

Effect of Specific Yogic Protocol on Selected Psychological Variables among Males

Sunghdeep Gautam* Dr. Rajiv Rastogi**

*Research Scholar, Shri Krishna University, Chhatarpur (Madhya Pradesh)

**Assistant Professor, Shri Krishna University, Chhatarpur (Madhya Pradesh)

(Received 9 May 2023- Accepted & Published 17 May 2023)

Abstract

The objective of the study was to assess the effect of Specific Yogic Protocol on selected Psychological Variables among males. 23 males from Spirit Yoga Centre, New Delhi randomly selected to participate in the study as subjects. The age of subjects was ranging from 25 years to 60 years. Following Psychological variables were selected for the study: Anxiety and Self-esteem. The data was collected by conducting **Generalized Anxiety Disorder (GAD-7) Questionnaire for Anxiety and Rosenberg Self-esteem Scale to assess Self-esteem**. The data was collected before the commencement of training programme that was known as pre-test and thereafter, at the end of 3 months of training program known as post-test 1 and at the end of 6 months of the training programme known as post-test 2. In all, three data collection was executed from the experimental group during the 6 months specific yoga training program. A six months training program was designed to assess the effect of Specific Yogic Protocol on selected variables. The training was provided to experimental group for 5 days/week for the duration of six months. Descriptive statistics and Repeated Measure MANOVA were applied using SPSS Software to analyse data. The collected data was significantly normalized before further processing. The obtained result shows the significant changes in selected variables i.e. Anxiety and Self-esteem due to Specific Yogic Protocol.

Keywords: *Anxiety and Self-esteem*

INTRODUCTION

Yoga is popular across the globe, not just because of its efficacy in the management of some diseases, but also of its strength in providing relief to the practitioner, from mental and emotional distress and providing a feeling of well-being. Hence, now-a-days Yoga is being practiced as part of healthy life style across the globe. Psychology is the scientific study of the mind and behavior. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports health, clinical, social behavior and cognitive processes. With keeping the fact in mind that, the wide area of yogic exercises and its effect on various aspect of human body and psychology is poorly depicted. The research scholar has decided to delimit his research work on specific yogic exercises and its effect on selected psychological variables i.e. anxiety and self-esteem.

Statement of the problem

“Effect of Specific Yogic Protocol on Psychological Variables among Males”

Objectives of study

The following objectives were set for the present study: 1) To assess the effect of Specific Yogic Protocol on Anxiety of selected male subjects, 2) To assess the effect of Specific Yogic Protocol on Self-esteem of selected male subjects

Delimitation of the study

The present study was delimited as: The study was delimited to male subjects only. The study was delimited to subjects aged between 25-60 years of age. The study was further delimited to male subjects of Spirit Yoga centre, Delhi only. The study was further delimited to specific yogic exercises i.e. Kriyas, Asanas and Pranayams

Limitation of the study

The findings of this study had to be seen in light of some limitations as follows: The factors like diet, lifestyle, daily routine habits etc., which may have an effect on the result of the study, was considered as limitation in this study. The meteorological variations such as air temperature, atmospheric pressure, relative humidity etc. during the training period cannot be controlled and their possible influence on the study was recognized as limitation. Certain factors like past training and genetic factors that have affected the result of the study was also consider as the limitation of the study. Psychological state of the subjects may affect the result of the study. Thus, this was considered as the limitation of study. The intent and motivation of the subjects during training and testing procedure was considered as the limitation.

Significance of the study

Though, the present study was confined to an specific yogic protocol and its impact on selected psychological Variables, still it may have significance in following manner: 1) The study would profile the lifestyle and health behaviors of male subjects, 2) The study would provide relevant information of health status of male subjects and would be eye opener for society or health experts regarding the prevailing trend of individual behaviour and its health consequences, 3) The study would enable better policy framing health promotion measures in general, 4) The study will serve as a motivational force to the general population to minimize the problems related to various health factors, 5) The result of the study will be helpful for the men’s which are related to the other field and 6) The Study would provide relevant data for comparative survey of similar nature on wider population.

