

EFFECT OF ASANA AND MEDITATION PACKAGE ON MENTAL HEALTH

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ABSTRACT

The purpose of the present investigation is to find out the effect of asana practices and meditation packages on mental health among working middle age male. To achieve this purpose of the study 30 working male subject were selected at random from karaikudi, sivaganga district, Tamilnadu, India as subjects. Their age ranged from 40 to 55 years. They were divided into three equal groups of 10 subjects each and assigned to experimental group-I, experimental group-II and control group. The experimental group I underwent asana practices, experimental group II underwent meditation packages and control group was not given any specific training. The criterion variable namely mental health was selected and the data were collected through administrating Hardy and Nelsons mental skills test questionnaire. They assessed before and after the training period of 12 weeks and statistically analyzed by paired sample 't' test, one way analysis of covariance (ANCOVA), the scheffe's test was applied as post hoc test determine used to analyze the collected data. The study revealed that the above said criterion variable mental health was significantly improved due to the effect of asana and meditation packages on mental health among working middle age male.

Key words: Asana and Meditation packages, Hardy and Nelsons mental skills test Questionnaire, F – ratio.

INTRODUCTION

Asana is a body posture, originally and still a general term for a sitting meditation pose, and later extended in hatha yoga and modern yoga as exercise, to any type of pose or position, adding reclining, standing, inverted, twisting, and balancing poses. Meditation on important to the current scenario (**Dhanaraj, S. 2013**). Yoga is basically an otherworldly order dependent on an amazingly inconspicuous Science which centres on bringing congruity among psyche and body. It is a craftsmanship and science for solid living. Yogic action, or inner technique, such as breath control, **Parthasarathy., S. et al, (2019)**. The sports training can produce some physical fitness, Motor fitness, Physiological and psychological benefits to the person and attain performance related tasks. It is also promoting the individual overall health and wealth to the sports person (**Dhanaraj, S. 2014**).

AIM OF THE STUDY

The aim of the study was to find out the effect of asanas and meditation packages on selected psychological variable such as mental health among working people, karaikudi, sivanganga district, Tamil Nadu, India

METHODOLOGY

To achieve this purpose of the study 30 male subjects were selected at random from karaikudi, sivanganga district, Tamilnadu, India as subjects. Their age ranged from 35 to 45 years. They were divided into three equal groups of 10 subjects each and assigned to experimental group-I, experimental group-II and control group. The experimental group I underwent asanas experimental group II underwent meditation packages and control group was not given any specific training. The experimental group I underwent asana practices in the morning session and group II underwent meditation practices in evening session for six days per week (Monday to Saturday) for the duration of twelve weeks. But control group was not given any specific training. The data were collected from each subject before and after the training period and statistically analyzed by paired sample 't' test which was used to find out the significant improvement on selected criterion variables and Analysis of Covariance (ANCOVA) was used to find out the significant difference, if any among the adjusted post test means of experimental groups on each variables separately. Whenever, the obtained F-ratio for adjusted post test means was found to be significant, the Scheffe's test was applied as post hoc test to determine which of the paired mean differences was significant. All the cases 0.05 level of confidence was fixed as a level of confidence to test the hypotheses. (Dhanaraj, S., et.al) (2013).

RESULTS AND INTERPRETATIONS

The effects of independent variables on selected psychological variable were determined through the collected data by using appropriate statistical techniques and the results are presented below. Table I presents pre and post test means and the results of the paired sample t-test of asana practices and meditation packages on selected mental health variable. Dhanaraj, S. (2013).

TABLE- I

THE SUMMARY OF MEAN AND PAIRED SAMPLE 't' TEST FOR THE PRE AND POST TEST ON MENTAL HEALTH OF EXPERIMENTAL GROUPS

Name of the test	Asanas group	Meditation packages group	Control group
Pre test mean \pm SD	10.90 \pm 0.32	10.80 \pm 0.42	10.90 \pm 0.32
Post test mean \pm SD	12.20 \pm 0.42	11.85 \pm 0.34	10.95 \pm 0.16
't' test	8.51*	9.00*	1.00

*significant at .05 level. (The table value required for 0.05 level of significance with 2.13 respectively) (Scores in seconds).

The paired sample 't' was computed on selected dependent variables and the results are presented in the above Table I. The 't' value of asana group, meditation packages group and control group for mental health are 8.51, 9.00 and 1.00 respectively. The asana group and meditation packages group 't' values are 8.51 and 9.00 significantly higher than the required table value of 2.13 with df 9 at 0.05 level of confidence. But the control group 't' values are 1.00 significantly lesser than the required table value of 2.13 with df 9 at 0.05 level of confidence. The result of the study shows that asana and meditation packages have significantly improved the performance of mental health. The analysis of covariance on mental health of asana, meditation packages and control group has been analyzed and are presented in Table II.

TABLE – II

VALUES OF ANALYSIS OF COVARIANCE FOR EXPERIMENTAL GROUPS AND CONTROL GROUP ON MENTAL HEALTH

Adjusted post-test means						
AP	MP	CG	SS	Df	MS	F-ratio
12.19	11.88	10.94	8.46	2	4.23	47.53*
			2.31	26	0.09	

*Significant at .05 levels. (The table values required for significance at .05 level of confidence with df 2 & 26 is 3.37).

