found on negative mental health was found in experimental group. The findings of the study shows that six week yogic practices programme reduce negative mental health to experimental group.

Limitations

Results of this study are limited by a relatively small preliminary survey of self-reported mental health rather than a study of actual behavior, which would be very difficult to achieve. As such, participants may have answered questions in a socially desirable manner to avoid the stigma associated with admitting personal inadequacies. A limitation of this study is that it reflects the findings of some players; Future research is warranted on estimating the level of mental health by psychometric instruments.

References

- Biswas-Diener, R., Vitterso, J., & Diener, E. (2005). Most people are pretty happy, but there is cultural variation: The Inughuit, the Amish, and the Maasai. *Journal of Happiness Studies*, 6, 205-226.
- Chen, K. M., Chen, M. H., Chao, H. C., Hung, H. M., Lin, H. S., & Li, C. H. (2009). Sleep quality, depression state, and health status of older adults after silver yoga exercises: Cluster randomized trial. *International Journal of Nursing Studies*, 46 (2), 154–163. Doi: 10.1016/j.ijnurstu.2008.09.005.
- Chung, S.-C., Brooks, M.M., Rai, M., Balk, J.L., & Rai, S. (2012). Effect of Sahaja Yoga Meditation on Quality of Life, Anxiety, and Blood Pressure Control. *Journal of Alternative and Complementary Medicine*, 18 (6), 589-596. doi:10.1089/acm.2011.0038.
- Khalsa S. B. S.(2004), "Yoga as a therapeutic intervention: a bibliometric analysis of published research studies," *Indian Journal of Physiology and Pharmacology*, vol. 48, no. 3, 269–285.
- Kirkwood. G. , Rampes H, Tuffrey. G., Richardson.J, and Pilkington.K,(2005)"Yoga for anxiety: a systematic review of the research evidence," *British Journal of Sports Medicine*, vol. 39. 884–891,
- Pilkington.K, Kirkwood.G, Rampes.H, and Richardson.J,(2004) "Yoga for depression: the research evidence," *Journal of Affective Disorders*, vol. 89, no. 1-3, pp. 13–24.
- Singh .V, Wisniewski.A, Britton.J, and Tattersfield.A.(1990)"Effect of yoga breathing exercises (pranayama) on airway reactivity in subjects with asthma," *Lancet*, vol. 335, no. 8702, pp. 1381–1383.
- Sinku S.K, & Bachewar.D , Impact of stress on mental health among post graduate students. *Entire research*Vol.6 issue 3. July 2014
- Sinku S.K, & Gill Mental health Status between Physical education and sedentary students *Entire research* ,Vol.6 issue 3. July 2014
- Udupa K. N., Singh R. H., and Settiwar R. M.(1975) "A comparative study on the effect of some individual yogic practices in normal persons," *Indian Journal of Medical Research*, vol. 63, no. 8, pp. 1066–1071.

- Uebelacker.L.A, Epstein-Lubow.G, Gaudio.B.A Tremont.G, Battle C. L., and Miller I. W.(2010) "Hatha yoga for depression: critical review of the evidence for efficacy, plausible mechanisms of action, and directions for future research," Journal of Psychiatric Practice, vol. 16, no. 1, pp. 22–33,.
- Yang.K,(2007) "A review of yoga programs for four leading risk factors of chronic diseases," Evidence-Based Complementary and Alternative Medicine, vol. 4, no. 4, 487–491,. [3]

