

EFFECT OF SURYANAMSKARA AND YOGA PRACTICES ON SELECTED PHYSICAL AND PSYCHOLOGICAL VARIABLES AMONG GIRLS COLLEGIATE STUDENTS

Dessai G.^{1*}, Rajam A.²


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^{1*} Gautami S. Dessai, Research Scholar, Department of Physical Education, Mother Teresa Women's University, Kodaikanal, Tamil Nadu, India.

² A. Rajam, Assistant Professor, Department of Physical Education, Mother Teresa Women's University, Kodaikanal, Tamil Nadu, India.

The objective of this study was to find out the effect of suryanamskara and yoga practices on selected physical and psychological variables among girls collegiate students. This research was based on pre-test and post-test group design. A total number of 45 girls students (15 - experimental suryanamskara & yoga practice group and 15 - control group) as samples aged 18-21 years were selected on the basis of purposively method of sampling technique from cuncoim educational society colleges of arts and commerce cuncoim, Goa state. The study was taken to the variables was physical and psychological variables. The selected subjects were pre-tested by 12 min run & walk Cooper test, sit & reach, sit-ups test and self concept Mukta Rani Rastogi questionnaire for psychology variable all test conducted before the programs implemented and after treatment of eight weeks suryanamaskar and yoga program on collegiate students which was given six days in a week was manipulated only on experimental group. After programs both the groups i.e, experimental were post tested for data collection. After data collection, data of pre-test and post-test of both the groups i.e, experimental and control group, compared by independent sample t-test and interpretation were drawn. The researcher made the conclusion that eight weeks suryanamskara and yoga program was significantly improvement of cardio vascular endurance, flexibility, muscular endurance and self concept of collegiate girls students of experimental group compared control group.

Keywords: Yoga, Collegiate Students, Cardio Vascular Endurance, Flexibility, Muscular Endurance

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Introduction

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. 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. Asanas are physical exercise enabling the body to be physically fit. These exercise in physical education play an important part in helping the pupils to maintain a slim and youthful body. Several tests and experiments have been conducted to know the values and importance of asanas. The most important point to realize before starting the practice of yoga is that "The asanas are not just simple exercise but sustained scientific pattern" of posture.

The sun sustains life on earth. Our ancient seers acknowledged this and revered the Sun. The Suryanamaskar is an appreciation in motion that is offered to the sun. It involves twelve postures signifying the sun's cycles which run at approximately twelve and a quarter years. If your system is invigorated, then your cycle will be in harmony with the solar cycle. The Suryanamaskar helps create this harmony between your physical cycle & that of the sun. Chants called Sun Salutation Mantras may accompany the Surya Namaskar. These chants bring harmony in body, breath and the mind. As the practice deepens, so do the benefits. When chanted with sincere gratitude, these mantras can take the practice to an enhanced spiritual level.

Material and Method

The present study was an experimental research which was conducted with a purpose to find out effect of suryanamskara and yoga practices on selected physical and psychological variables among girls collegiate students. This research was based on pre-test and post-test group design. Present research whole population among a total number of 45 girls students (15 - experimental suryanamskara & yoga practice group and 15 - control group) as samples aged 18-21 years were selected on the basis of purposively method of sampling technique from cuncolim educational society colleges of arts

And commerce cuncolim, Goa state. The study was taken to the variables was physical and psychological variables. The selected subjects were pre-tested by 12 min run & walk Cooper test for CV, sit & reach test for flexibility, sit-ups test for muscular endurance and self concept Mukta Rani Rastogi questionnaire for psychology variable all test conducted before the programs implemented and after treatment of eight weeks suryanamaskar and yoga program on collegiate students which was given six days in a week was manipulated only on experimental group. After programs both the groups i.e, experimental were post tested for data collection. After data collection, data of pre-test and post-test of both the groups i.e, experimental and control group, compared by paired sample t-test and interpretation were drawn.

