

Effect of Surya Kriya and Shambavi Mahamudra Programme on Selected Psychological Variable among College Men

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Abstract

The purpose of the present investigation is to find out the effect of surya kriya and shambavi mahamudra programme on selected psychological variable among college men. To achieve this purpose of the study 30 students were selected at random from Karaikudi, Tamilnadu, India as subjects. Their age ranged from 18 to 22 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 surya kriya, experimental group II underwent shambavi mahamudra programme and Control Group was not given any specific training. All the subjects underwent one area of test namely depression. They assessed before and after the training period of 12 weeks. The one way analysis of covariance was used to analyze the collected data. The study revealed that the above said criterion variable was significantly improved due to the effect of surya kriya and shambavi mahamudra programme on selected psychological variable among college men

Key words: surya kriya and shambavi mahamudra practice, depression, *f*-ratio.

Introduction

Today in our human body there are more common disease can be occurred in day to day life. Blood pressure is the system of circulation of blood cycle. It can be founded two types systolic blood pressure and diastolic blood pressure. Systolic pressure is the response of systole fro, the heart. Diastolic blood pressure is the important function in our circulatory cycle. Shambhavi Mahamudra kriya is a way within the Isha Yoga lineage that having both pranyanama practices and meditation-based techniques¹. A kriya is a yogic action, or technique, such as breathing control. Yoga is a great soul and wisdom of the Universe. It can promote the social and inner well being through the limbs of yoga (Asanas, Pranayama, Kriyas, Mudras and Meditations)⁸. To participating yoga regularly it can made you into sound body and sound mind². Yoga practices are the costless permanent treatment for diseases. It is a practical holistic philosophy structured to bring about profound state as well is an integral matter, which takes into Consideration human as a whole³. One can start Yoga practicing at any given moment of time and you can start with meditation practice or directly with pranayama without even doing the asanas, the science of

Yoga Nidra is based on the receptivity of consciousness⁴. When it is operating with the intellect and with all the essential senses, by making an individual think that he or she is aware and awake, but the mind is actually less receptive and more critical. Training is a chain process that can be able to attain certain needs of the person's goal⁵. In the sports world, physical education and sports is the most essential aspects due to the facts physical education programme increase the performance and the effectiveness of the sports and games. Today, sports have become the part and parcel of our ethical culture⁶. It is being influenced and does influence our entire social chart including education policy, economics, arts, politics, law and even international diplomacy. 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 person⁷. Yoga is a methodical effort towards self-perfection by the development of the potentialities and latent in the individual habits.

Aim of the Study

The purpose of the study was to find out the effect of surya kriya and shambavi mahamudra programme on

selected psychological variable among college men.

underwent one and Control Group was not given any specific training.

Methodology

To achieve this purpose of the study 30 men subjects were selected at random from Karaikudi, Tamilnadu, India as subjects. Their age ranged from 18 to 22 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 surya kriya experimental group II underwent shambavi mahamudra practice and Control Group was not given any specific training. All the subjects

Analysis of the Data

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 surya kriya exercise and shambavi mahamudra practice on depression.

Table- I: The summary of mean and paired sample ‘t’ test for the pre and post test on diastolic blood pressure of experimental groups

Depression	Surya kriya	Shambavi mahamudra	Control group
Pre test mean ± SD	41.60 ± 0.52	41.80 ± 0.79	41.70 ± 0.82
Post test mean ±SD	36.90 ± 0.99	36.70 ± 0.67	34.00 ± 0.67
‘t’ test	12.82*	13.47*	19.45*

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

The paired sample ‘t’ was computed on selected dependent variables. The results are presented in the above Table I. The ‘t’ value of Surya kriya, Shambavi mahamudra Practice and control group for diastolic blood pressure are 12.82, 13.47 and 19.45 respectively. All the ‘t’ values are significantly higher than the required

table value of 2.13 with df 9 at 0.05 level of confidence. The result of the study shows that Surya kriya, Shambavi mahamudra Practice and control group has significantly improved the performance of diastolic blood pressure. The analysis of covariance on diastolic blood pressure of Surya kriya, Shambavi mahamudra Practice and control group have been analyzed and are presented in Table II.

Table – II: Values of analysis of covariance for experimental groups and control group on depression

Adjusted post-test means						
SKG	SMMG	CG	SS	Df	MS	F-ratio
36.87	36.73	34.00	52.37	2	26.18	42.91*
			15.87	26	0.61	

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

Table-II shows that the adjusted post test mean value of depression for surya kriya, shambavi mahamudra Practice group and control group are 36.87, 36.73 and 34.00 respectively. The obtained F-ratio of 42.91 for the adjusted post test mean is more than the table value of

3.37 for df 2 and 26 required for significance at 0.05 level of confidence. The results of the study indicate that there are significant differences between the experimental groups and control group on diastolic blood pressure.

