

Check the effects on mental health due to “YOGASANA”

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Abstract: Aim of this research is to check the effects YOGASANA on primary training group. For this research 15 students from Last year Primary training group and Controlled group of Limdi Institute is considered as subject characters. The reference of measurement will be questioner prepared by Dr. D.J.Bhatt and G.R.Gida. We will gather all the data of both groups and will apply 'F'(ANCOVA) test over it along with 0.05 Signification ratio.

Introduction:

Yoga is totally different from all other exercises. Basically it's not possible to do comparison of it with any other exercises technique. Yoga is used for self identification and improvement and flexibility of body. It increases the strength and controlling of mind. It releases the negativity in thoughts of human and develops the mental strength. It's aim is not only body building but also to increase the internal bonding of muscles. By doing Yoga muscle expands in length and spreads of Fat cells. Yoga maintains the balance with breathing. It improves blood circulation and maintains the digestion process. It also helps in controlling weight and obesity of body. As age of body increases the digestion process becomes slower. By practicing yoga regularly we can maintain the rate of digestion and controls the weight. Yoga helps in developing flexibility of body through which a person feels fresh. It improves blood circulation in every part of the body. Lungs purify blood and Yoga increases the strength of expansion and compression of lungs due to which the body can consume more oxygen and blood purification increases. It helps in developing flexibility of spinal cord.

Objective of research:

- To check the effects on mental health due to YOGASANA.

Standard of measurement:

The reference of measurement was questioner prepared by Dr. D.J.Bhatt and G.R.Gida.

Planning of research:

We selected Total 30 students randomly and separated them in 2 groups; each of 15 student. From these 2 groups we provided training of YOGASANA to primary training group only. The data was gathered by conduction of Pre-training and Post-training exam for evaluation. The duration of training program was of 2 weeks.

Calculations and Observations:

Detailed description of study on the effects YOGASANA on mental health. The result was concluded by applying 'F' (ANCOVA) Test along with 0.05 Signification ratio.

TABLE-1
Description and Observation of Practical and Controlled group

Test	Group		ANCOVA Table				
	Practical Group	Controlled Group	Addition of Squares		df	MSS	'F'
Pre Test Mean	25.466	24.4	B	32.033	1	32.033	3.1
			W	289.333	28	10.333	
Post Test Mean	29.466	24.333	B	197.633	1	197.633	19.829*
			W	279.066	28	9.966	
Adjusted Mean	28.671	25.128	B	84.732	1	84.732	21.261*
			W	107.603	27	3.985	

*Signification level at 0.05 ratio 'F' = 0.05 (1,28) = 4.196 & (1,27) = 4.210

From Table-1 we found that ‘F’ Ratio of Pre test mean was 3.1 at which was not Significant while Post ‘F’ Ratio of both group for Post test mean was 19.829 which was Significant. And Adjusted mean ‘F’ Ratio was 21.261 which was also Significant.

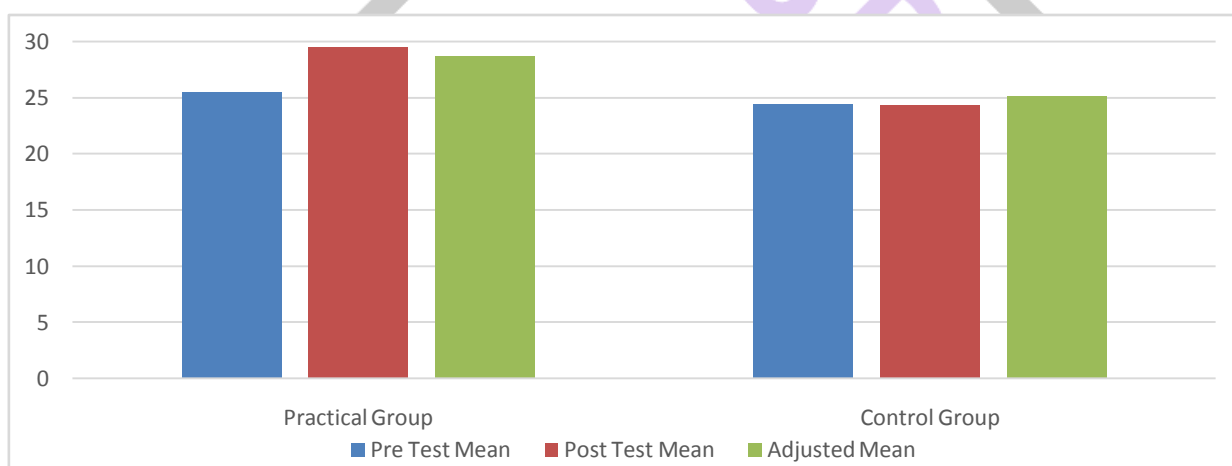
TABLE-2
LSD Test
(List Significant Different Test)

Mean		Mean Different	CD
Practical Group	Control Group	3.542*	1.495
28.671	25.128		

*Signification level at 0.05 ratio

From Table-2 we found that after implementation of LSD Test Practical group improved their Signification level from 3.542. As compared to Control group effect of Yogasana was better on Practical group.

Graph-1
Pre test mean of Practical and Control Groups
Graphical presentation describing Post test mean and Adjusted Mean



Conclusion:

Mental health of Practical group is observed better as compared to Control Group.

Reference:

[1] Agarval, Dr. Satypal, Dr. Dholandas, **Yogasana and Sadhna** (Delhi: Indian Yoga Institution, 1989).
 [2] Lalvani Vimla **CLASSIC YOGA** (London:Hemlin enin print of readconsumer books Ltd.1996).
 [3] Verma Prakash J. **A textbook on Sports Statistics** (Gwalior: Venus Publication, 2000).