Selection of the Subjects

23 males from Spirit Yoga Centre, New Delhi were randomly selected to participate in the study as subjects. The age of subjects was ranging between 25 years to 60 years.

Selection of the Variable

For this study, the selection of Body Composition and Anthropometric Measurement and steps like observation of the scientific literature by the researchers, the source from the different libraries and the advice of the experts of the field were consulted. While selecting the variables, the literature and the opinions of the experts, test conduction facilities, availabilities of the equipment etc. was taken into consideration and the following variable selected for the study:

Psychological Variables:

- Anxiety
- Self-esteem

Criterion Measures

S.no	Item	Equipment/ test	Unit
1	Anxiety	Generalized Anxiety Disorder (GAD-7)	As per manual
2	Self-esteem	Rosenberg Self-esteem Scale	As per manual

Administration of the test

The researcher explained the study to the subjects & ask for their support & sincere participation in the study. Necessary instructions was given before subjects were asked to fill questionnaires. The

subjects were ensured of confidentiality of their individual data and result. After making sure the subjects have understood the instructions, the test was administered.

Statistical Techniques

The data was collected from male subjects of Yoga Centre, New Delhi and used for the statistical treatment that specifies descriptive statistics. Various information was presented in graphical format such as Bar graph, Line graph, Pie Chart etc. when and wherever required. In order to describe the status of health condition of subjects, descriptive statistics (mean, standard deviation) was calculated. Data distribution was assessed by evaluating skewness and kurtosis along with histogram, Q-Q Plot and Box Plot diagrams. Shapiro-Wilk test was conducted for normality test and non-normality was fixed wherever required. After randomization of the data, parametric test i.e. Repeated Measure MANOVA was applied and effect of selected yogic exercises was assessed on health variables. All the statistical tests were applied using SPSS (version 16) software. In all the cases of inferential statistics, 0.05 level of significance was fixed to test the hypothesis.

ANALYSIS OF RESULT AND DISCUSSION ON FINDINGS

The purpose of the present investigation was to study the ‘Effect of Specific Yogic Protocol on Psychological Variables among Males’. Research designed a 6 months specific yogic training program in which special emphasize was given to cleaning exercises i.e. Shatkarma, balancing and maintaining the posture i.e. Asanas and breathing exercises i.e. Pranayam. The training was given to male subjects for 6 months and their Anxiety and Self-esteem status was assessed using **Generalized Anxiety Disorder (GAD-7) Questionnaire for Anxiety** and **Rosenberg Self-esteem Scale to assess Self-esteem**. In order to fulfill the objectives of the study following psychological variables were selected:

- Anxiety
- Self-esteem

Descriptive and Shapiro-Wilks Test for Normality

	PRE-TEST			AFTER 3 MONTHS			AFTER 6 MONTHS		
	MEAN	SD	Sig.	MEAN	SD	Sig.	MEAN	SD	Sig.
ANXIETY	12.72	2.57	.061	8.26	1.95	.161	5.24	1.30	.095
SELF-ESTEEM	13.18	1.46	.146	17.32	2.39	.179	21.94	2.19	.298

Table above representing the descriptive values of all the subjects for selected variables at pre-test and post-tests level. Apart from mean and standard deviation tests, data's normality was also assessed by applying and Shapiro-Wilks test of normality. As and when required, non-normality in data was corrected by applying appropriate technique and deviation in data was fixed for further processing.

MAUCHLEY'S TEST

	Mauchly's W	Approx. Chi-Square	df	Sig.
ANXIETY	.998	.034	2	.983
SELF-ESTEEM	.603	10.119	2	.006

Firstly, the test for sphericity was executed to assess the equality in variance in obtained data at different points of time i.e. pre-test, after 3 months of training and after 6 months of training for all the selected variables. The result obtained in case of self-esteem found significant (P=0.00) at 0.05 level. It validates that statistical test i.e. Repeated Measure Multivariate Analysis of Variance (MANOVA). The result found here shows that the variances of the differences in self-esteem are equal. Rest of the variables i.e. Anxiety was found insignificant. Therefore, on the basis of result, we were not able to rely individually on the test above for Self-esteem. As the

sphericity of test was violated here, it was corrected by making appropriate adjustment to the degree of freedom of the F-test. Thereafter, f-test and pairwise comparison were executed which has shown below.

