



EFFECT OF YOGIC PRACTICES WITH VARMA THERAPY ON DISTRESS AND ANGER AMONG STRESSED COLLEGE BOYS

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ABSTRACT The present random group experimental study was designed to find out the effect of yogic practices with varma therapy on Distress and Anger among Stressed college boys. It was hypothesized that there would be significant difference in yogic practices with varma therapy than the control group on Distress and Anger among Stressed college boys. To achieve the purpose of the study, thirty (30) Stressed college boys residing in Chennai age between 18-23 years were selected randomly into two groups, namely experimental group and control group of fifteen (15) subjects each. Training period of this study was eight weeks. Experimental group underwent yogic practices with varma therapy for eight (8) weeks, five days a week for a maximum of one hour in the morning. The control group was kept in active rest. The pre test and post test were conducted before and after the training for all two groups. To analyse the data (ANCOVA) test was used to find out the significant difference between experimental group and the control group. The test of significance was fixed as 0.05 level of confidence. It was concluded that there was significant decrease in yogic practices with varma therapy than the control group on Distress and Anger among Stressed college boys.

KEYWORDS :

INTRODUCTION

Stress is a common phenomenon of modern life. It is generally due to conflict emanating from high aspirations and goal attainment. It may also result from indecisiveness and/or failure to cope with the demanding situation (Lazarus and Folkman 1984). It is symptoms are the Frequent headaches, jaw clenching or pain, Gritting, grinding teeth, Stuttering or stammering, Tremors, trembling of lips, hands etc., The stress 89% of the Population in India say that are Suffering from Stress compared to the global average of 86%. Nearly 75% of respondents here do not feel comfortable talking to a medical professional about their stress and cite cost as one of the barriers (www.economictimes.indiatimes.com). When a Stress disease involves a particular organ fully after the repeated neurohumoral and microvascular changes, then various typical manifestations of the involvement of that organ such as coronary insufficiency, chronic peptic ulcer etc (Udupa, K. N. 1985). The Stress hormones elevate renin, a kidney enzyme that raises blood pressure; cause chronic illnesses and also damages hippocampus. Prevents stress by inhibiting the activity of sympathetic nerves. Meditation decreases stress hormones such as Adrenocorticotropin, cortisol, adrenaline and noradrenaline. Varma Science is one of the very antiquity and for most sciences. Yogic practices and varma therapy helps to promote a balanced development of physical, mental and spiritual wellbeing (www.yoga point.com).

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the effect of yogic practices with varma therapy on Distress and Anger among stressed college boys.

HYPOTHESIS

It was hypothesized that there would be significant difference in yogic practices with varma therapy than the control group on Distress and Anger among stressed college boys.

REVIEW OF RELATED LITERATURE

Moovenan, A., & Nivethitha, L. (2017), conducted study on evidence based effects of yoga practice on various health related problems of elderly people. More than 50% of the elderly above 60 years of age suffer from chronic medical conditions, the prevalence of which increases with age. Though Yoga has been reported as an effective modality in improving various physical and psychological aspects of elderly populations, a comprehensive review of Yoga and its effects on various health related problems of elderly populations has not yet been reported. Hence, we performed PubMed/Medline search to review relevant articles, using keyword "yoga and elderly". Relevant articles published since inception till 6th October 2016 was included for the review. Based on the available scientific literature, this review suggests that the regular practice of Yoga can be considered as an effective intervention in improving physical (reduces heart rate, blood pressure, blood glucose, oxidative damage, fatigue, weakness,

fear of fall, and improve heart rate variability, baroreflex sensitivity, insulin sensitivity, physical functions, mobility, flexibility, and urinary incontinence), mental (reduces depression, anxiety), emotional (reduces anger, stress, tension and improve self-efficacy), social (improve life satisfaction), and vital (improved vitality) planes of elderly individuals, offering a better quality of sleep and quality of life. Chong, C. S., et.al., (2011), conducted study on effects of yoga on stress management in healthy adults: a systematic review. An attempt was made to evaluate the effect of Sahaja yoga meditation in stress management in patients of epilepsy. The study was carried out on 32 patients of epilepsy who were randomly divided into 3 groups: group I subjects practised Sahaja yoga meditation for 6 months, group II subjects practised postural exercises mimicking Sahaja yoga and group III served as the epileptic control group. Galvanic skin resistance (GSR), blood lactate and urinary vinyl mandelic acid (U-YMA) were recorded at 0, 3 and 6 months, There were significant changes at 3 & 6 months as compared to 0 month values in GSR, blood lactate and U-YMA levels in group I subjects, but not in group II and group III subjects, The results indicate that reduction in stress following Sahaja yoga practice may be responsible for clinical improvement which had been earlier reported in patients who practised Sahaja yoga.

