Research Paper Physical Education

Effect of Yogic Exercises on State Anxiety and Trait Anxiety Among The Adolescents

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ABSTRACT

An attempt has been made to investigate the Effect of Yogic Exercises on State Anxiety and Trait Anxiety among the adolescents. 100 male students of U.G. college level were practiced different types of yogic exercises like Surya Namaskar, Asanas, Pranayam and Meditation for eight weeks by maintaining a schedule. The trait anxiety and state anxiety were measured by Spielberger's State Trait Anxiety Inventory (STAI). Pre-test and Post-test results were taken and compared by employing 't' test. In results, it was found that there was significant difference between pre-test and post-test. So, it was evident that yogic exercises impact significantly on state anxiety and trait anxiety among the adolescents.

KEYWORDS

Yogic Exercises, Trait Anxiety, State Anxiety, Adolescents, Surya Namaskar, Asanas, Pranayam, Meditation etc.

INTRODUCTION

Yogic exercises are the important aspects in our life. Yoga is the art of living (Ajmeer Singh et. al., 2008). It includes Yama, Niyama, Asana, Pranayam, Dharana, Dhyan and Samadhi. It is also considered as a way of life. Practice of yoga is being emphasized in all institutional level.

Anxiety is an important bio-psychological parameter in our life. It is a multidimensional construct which reflects emotional impact or cognitive dimension of arousal. Martens (1977) suggested that anxiety reactions would result from an objective environmental demand interpreted as threatening by an individual.

There are two kinds of anxiety like state anxiety and trait anxiety. Spielberger (1983) described state anxiety as existing in a transitory emotional state that varies in intensity and fluctuates over time. On the other hand, trait anxiety refers to a stable susceptibility or a proneness to experience state anxiety frequently.

State anxiety may be denoted as an emotional state, characterized by subjective, consciously perceived feelings of apprehension and tension, accompanied by or associated by or associated with activation or arousal of the autonomic nervous system. On the other hand, trait anxiety may be denoted as a motive or acquired behavioral disposition to perceive a wide range of circumstances as threatening and respond to state anxiety.

Statement of the problem

The problem of the study was to investigate the effect of yogic exercises on state anxiety and trait anxiety among the adolescents.

Hypothesis

It was hypothesized that yogic exercises have the positive effect on state anxiety and trait anxiety among the adolescents.

Delimitations

1. Only male students were selected.
2. No. of students was hundred.

Limitations

Subjects are not from the same cultural group, economical status, educational and family background, food habits, nutrition and mental growth. Thus any influence of those factors on personality, will be beyond the control of the investigator.

PROCEDURE

Selection of Subjects

100 male students of U.G. level of Vivekananda Mission Mahavidyalaya were practiced different types of yogic exercises like Surya Namaskar, Asanas, Pranayam and Meditation for eight weeks by maintaining a schedule.

Criterion Measures

To determine state anxiety and trait anxiety**,** Spielberger's State Trait Anxiety Inventory (STAI) was employed. Pre-test and Post-test results were taken and compared among them.

Statistical Analysis

Pre-test and Post-test results were taken and compared by employing 't' test at 0.05 level of confidence.

EXERCISE PROGRAMME

Name of Exercise		Monday	Wednesday	Friday
Surya Namaskar		8 min.	8 min.	8 min.
Asanas	Padmasana, Dhanurasana, Halasana, Shirsana, Ardhamatseyendrasana, Chakrasana, Sabbangasana, Mayurasana, Bakasana and Paschimatyasana.	25 min.	25 min.	25 min.
Pranayam	Anulom-Vilom and Kapalbhati	5 min.	5 min.	5 min.
Meditation		2 min.	2 min.	2 min.