F-TEST

	F	Sig.
ANXIETY	793.101	.000
SELF-ESTEEM	3.111E3	.000

The F-test calculation for selected variables i.e. Anxiety and Self-esteem of selected subjects in experimental group have shown in table above. Here, the obtained results presented significant result for F-value as their p-value were equal to 0.00 (which is less than 0.05 level of significance) represented the significant difference in the case of all selected variables. The presented result proves the efficiency of Specific Yogic Protocol in order to improve the status of Anxiety and Self-esteem among selected subjects.

CONCLUSIONS AND RECOMMENDATIONS

On the basis of objectives of the study and result obtained after statistical application, the following conclusions were drawn: It was concluded that there is a significant effect of Specific Yogic Protocol on Anxiety of selected male subjects. It was also concluded that there is a significant effect of Specific Yogic Protocol on Self-esteem of selected male subjects. It was concluded that there is a significant linear improvement in Anxiety of selected male subjects due to 6 months Specific Yogic Protocol. It was concluded that there is a significant linear improvement in Self-esteem of selected male subjects due to 6 months Specific Yogic Protocol. Above mentioned conclusions and finding has revealed many facts and filled the gap in information available regarding role of specific yogic exercises for betterment of physical and psychological health. Now, following recommendations are made with future research perspective: Similar study can be taken on female subjects as well. It was recommended that similar study can be carried out on profession wise as well. Similar study can also be conducted on a bigger population. A study can be conducted with including more health, body composition and psychological variables. Further, prediction research can be conducted to identify the health variables that should be stressed for better health condition. Similarly, research on factor analysis can be conducted to identify the psychological variables contributing the most to our health condition.

References:

Anand, B.K. (1991). *Yoga and medical sciences*. *Indian J PhysioPharmacol*, 35(2): 84 – 87.
 Bera, T.K., Rajapurkar, M.V., &Ganguly, S.K. (1990) *Effect of yoga training on body density in school going boys*. *NIS Scientific Journal*, 13,2 23-35.
 Bernardi L, et.al. (2002) *Slow breathing increases arterial baroreceptor sensitivity in patients with chronic heart failure circulation*, *NCBI*, 105(2), 143-5.
 Bharadwaj, I., Kulshrestha, A. &Anuja.(2013). *Effect of Yogic Intervention on Blood pressure and Alpha- EEG level of working women*. *Indian Journal of Traditional Knowledge*, Vol. 12 (3), pp. 542-546.
 Bhargava, R., Gogate, M.G. &Macarenhas, J.F. (1988) *Autonomic responses to breath holding and its variations following pranayama*, *Indian J PhysiolPharmacol*, 32(4);257–264.
 Bhutkar, P.M., et.al. (2008). *Effect of Suryanamaskar Practice on Cardio-respiratory Fitness Parameters: A Pilot Study*, *AJMS*, 1(2), 126-129