Table – III: Scheffe’s post hoc paired means comparisons and effect size on depression of experimental groups

ADJUSTED POST- TEST MEANS				
SKG	SMMG	CG	MD	CI
36.87	36.73	-	0.14	0.91
36.87	-	34.00	2.87*	0.91
-	36.73	34.00	2.73*	0.91

(*Significant at 0.05 level of confidence; Scheffe’s C.I value of depression 0.91)

Table III shows that the adjusted post- test mean differences on surya kriya and control group, shambavi mahamudra and control group are 2.87, 2.73 respectively and they are greater than the confidence interval value 0.91 which shows significant differences at 0.05 level of confidence. surya kriya and shambavi mahamudra practices are 0.14 respectively and they are lesser than the confidence interval value 0.91 which shows significant differences at 0.05 level of confidence.

The ordered adjusted means are presented through bar diagram for better understanding of the result of this study in Figure I.

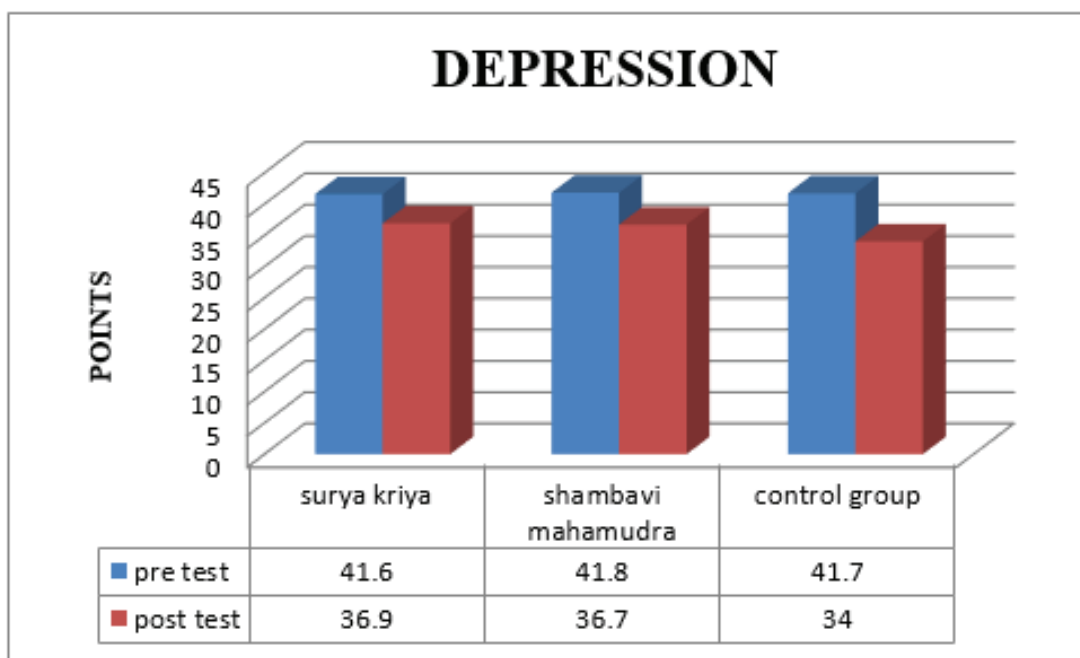


Figure I

Discussion on Findings

The result of the study on depression indicates that all the experimental groups namely Surya Kriya group and Shambavi Mahamudra Practice group brought about significant improvement after the training. The analysis of the data indicates that there was no significant difference on depression between Surya Kriya group and Shambavi Mahamudra group. Based on the mean value, the Shambavi mahamudra practice group was better in controlling the level of depression than the surya kriya group.

Conclusions

1. Finally it was concluded that surya kriya and shambavi mahamudra practice methods helped to increasing the diastolic blood pressure among school Students.

2. There was a little improvement difference between the surya kriya and shambavi mahamudra practice on diastolic blood pressure but not at the significant level. Based on the mean value was concerned, 12 weeks of surya kriya systems diastolic blood pressure more than shambavi mahamudra practices among school Students.

Recommendation:

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

2. The results of this research study clearly indicate that the effect of diastolic blood pressure through surya kriya and suryanamaskar programme.

3. Hence, it is recommended that physical education experts should give importance to the physiological exercise and suryanamaskar practice for the school students which will helps to develop, physiological. Hence the students can be very active and alive in the class room and also healthy in their life style.

Conflict of Interest : Nil.

Ethical Clearance: With respect to the above said Research Article involving human subjects for which the ethical clearance being sought, I am to state that I have gone through the "NIMHANS Ethical Guidelines.....Human Subjects" and am aware of the Helsinki Declaration of 1975, as revised in 2000 (5) rules governing the studies involving the human

subjects. I am also aware that these guidelines are strictly to be followed while carrying out the above said research article involving human subjects.

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