The table II shows that the obtained 'f' ratio value of mental health are 47.53 which is higher than the table value of 3.37 with df 2 and 26 required for significance at 0.05 level. Since the value of f- ratio is higher than the table value, it indicates that there are significant difference between the asana, meditation packages group and control groups on selected dependent variables. In order to find out which of the three paired means significantly differ, the scheffe's post hoc test was applied and presented in the table III.

TABLE – III

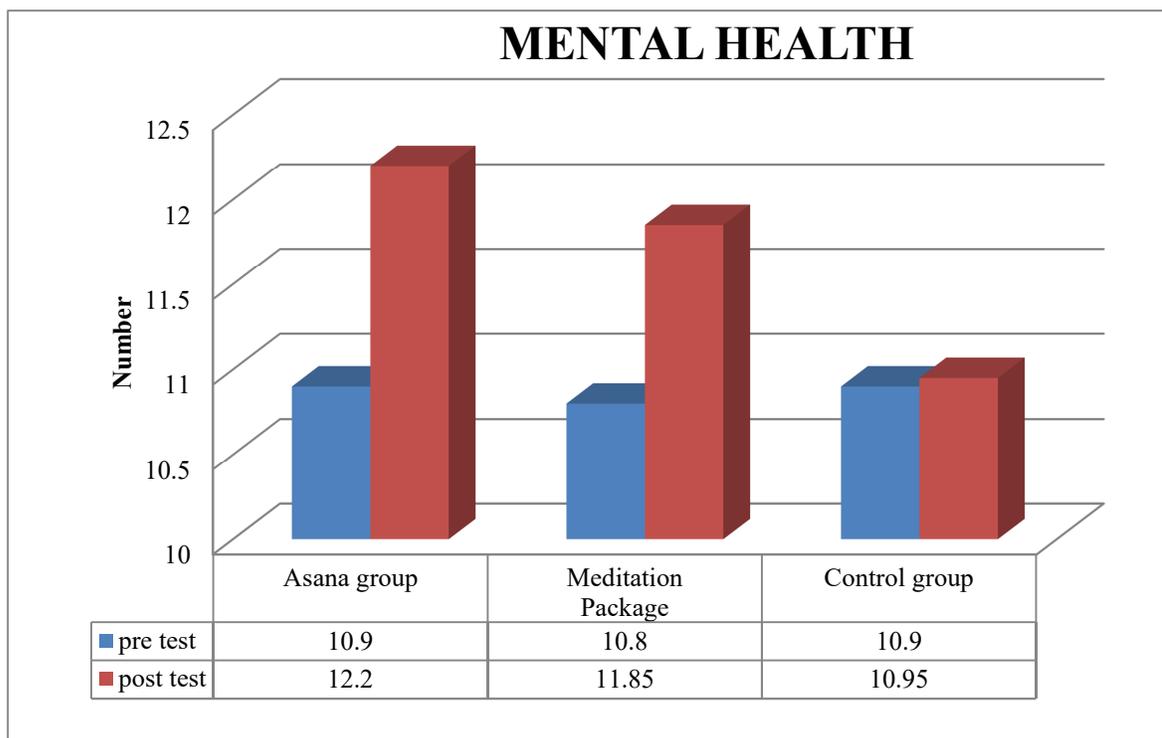
SCHEFFE'S POST HOC PAIRED MEANS COMPARISONS AND EFFECT SIZE ON MENTAL HEALTH OF EXPERIMENTAL GROUPS

Adjusted post- test means				
AP	MP	CG	MD	CI
12.19	11.88	-	0.31	0.35
12.19	-	10.94	1.25	0.35
-	11.88	10.94	0.94	0.35

(*Significant at 0.05 level of confidence; Scheffe's C.I value of mental health 0.35)

The results showed that the adjusted post test means of asana group ($M = 12.19$) had significantly better than meditation packages group ($M = 11.88$) and control group ($M = 10.94$) in mental health. The effects sizes for those significant differences between asana groups and control groups and meditation packages group and control groups are 1.25 and 0.94 respectively but there was no significant difference between asana group and meditation packages group due to the adjusted mean difference is 0.31 which is less than the confident interval value of 0.35 at .05 level of confidence.

The adjusted means are asana group, meditation packages group and control groups on mental health presented through for better understanding of the result of this study figure I.



DISCUSSION ON FINDINGS

The results of the study indicate that both the experimental groups namely asana group and meditation packages groups had significant improved the selected dependent variables namely mental health.

The results of the present study demonstrated that twelve weeks training programme of asana group, meditation packages groups and control groups has showed significant reduced in psychological variables of mental health. It is understood that, there were significant differences between the asana group and control group, and meditation package and control groups on mental health but there was no significant difference between asana practices and meditation packages group.

CONCLUSIONS

From the results of the investigation, this study has been done to determine the effectiveness of asana, meditation packages for middle age male. The results concluded that the experiments programme has an influenced on the reducing the level of mental health. Finally it was concluded that the asana practices group had better performance than the meditation packages and control group.

RECOMMENDATIONS:

The following recommendation for future research is based on the results of this investigation and the related literature.

The results of this research study clearly indicate that the asana practices group enhances the psychological variables of mental health. Hence, it is recommended that physical education experts should give importance to the asana group and meditation packages for the school students, college students and working people which helps to develop their flexibility, muscular strength, lungs volume and blood flow as well as mental health. Hence they can be very active and alive in the class room as well as working environment and being healthy in their life style.

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