Suryanamaskar and Yoga Program (*Enclosed as Annexure 01*)

Results of the study

The obtained results are present in the following table which represents the results of independent sample t-test to compare the mean values of experimental and control group.

Table no. 1 Statistical Analysis of Independent Sample 't' Test

Enclosed as Annexure 02

Discussion of findings

The findings relate the effects of suryanamskara and yoga program on physical fitness and psychology variable of girls collegiate students in experimental group and control group. 12 min run & walk cooper test, sit & reach test, sit-ups test and self concept questionnaire conducted for experimental and control group. To examine the significance of mean differences between the experimental and control group, t-test was applied at 0.05 level of significant with t-value respectively 2.68, 2.57, 3.88 and 13.63 found. The t-value was found to be statistically significant of experimental group compare to the control group.

Study supports the findings Prof. (Dr.) Kanwaljeet Singh, Dr. Baljinder Singh Bal, Dr. Wilfred (2012), assessed the effects of suryanamaskar yogasana on muscular endurance and flexibility. Material and methods: Thirty randomly selected female students aged 17-25 years volunteered to participate in the

Study. They were randomly assigned into two groups: A (experimental) and B (control). The subjects were subjected to a six week suryanamaskar yogasana training programme. The difference in the mean of each group for selected variable was tested for the significance of difference by "t" test. The level of significance was set at 0.05. Results: The muscular endurance and flexibility significantly improved in group A compared with the control one. Conclusions: Suryanamaskar asana may be recommended to improve muscular endurance and flexibility.

Conclusion

On the basis of result obtained in the study the researcher made the concluded that eight weeks suryanamskara and yoga program was significantly improved cardio vascular endurance, flexibility, muscular endurance and self concept of collegiate girls which indicate the level of physical fitness and psychological variables also the findings of this study may be helpful to the students to doing regular practice of suryanamskara and yoga to improve their physical fitness and psychological well being.

Annexure

Annexure 01

| Suryanamaskar (30 min) | | | | | | | | | |
|---|-------------|---------|---------|---------|---------|---------|---------|---------|------|
| 1-4 Week | Day | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. | Sun. | |
| | Repetitions | 14 | 14 | 14 | 14 | 14 | 14 | 14 | Rest |
| | Total time | 30 min. | 30 min. | 30 min. | 30 min. | 30 min. | 30 min. | 30 min. | |
| Yoga practice (30 min) | | | | | | | | | |
| Prayer, Suryanamaskar, Pashiomoutanasan, Sarvangasan, Dhamurasan, Kamapidasan, Mayurasan, Padambakasan, Hanumantasan, Titibhasan, Purna-Chakrabandhasan | | | | | | | | | |
| Suryanamaskar (30 min) | | | | | | | | | |
| 5-8 Week | Day | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. | Sun. | |
| | Repetitions | 16 | 16 | 16 | 16 | 16 | 16 | Rest | |
| | Total time | 30 min. | 30 min. | 30 min. | 30 min. | 30 min. | 30 min. | | |
| Yoga practice (30 min) | | | | | | | | | |
| Setubandha Sarvangasan, Vrushikasan, Purna-Shalbhasan, Vatayanasan, Purna-Bhujangasan, Purna-Matsyendrasan, Ekpada-Shirshasan, Ardhanadh Padmasan, | | | | | | | | | |

Annexure 02

| Test | Groups | N | Mean | MD | t' value |
|-------------------|--------------------|----|--------|------|----------|
| 12 min Run & Walk | Experimental Group | 15 | 1970 | 410 | 2.68 |
| | Control Group | 15 | 1560 | | |
| Sit & Reach | Experimental Group | 15 | 17.5 | 2.2 | 2.57 |
| | Control Group | 15 | 15.3 | | |
| Sit-Ups | Experimental Group | 15 | 26.0 | 8.0 | 3.88 |
| | Control Group | 15 | 18.0 | | |
| Self Concept | Experimental Group | 15 | 154.61 | 2.83 | 13.63 |
| | Control Group | 15 | 151.44 | | |

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