METHODOLOGY

For the purpose of this random group experimental study, thirty (30) Stressed college boys in Chennai were selected at random as subjects based on their Distress and Anger and their age was ranged from 18-23 years. Yogic practices with varma therapy were given five days (Monday to Friday) per week for eight weeks. All the subjects were randomly assigned to experimental group and control group each consisted of 15 subjects. Experimental group was involved in yogic practices with varma therapy for eight weeks, and the control group kept in active rest. The Yogic practices with varma therapy includes starting prayer, loosening exercises, suryanamaskar, Parivardha Trikonasana, Padahasthasana, Sarvangasana, Matsyasana, Bhujangasana, Ardha Halasana, Vipareeta Karani, Shashangasana, Vakrasana, Janu Sirsasana, Paschimottanasana, Shavasana, Pranayama: Nadhisodhana Kapalabathi, Bhramari and Nadi shodana Mudra; Shanti mudra, Relaxation; Yoga Nidra; End prayer; Varma points; Pitari varmam, Tilartha varmam, Seerumkolli varmam, Alavadam Channi Kalam, Murthi Varmam, Ruthra Kalam, Patchi varmam, Amirtha Kalam, Piramudichu varmam and chuzhukku Varmam Techniques. Initially pre-test was taken and after the experimental period of eight weeks, post-test was taken from all the two groups. The differences between initial and final Distress and Anger variables were considered as the effect of yogic practices with varma therapy on selected subjects. Analysis of Covariance (ANCOVA) test was used to find out the difference among the experimental group and control groups. The test of significance was fixed as 0.05 level of confidence.

RESULTS AND DISCUSSION

The data pertaining to the variables collected from the two groups before and after the training period were statistically analyzed by using Analysis of Covariance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance.

RESULTS ON DISTRESS

The Analysis of Covariance (ANCOVA) on Distress yogic practices with varma therapy and control group was analyzed and are presented in table-I.

RESULTS ON DISTRESS

Table -I COMPUTATION OF ANALYSIS OF COVARIANCE OF EXPERIMENTAL GROUP AND CONTROL GROUP ON DISTRESS (in Numbers)

Test	YPVT GROUP	CON GROUP	SV	SS	Df	MS	F
Pre Test	35	35.26	Between	0.53	2	0.53	0.22
			Within	64.93	28	2.31	
Post Test	24.86	35.33	Between	821.63	2	410.81	72.31*
			Within	159.06	28	5.68	
Adjusted Test	24.79	35.4	Between	838.34	2	419.17	81.57*
			Within	138.73	27	5.13	

* Significant at 0.05 level of confidence (Table F ratio at 0.05 level of confidence for df 1 and 28 = 4.20, 1 and 27 = 4.21).

The obtained F-ratio value for the Distress were greater than the table value, it indicates that there was a significant difference among post test and adjusted post-test means of the yogic practices with varma therapy group than the control group.

The pre-test, post-test and adjusted post-test mean values of yogic practices with varma therapy and the control group on Distress were graphically presented in Figure 1.

Figure 1



*Significant at 0.05 level of confidence

RESULTS ON ANGER

The Analysis of Covariance (ANCOVA) on Anger yogic practices with varma therapy and control group was analyzed and presented in table-II.

TABLE-II COMPUTATION OF ANALYSIS OF COVARIANCE OF EXPERIMENTAL GROUP AND CONTROL GROUPS ON ANGER (in Numbers)

Test	YPVT GROUP	CON GROUP	SV	SS	Df	MS	F
Pre Test	86.66	85.33	Between	13.33	2	13.33	0.98
			Within	380.66	28	13.59	
Post Test	69.93	86.6	Between	2083.33	2	1041.66	51.84*
			Within	562.53	28	20.09	
Adjusted Test	69.43	87.1	Between	2261.76	2	1130.88	87.70*
			Within	348.15	27	12.89	

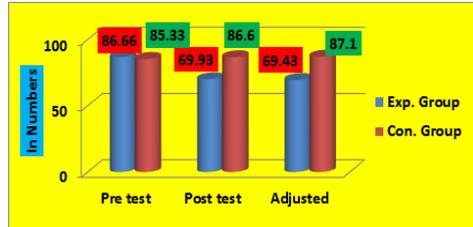
* Significant at 0.05 level of confidence (Table F ratio at 0.05 level of confidence for df 1 and 28 = 4.20, 1 and 27 = 4.21).

The obtained F-ratio value for the Anger were greater than the table

value, it indicates that there was a significant difference among post test and adjusted post-test means of the yogic practices with varma therapy group than the control group.

The pre-test, post-test and adjusted post-test mean values of yogic practices with varma therapy and the control group on Anger were graphically presented in Figure 2.

Figure 2 BAR DIAGRAM SHOWING THE ADJUSTED POST TEST MEANS OF EXPERIMENTAL AND CONTROL GROUPS ON ANGER (in Numbers)



Significant at 0.05 level of confidence

CONCLUSIONS

It was concluded that there was significant decreased in yogic practices with varma therapy than the control group on Distress and Anger among Stressed college boys.

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