



EFFECT OF SKY YOGA AND PRANAYAMA ON EMOTION AMONG COLLEGE GIRLS

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ABSTRACT

Emotion is the ability of a person to express the state of mind which he is, but when a person is mentally, physically, emotionally, and spiritually unstable results in a psychological change and helpless on situations. The purpose of the study was to find out Effect of SKY yoga and pranayama on emotion among college girls. To achieve the purpose of the study 45 College girls were selected randomly from Coimbatore as the subjects. The subject's age ranged from 18 to 21 years. The selected subjects were divided into 3 groups. Experimental Group I under went on sky yoga only & Experimental Group II went on pranayama only for 50 minutes per day, six days a week for 12 weeks. The control group was not given any practice. The pre-test and post-test were conducted before and after the training for all three groups. The data collected from the groups before and after the training period were statistically analysed by using Analysis of Co-Variance (ANACOVA) to determine the significant difference and tested at 0.05 level of significance. The result of the study showed that there was significant improvement in the emotion of the Experimental Groups I, II subjects than the Controlled group. Through the SKY yoga and Pranayama Emotion got controlled. The conclusion was that SKY yoga controlled emotions and got reduced the psychological effects depression and stress etc. among college girls.

KEYWORDS : Emotion, SKY Yoga, Pranayama, Psychological.

INTRODUCTION:

As per Buddha "One who can control his own emotion can control the whole world". The people who are emotionally unstable are the weaker person and he left out alone.

The unit of one's emotion varies person to person with the volume of knowledge of ability to respond to the situation

• Bertrand Russell

Having control over emotions leads a human being to live a better life. The awareness of the truer sense of living helps one to remain neutral in any type of situation rather than getting lost in emotions. The knowledge of handling emotions through the way of yoga drives an individual to take life in a positive manner.

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OBJECTIVES OF THE STUDY

Educating a student with knowledge is not required rather training them in the way that they can handle any type of situation they face. Expert in technical know-how is not a knowledgeable person, but the person one who knows how to control his emotion is known to be a knowledgeable person. The purpose of the study was to find the impact of SKY Yoga and meditation on selected physiological variable of emotion among college girls.

STATEMENT OF THE PROBLEM

Modern education system does not teach the way of life they live a better life. Temporary emotions take much part in one's decision making and results in misery life. Balancing and controlling our emotions are the most important tasks to lead a healthy life. A person with controlled emotion triggers for stable mind and disease free life. Practice of SKY yoga and pranayama helps to balance the emotions.

HYPOTHESIS

For the purpose of the study it is hypothesized that there would be a significant difference between the subjects on selected variable of emotion due to the practices of SKY yoga with Pranayama than the Control group.

LIMITATIONS

- 1) The genetic problems were not taken into the consideration for this study.
- 2) The food cycle, life style, sleep habit etc., were not controlled.
- 3) Sports and games were not taken into account.

SELECTION OF SUBJECTS

For the study, 45 college girls in and around Coimbatore were selected as subjects. They aged between 18 to 21 years.

METHODOLOGY:

For the purpose, 45 college girls from Coimbatore were selected as subjects and they undergone pre-test on psychological variable of emotion. The subjects have been divided into three groups with equal number of subjects in each. Experimental Group I went on SKY yoga; Experimental Group II went on only Pranayama. Training has been conducted for six days in a week for 12 weeks. Controlled Group were not given any training during the period of experiment.

SELECTED VARIABLES FOR EXPERIMENT

DEPENDENT VARIABLES:

Psychological variables
Emotion

Material Used

Emotion Regulation Questionnaire (ERQ)

INDEPENDENT VARIABLES

Simplified Physical Exercises Practices consist of

- Exercises for hands and arms
- Leg exercises
- Breathing exercises
- Eye exercises
- Kapalapathy
- Makarasanam

- Massage
- Acupressure
- Relaxation 40 minutes

Meditation

- Agna Meditation
 - Shanthi Meditation 10 minutes
- TOTAL 50 MINUTES**

PRANAYAMA

- Nadi Suddhi (pranayamam) -10 times
 - Ujjayi (pranayamam with a hissing sound) -10 times
 - Seethali (Nose and tongue Pranayamam) -10 times
 - Sithkari (pranayamam with tongue bent downwards) -10 times
 - Kapalabhathi -10 times
- TOTAL 50 MINUTES**

RESULTS AND DISCUSSIONS ON EMOTION:

For statistical analysis the data collected from the pre-test and the post test on emotion of experimental groups and control group were presented in Table I

Table I: Analysis Of Covariance For The Pre And Post Test Data On Emotion

TEST	GROUP1	GROUP2	GROUP3	df	SS	MOS	F Value
Pre	44	44.93	45	2	9.37	4.688	1.82*
				42	358.93	8.546	
Post	59.06	54.26	46.06	2	1296.4	648.2	92.97*
				42	292.8	6.97	
Adjusted	59.17	54.21	46.006	2	1304.097	652.04	94.57*
				41	282.68	6.89	

Table I shows that the adjusted post-test means values of emotion for SKY yoga Group, Pranayama Group and Control Group are 59.17, 54.21 and 46.006 respectively. The obtained F-ratio of 94.57 for adjusted posttest mean is much greater than the table value of 3.23 for df 2 and 41 required for significant at 0.05 level of confidence this indicate that there are significant differences among the adjusted post-test means of SKY with mediation, Pranayama Group and Control Group on the emotion.

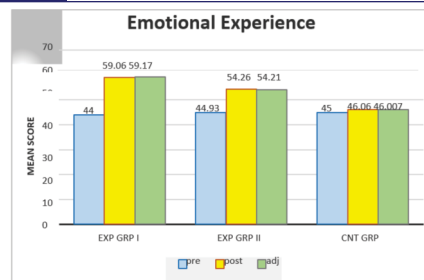
To determine which of the paired means had a significant difference, the Scheffe's test was applied as Post hoc test and the results are presented in Table II.

Table II: Scheffe's Test For The Differences Between The Adjusted Post-test Paired Means On Emotion

Groups			Mean	CD
Exp Group 1	Exp Group 2	Control Group		
59.17	54.21		4.95	9.025*
59.7		46.006	13.16	
	54.21	46.006	8.21	

Table II shows that the adjusted post-test means differences on SKY yoga Group and Pranayama Group, SKY yoga Group and Control Group, Pranayama Group and Control Group are 4.95, 13.16 and 8.21 respectively. The value 9.025 which shows significant differences at 0.05 level of confidence.

From the Scheffe's test result on emotion were SKY yoga Group impacted more than Pranayama Group and Control Group. The mean and adjusted values of pre and posttest of SKY yoga Group, Pranayama Group and Control Group on emotion are graphically represented in the Figure -I.



CONCLUSIONS

Within the limitations the present study results were obtained and the following conclusion were drawn too. For the purpose of this study it was hypothesized that the SKY yoga group (Experimental Group I), Pranayama Group (Experimental Group II) would impact significantly on the selected psychological variable of emotion when compared to control group (group III).

The psychological variables emotion had a big impact by 12 weeks' practice of SKY yoga given to Experimental Group- I than Pranayama Group practiced Experimental Group- II while comparing to the control group.

SUGGESTION FOR FURTHER RESEARCH

1. It can be undertaken for other age groups.
2. It could be conducted on professional wise.
3. The similar study may be taken with other variables.

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