PROGRAMME SCHEDULE

Frequency	03 days in a week
Duration	40 minutes
Time	4:10 pm – 4:50 pm

PRESENTATION AND ANALYSIS OF DATA

Table – 1

MEAN AND STANDARD DEVIATION OF PRE-TEST AND POST-TEST RESULTS OF STATE ANXIETY AND TRAIT ANXIETY AMONG ADOLESCENTS

Variables	Pre-test		Post-test	
	Mean	S.D.	Mean	S.D.
State Anxiety	49.780	3.284	44.420	2.935
Trait Anxiety	48.980	5.362	40.320	2.622

From table -1 it was observed that post-test result was less than pre-test result in case of trait anxiety and state anxiety. It indicated that trait anxiety and state anxiety became lesser due to yogic practices.

Fig. 1- Mean and Standard Deviation of pre-test and post-test results of state anxiety among adolescents.

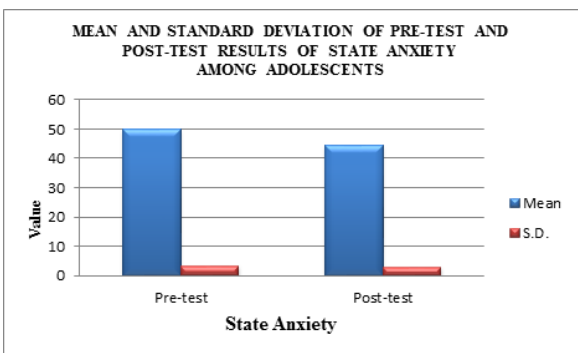


Fig.2- Mean and Standard deviation of pre-test and post-test results of trait anxiety among adolescents.

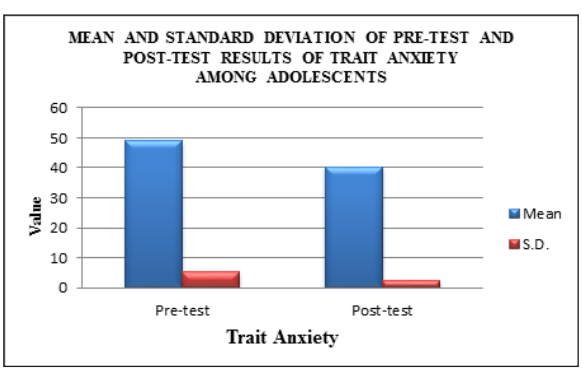


Table – 2

MEAN DIFFERENCE OF PRE-TEST AND POST-TEST RESULTS OF STATE ANXIETY AND TRAIT ANXIETY AMONG ADOLESCENTS

Variable	Tests	Mean	Standard Deviation	't' value
State Anxiety	Pre-test	49.780	3.284	8.604 *
	Post-test	44.420	2.935	
Trait Anxiety	Pre-test	48.980	5.362	10.259 *
	Post-test	40.320	2.622	

*** Significant at 0.05 level of Confidence**

$t_{.05}$ (99) = 1.980

From Table – 2 it was observed that there was significant difference between pre-test and post-test result in relation to state anxiety. In case of trait anxiety, there was also significant difference between pre-test and post-test results.

DISCUSSION OF THE FINDINGS

Burton (1979) stated that state anxiety describes the experience of unpleasant feelings when confronted with specific situations, demands or a particular object or event. It arises when the person makes a mental assessment of some type of threat. When the object or situation that is perceived as threatening goes away, the person no longer experiences anxiety. Thus, state anxiety refers to a temporary condition in response.

Wankel (1977) described that trait anxiety arises in response to a perceived threat, but it differs in its intensity, duration and the range of situations in which it occurs. People with a high level of trait anxiety experience more intense degrees of state anxiety to specific situations than most people do and experience anxiety toward a broader range of situations or objects than most people. Thus, trait anxiety describes a personality characteristic rather than a temporary feeling.

The obtained data on the subjects through application of statistical technique revealed that trait anxiety and state anxiety become lesser through practice of yogic exercises.

CONCLUSION

Mathur (1983) indicated that anxiety is considered as a block to an activity. A person who suffers from anxiety may not be able to devote his full energy during performing any task. From the above findings, it can be concluded that yogic exercises helps to minimize both the state anxiety and trait anxiety in a certain level. During teaching as well as coaching, teacher and coaches should keep in mind about such psychological facts which help the students and athletes for better educational achievement as well as sports performances.

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