



## STUDY OF THE EFFECT OF SELECTED YOGIC EXERCISES ON ANXIETY LEVEL OF UNDERGRADUATE FEMALE STUDENTS

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### Abstract

The purpose of this study was to investigate the effect of selected yogic exercises on psychological variable namely Anxiety of undergraduate female students. The secondary purpose of the study was to improve the psychological level of undergraduate students. To resolve the purpose of the study 40 undergraduate female students were randomly selected from Govt. Girls Degree College, Kota, Saharanpur. The age of the subjects was ranged between 17-22 years. The selected subject were randomly divided into two groups i.e. 20 as experimental group and 20 as control group. Experimental group underwent yogic exercises training for a period of 12 weeks. Control group were not engaged in any training programme except their daily routine work. The psychological variable namely anxiety was tested through DASS inventory. After assessment of pre-test the experimental treatment of selected yogic exercises was conducted for experimental group for 12 weeks and no training to control group. After the completion of 12 weeks specified training programme the post-test (DASS inventory) was conducted. The 't' test was used to find out the significant difference between the pre-test and post-test means of both control and experimental group. The result revealed that there was significant effect of selected yogic exercises training on anxiety level of undergraduate female students.

Practice of selected yogic exercises programme was also helpful to decrease anxiety level of undergraduate female students.

**Keywords:** Yogic, Anxiety, Asana and Pranayama.

### Introduction

Yogic practices are an ancient practice that were developed to promote physical health as well as an awareness of one's true nature. It consists of a series of postures called asana, and various breathing exercises called pranayama, which encourage balance between the physical, mental and spiritual aspects of a human being. Yogic practices promote health. Like other forms of yoga, yogic practices are purported to quiet the mind and focus the concentration, however of all the yogic traditions, the importance of physical fitness is emphasized most in yogic practices. Yogic exercise is a kind of bodily movement with mental concentration. Yoga exercise can help a person to develop his health along with control at various emotions like lust, love, affection, anger, greediness and provide firm control over body and mind, especially to overcome most of dangerous diseases. For this reason at present scenario the importance of yoga is felt by a large number of persons in most of the nations. It is now being realized in all parts of the globe that yoga is not only for better development of mind, socio-control and



spiritual moral aspect but also is a therapy. The overall performance is known to be improved by practicing yoga techniques and their effects on physical functions were reported.

### Methodology

40 female under graduate students were randomly selected from Govt. Girls Degree College, Kota, Saharanpur (U.P.) for the study. The age of the subjects were ranged between 17-22 years. The selected 40 subjects were divided into two groups consisting of 20 each such as experimental group and control group. The psychological variable namely anxiety was tested through DASS inventory. Pre and Post-test were conducted to test anxiety level of both groups. A training programme of yogic exercises was given to experimental group for a period of 12 weeks. The duration of training programme of selected yogic exercises was of 12 weeks in which college students received the training for 6 days per week and 40 minutes per day. Keeping in the mind the objectives of the study that yogic exercises training programme was prepared in such a way which helps to decrease anxiety level of the subjects.

On the selected subjects a pre-test with respect to measure the anxiety level was conducted at very first stage of study than as far as experimental treatment is concern the 12 weeks selected yogic exercises programme was administered as per scheduled and then post-test was conducted to measure the anxiety level with the help of DASS inventory to find out the significant difference and to find out the suitable yogic exercise programme for under graduate students. To find out the significance difference between the pre-test and post-test of anxiety the 't' test was used.

Further the level of significance was set as 0.05 level.

### Result

To find out the significance difference between the pre-test and post-test means of control group and experimental group on anxiety level the 't' test was applied. The findings related to it are presented in table 1 – 2.

TABLE – 1  
SIGNIFICANCE DIFFERENCE BETWEEN THE PRE-TEST AND POST-TEST SCORES OF ANXIETY OF CONTROL GROUP

Test	Mean	SD	't' ratio
Pre-test	21.4	4.42	0.839
Post-test	21.8	4.26	

Significant at 0.05 level 't' 0.05 (19) = 2.861

It is observed from Table – 1 that the calculated 't' (0.839) is less than the tabulated 't' (2.861). Hence, it may be considered that there was no significant difference found in anxiety level between the pre-test and post-test of control group. Graphical representation of above table is given in figure no 1.

