

Affluence of Yogic Practices on Competition Anxiety among College Women

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Abstract – The purpose of the study was designed to examine the effect of yogic practices on competition anxiety among college women students. For the present study, thirty women students from various Departments at Annamalai University were selected as subjects. They were divided randomly into two equal groups consisting fifteen subjects. Group I underwent yogic practices for five days per week for twelve weeks. Group II acted as control which did not undergo any special training program apart from their regular program. Competition anxiety was the selected criterion variable for the present study. The subject of both the groups were administered with tests both pre and post training program. It was decided to analyse the data obtained by the statistical tool analysis of covariance to find out if there existed any significant difference at 0.05 level of confidence for the 'F' ratio obtained by analysis of covariance. The results of the study showed that there was a significant difference among yogic practices group and control group on competition anxiety. And also the results of the study showed that there was a significant reduction on competition anxiety due to twelve weeks of yogic practices.

Keywords – Yogic Practices, Competition Anxiety, Ancova, College Women

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INTRODUCTION

Anxiety is man tested in varied ways. Sometimes individual experiences it, as merely in sense of harmless dread without being able to identify or of what he is fearful. Psychiatrists call this three floating anxiety to indicate that it is not attached to any specific object. When all individual main symptoms are that of free floating anxiety psychiatrists diagnose the condition as an anxiety state. Over anxiety leads to tension and it adversely affects the functions like digestion, circulation, excretion and sleep. Now a day in youth there is clear evidence of unrest and frustration, which leads to aggressive behavior. All this constitutes the greatest threat to the life, peace and happiness of some extent and it is especially important in human instrumental aggression. People use aggression to obtain their objectives, if they have found that this form of behavior gets them what they want. On the other hand, many animals including human being, may have an inform capacity for aversively is stimulated aggression. This form of aggression can occur without prior learning, although it can be modified, strengthened or weakened by experience.

METHODOLOGY

The present study was designed to analyse the effect of selected yogic practices on the competition

anxiety of women studying in college. Thirty women students were selected as subjects for the present study from various departments of Annamalai University, Tamilnadu. They were divided randomly into two groups consisting of the fifteen subjects. Subjects belonging to group I was administered with yogic practices for five days in a week for a period of twelve weeks. Subjects belonging to the Group II, which was a control group, were not involved in any special training apart from involving in the regular Physical education programs. The following variable namely competition anxiety was the criterion variable for the study. Subjects belonging to both the groups were tested for their performances in selected dependent variable both before and after the twelve weeks training. The analysis of covariance [ANCOVA] 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

Competition anxiety

The analysis of covariance on competition anxiety of the pre and post test scores of yogic practices

group and control group have been analyzed and presented in Table I.

TABLE I

ANALYSIS OF COVARIANCE OF THE DATA ON COMPETITION ANXIETY OF PRE AND POST TESTS SCORES OF YOGIC PRACTICES AND CONTROL GROUPS

Test	Yogic practices group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F Ratio
Pre Test							
Mean	12.67	12.40	Between	0.53	1	0.53	
S.D.	0.79	0.81	Within	18.93	28	0.68	0.79
Post Test							
Mean	10.13	11.80	Between	20.83	1	20.83	
S.D.	0.80	1.11	Within	48.97	28	1.75	11.91*
Adjusted Post Test							
Mean	10.11	11.82	Between	21.26	1	21.26	
			Within	27.70	27	1.03	20.72*

* 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 I shows that the pre-test means of yogic practices group (group I) and the control group (group II) in competition anxiety are 12.67 and 12.40 respectively. the obtained “F” ratio of 0.79 for adjusted post-test means is less than the table value of 3.34 for df 1 and 28 which is not significant at 0.05 level of confidence on competition anxiety. The post-test means of group I and group II in competition anxiety are 10.13 and 11.80 respectively. the obtained “F” ratio of 11.91 for adjusted post-test means is more than the table value of 3.34 for df 1 and 28 is significant at 0.05 level of confidence for competition anxiety.

The table I further shows that the adjusted post-test means of group I and group II in competition anxiety are 10.11 and 11.82 respectively. the obtained “F” ratio of 20.72 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 is significant at .05 level of confidence for competition anxiety.

The results obtained from the present study states that there was significant difference when the adjusted posttest means of Group I representing the yogic practice group and the Group II representing control group as competition anxiety is concerned.

CONCLUSIONS

1. There was a significant difference between yogic practices group and control group on competition anxiety.
2. And also it was found that there was a significant reduction on selected criterion variable such as competition anxiety due to yogic practices.

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