- Chowdhary, B. & Ghosh, B. (2015). *Effect of Six Months Surya Namaskar and Selected Asanas on Body Composition Variables of Under Graduate Female Students of Jangalmahal*. *Online International Interdisciplinary Research Journal*, Vol. 5(5), pp. 458-464.
- Devasena, I. & Narhare, P. (2011). *Effect of yoga on heart rate and blood pressure and its clinical significance*. *International Journal of Biological & Medical Research*, Vol. 2(3), pp. 750-753.
- Dhaliwal, G.S. et.al. (2014). *Effects of 6-weeks Yogasana practice on physiological fitness status of university level girls*. *International Journal of Physical Education, Fitness and Sports*, Vol. 3(2), pp. 43-51.
- Gadham, J., Sajja, S. & Rooha, V. (2015). *Effect of yoga on obesity, hypertension and lipid profile*. *International Journal of Research in Medical Sciences*, Vol. 3(5), pp. 1061-1065.
- Gore, M.M. (1984). *Anatomy and physiology of yoga practices: Ionavalakaivalayadham*, P-2.
- Karak, K., Jana, M. & Manna, A. (2015). *Effect of yoga on Anthropometrical and physiological variables of college going students*. *International Journal of Physical Education, Sports and Health*, Vol. 2(2), pp. 245-249.
- Khare K.C. and Kawathekar, G (2002). *Lean Body Mass And Lipid Profile In Healthy Person Practicing Yoga*, *Yoga Mimamsa XXXIV*. 123-128.
- Khosravi, H., Kazemzadeh, Y. & Sedaghat, S. (2015). *The Effect of Yoga practice on Muscle Fitness and Body Composition in Middle age Women with Overweight*. *Biological Forum – An International Journal*, Vol. 7(1), pp. 1924-1928.
- Kishore, R. & Pal, R. (2014). *Effects of yogic practice in certain cardio respiratory parameters on overweight postmenopausal women*. *Al Ameen Journal of Medicine Science*, Vol. 7(4), pp. 316-321.
- Lolage, R. S., & Bera, T. K. (2002). *Effect of Pranayama on cardiovascular Endurance in Kho-Kho Players*. *Yoga-Mimamsa*, 34(1), 13-26.
- Madhavi S. Raju, et al. (1985). *Effect Of Yogic Exercises On Lean Body Mass, Skin Fold Thickness & Body Weight*. *Journal of Association of Physicians of India* 33, 465-466.
- Malhotra, V. & Tandon, O. P. (2005). *A study of the effect of individual Asanas on blood pressure*. *Indian Journal of Traditional Knowledge*, Vol. 4(4), pp. 367-372.
- Manikandan, S. (2014). *Influence of yogic practices on selected cardio respiratory system and body composition variables*. *International Journal of World Research*, Vol. 1(12), pp. 14-19.
- Marger, C. F., Hicklin, L. K. & Garner, D. P. (2016). *Effects of Bikram Yoga on Body Composition, Blood Pressure, and Sleep Patterns in Adult Practitioners*, *Journal of Basic & Applied Sciences*, Vol. 12, pp. 75-80.
- Narayani, U. and Raj, R. L. S. P. (2010). *Effect of Aerobic Training on Percentage of Body Fat, Total Cholesterol and HDL-C among Obese Women*. *World Journal of Sport Sciences*, Vol. 3(1), pp. 33-36.
- Pradhan, B., and Nagendra, H. (2010). *Immediate effect of two yoga-based relaxation techniques on attention in children*. *Int J Yoga*, 3(2), 67-69.
- Raja, S. C. (2014). *Composition measures and high density lipoproteins among obese women*. *Academic Sports Scholar*, Vol. 3(11), pp. 1-7.
- Raja, S. C. (2015). *Impact of yogic practices on selected body composition measures and high density lipoproteins among obese boys*. *PARIPEX-Indian Journal of Research*, Vol. 4(1), pp. 145-148.

- Rajendran, K. (2014). Effect of Yoga on Cardio Respiratory System and Body Composition of School Going Children. International Journal of Recent Research and Applied Studies, Vol. 1(3(20)) pp. 81-84.*
- Raju P. S. et al. (1997). Influence of intensive yoga training on physiological changes in 6 adult women: a case report. Journal of Alternative and Complementary Medicine.3(3), 291-5.*
- Shenbagavalli, A. (2005). Cardio vascular endurance and body fat percentage in relation to the practice of selected yogic exercises in students. YogaMimamsa, 37(1&2), 45-51.*
- Udapa KN and Singh RH. (1972). The scientific basis of yoga. J Am Med Assn, 220(10): 1365.*
- Yadav, H.K. and Singh, M.K. (2014). Effect of Surya namaskara on selected physical and physiological variables of college students. Golden Research Thoughts, Vol. 3(12), pp. 1-5.*
- Yogendra, (1971).yoga physical education. Bombay : the yoga institution Santa, p-21.*
- Zorofi, F., Hojjati, Z. &Elmiyeh, A. (2013).Effect of Yoga Exercises on the Body Composition of Fasting Females. Journal of Fasting Health, Vol. 1(2), pp. 70-78.*