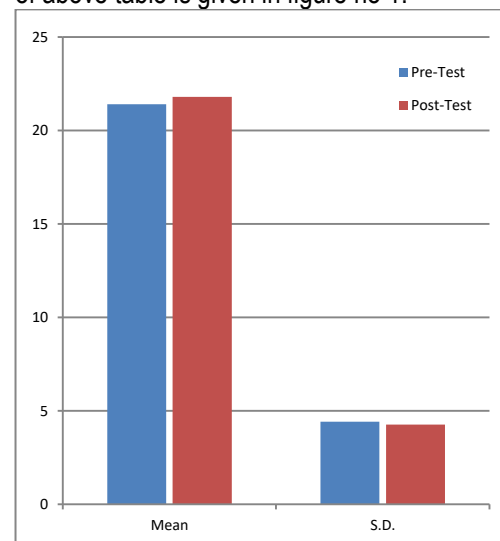


Fig. no. 01: Pre-test and Post-test value of anxiety of control group.



**TABLE – 2**  
**SIGNIFICANCE DIFFERENCE BETWEEN THE PRE-TEST**  
**AND POST-TEST SCORES OF ANXIETY OF**  
**EXPERIMENTAL GROUP**

Test	Mean	SD	't' ratio
Pre-test	18.20	4.71	7.67
Post-test	11.35	2.43	

\*Significant at 0.05 level 't' 0.05 (19) = 2.861

It is observed from Table – 2 that the calculated 't' (7.67) is more than the tabulated 't' (2.861). Hence, it may be considered that there was significant difference found in anxiety level scores between the pre-test and post-test of experimental group. Graphical representation of above table is given in figure no 2.

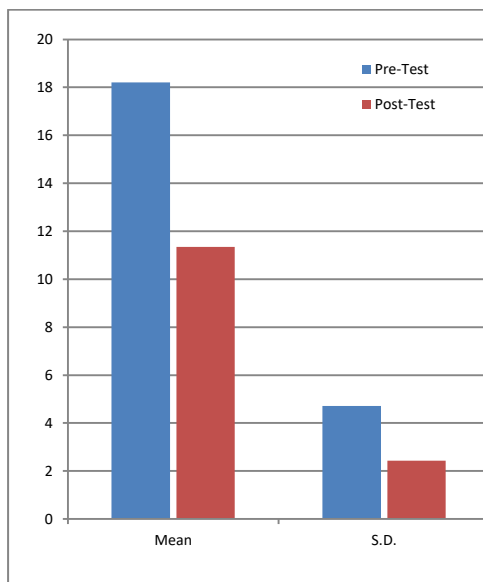


Fig. no. 02: Pre-test and Post-test value of anxiety of experimental group

### Discussion of Findings

The primary objective of the researcher was to analyse the effect of selected yogic exercises on psychological variable namely anxiety among undergraduate female students. The

yogic practices group had significantly reduced anxiety. But there was no significant change in the anxiety in control group. Yoga can help to check any imbalance in muscular development and enable individual both mind and body to function more efficiently. Practicing yogananas strengthens the muscles release physical tension and improves concentration and poise. Yoga makes limbs balance, strong and relaxed. The standing pose improve balance and muscle flexibility. Yogic exercises can help players to relax and replenish their energy after strenuous games. It also promotes calm, clear thinking even in situations that call for fast reactions. The findings of the study are in agreement with the findings of Chandrasekaran, K. (1999) who proved anxiety could be reduced through yogic activities.

### Conclusion

The result of the study was two folded as the psychological component data were computed for two different objectives. It is very clear that 12 weeks of yogic activities produced significant change in anxiety level of undergraduate female students the secondary objective of the study was to find out a better exercise programme for the subject. The result in the direction of M. Saraja (2010) studies, which has revealed that there is a better yoga training programme on physical, physiological and psychological variables.

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