



## **INFLUENCE OF PRANAYAMA PRACTICES ON SELECTED PSYCHOLOGICAL PARAMETERS AMONG UNIVERSITY MEN STUDENTS**

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### **Abstract:**

The purpose of the study was designed to examine the effect of pranayama practices on anxiety and aggression of university men students. For the purpose of the study, thirty men students from the colleges in and around Chennai, Tamilnadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent pranayama practices for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely anxiety and aggression were selected as criterion variables.

All the subjects of two groups were tested on selected dependent variables by using Rainer Marten's Sports Competition Anxiety Test Questionnaire and Smith's Aggression Test Questionnaire respectively at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed that there was a significant difference between pranayama practices group and control group on anxiety and aggression. And also it was found that there was a significant change on anxiety and aggression due to twelve weeks of pranayama practices.

### **Introduction:**

Pranayama is a type of yoga that focuses on the control of the breath. It is an important part of hatha yoga, and is believed to have a number of benefits for both the body and the mind. Ujjayi: Also known as "victorious breath," this practice involves partially constricting the throat to create a hissing sound as you breathe in and out. This can help to calm the mind and regulate the breath. Nadi shodhana: This practice, also known as "alternate nostril breathing," involves breathing in through one nostril, closing that nostril off, and then exhaling through the other nostril. This can help to balance the flow of energy in the body and calm the mind. Kapalabhati: This practice involves rapid, forceful exhales followed by passive inhales. It is believed to help purify and energize the body. Bhastrika: This practice involves rapid, forceful inhales and exhales, similar to kapalabhati, but with more emphasis on the inhale. It is believed to help purify and energize the body. It is important to practice pranayama techniques under the guidance of a qualified instructor, as improper technique can lead to discomfort or injury. It is also important to listen to your body and to practice at a level that is comfortable and sustainable for you.

### **Methodology:**

The purpose of the study was designed to examine the effect of pranayama practices on anxiety and aggression of university men students. For the purpose of the study, thirty men students from the colleges in and around Chennai, Tamilnadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent pranayama practices for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely anxiety and aggression were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using Rainer Marten's Sports Competition Anxiety Test Questionnaire and Smith's Aggression Test Questionnaire respectively at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate.

**Analysis of the Data:**

**Anxiety:**

The analysis of covariance on anxiety of the pre and post test scores of pranayama practices group and control group have been analyzed and presented in Table I.

Table 1: Analysis of Covariance of the Data on Anxiety of Pre and Post Tests Scores of Pranayama Practices and Control Groups

Test	Pranayama practicesgroup	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
<b>Pre Test</b>							
Mean	33.73	33.27	Between	1.63	1	1.63	1.04
S.D.	1.06	0.85	Within	43.87	28	1.57	
<b>Post Test</b>							
Mean	31.07	32.87	Between	24.30	1	24.30	11.16*
S.D.	1.34	1.31	Within	60.97	28	2.18	
<b>Adjusted Post Test</b>							
Mean	30.89	33.05	Between	33.72	1	33.72	85.71*
			Within	10.62	27	0.39	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

The table 1 shows that the adjusted post-test means of pranayama practices group and control group are 30.89 and 33.05 respectively on anxiety.

The obtained "F" ratio of 85.71 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on anxiety. The results of the study indicated that there was a significant difference between the adjusted post-test means of pranayama practicesgroup and control group on anxiety.

**Aggression:**

The analysis of covariance on aggression of the pre and post test scores of pranayama practices group and control group have been analyzed and presented in Table 2.

Table 2: Analysis of Covariance of the Data on Aggression of Pre and Post Tests Scores of Pranayama Practices and Control Groups

Test	Pranayama practices group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
<b>Pre Test</b>							
Mean	14.27	13.73	Between	2.13	1	2.13	1.87
S.D.	1.18	0.73	Within	31.87	28	1.14	
<b>Post Test</b>							
Mean	12.00	13.20	Between	10.80	1	10.80	11.12*
S.D.	0.85	0.75	Within	27.20	28	0.97	
<b>Adjusted Post Test</b>							
Mean	11.89	13.31	Between	14.06	1	14.06	33.72*
			Within	11.26	27	0.42	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

The table 2 shows that the adjusted post-test means of pranayama practices group and control group are 11.89 and 13.31 respectively on aggression.

The obtained "F" ratio of 33.72 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on aggression. The results of the study indicated that there was a significant difference between the adjusted post-test means of pranayama practicesgroup and control group on aggression.

**Conclusions:**

- There was a significant difference between pranayama practices group and control group on anxiety and aggression.
- And also it was found that there was a significant change on selected criterion variables such as anxiety and aggression due to pranayama practices.

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