



## ANALYZE OF COMBINED ASANAS PRANAYAMA PRACTICES ON PSYCHO SOCIAL PARAMETER AMONG SPORTS PEOPLE

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**ABSTRACT**

The purpose of the present study was to investigate the combined asanas pranayama practices on psycho social parameter among sports people. To achieve the purpose of the study thirty University level sports people were selected from Karaikudi, Sivaganga, Tamil Nadu, India during the year 2019. The subject's age ranges from 18 to 25 years. The selected subjects were divided into two equal groups consists of 15 men each namely experimental group and control group. The experimental group underwent an combined asanas and pranayama programme for eight weeks. The control group was not taking part in any training during the course of the study. Stress was taken as criterion variable in this study. The selected subjects were tested on stress was measured through Perceived Stress Life Scale Inventory. Pre-test was taken before the training period and post- test was measured immediately after the eight week training period. Statistical Technique 't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to pranayama given to the experimental group on stress when compared to control group.

**KEYWORDS :** Asana, Pranayama, Stress and 't' ratio**1. INTRODUCTION**

Training is a chain process that can be able to attain certain needs of the person's goal.

The sports training can produce some physical fitness, Physiological and psychological benefits to the person and attain performance related task. It's also promoting the individual overall wealth to the sports person.

Yoga is a great soul of the Universe. It can promote the social well being through limbs of yoga (Asanas, Pranayama, Kriyas, Mudras and Meditations). To practising yoga regularly it can make you into sound body and sound mind. Yoga is the costless permanent treatment for more diseases.

One can start practicing Yoga at any given moment of time and you may start with meditation or directly with pranayama without even doing the asanas (postures). (Alaguraja, K. et.al, 2019)<sup>3</sup>.

Asanas is a limb of Yoga practice it can make some health related gains to the individual who involved in yogasana practice regularly. Asanas can be used upon the needs of the person. It's a scientific process the person must follow the basic principles of yogasana practice.

Yoga is a system of exercises which helps the mind and body in order to achieve tranquillity and spiritual insight. Yoga is a science practiced in India over thousands of years (Alaguraja, K. et.al, 2019)<sup>4</sup>. Today, sports have become a part and parcel of our culture. It is being influenced and does influence all our social institutions including education, economics, arts, politics, law, mass communication and even international diplomacy (Alaguraja, K. et.al, 2019)<sup>7</sup>.

Pranayama is the only thing that can make a prominent effect in human body. The Term "prana" = Breath, Yama= Control or regulate. Currently the society has affected by most of the common diseases due to lack of intake of prana. This pranayama can help the person to utilise the prana and attain well being (Alaguraja, K. et.al, 2019)<sup>5</sup>.

The science of Yoga Nidra is based on the receptivity of consciousness. When consciousness is operating with the intellect and with all the senses, by making an individual think that he or she is awake and aware, but the mind is actually less receptive and more critical (Yoga, P. et. al., 2019)<sup>12</sup>. Yoga is a methodical effort towards self-perfection by the development of the potentialities latent in the individual (Alaguraja, K. et.al, 2019)<sup>6</sup>.

Make sure that when you practice yoga asanas, you don't just stretch the body because the mind has to be with the body. You can't be watching television or reading the newspaper because if your awareness isn't there, the asanas won't have much effect on you. But if each stretch is synchronized with the breath and awareness, your

practice will become a yogic practice. (Alaguraja, K. et.al, 2019).

**2. STATEMENT OF THE PROBLEM**

The purpose of the study was to find out the combined asanas pranayama practices on psycho social parameter among sports people.

**3. RESEARCH METHODOLOGY****3.1 Selection of subjects**

The purpose of the study was to find out the combined asanas pranayama practices on psycho social parameter among sports people. To achieve this purpose of the study, thirty University level sports people were selected as subjects at random. The age of the subjects were ranged from 18 to 25 years.

**3.2 Selection of variable****3.3.1 Independent variable**

- Combined Asanas and Pranayama Practices

**3.3.3 Independent variable**

- Stress

**4. EXPERIMENTAL DESIGN AND IMPLEMENTATION**

The selected subjects were divided into two equal groups of fifteen subjects each, such as a Combined Asanas and Pranayama Practices group (Experimental Group) and control group. The experimental group underwent pranayama practice for three days per week for eight weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following psycho social variable, namely Stress was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable Stress was measured through Perceived Stress Life Scale Inventory at prior to and immediately after the training programme.

**4.1 STATISTICAL TECHNIQUE**

The 't' test was used to analysis the significant differences, if any, difference between the groups respectively.

**4.2 LEVEL OF SIGNIFICANCE**

The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

**5. ANALYSIS OF THE DATA**

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent 't' test was used with 0.05 levels as confidence.

**TABLE I**  
**Analysis of t-ratio for the pre and post tests of experimental and control group on Stress (score in points)**

Variables	Group	Standard Deviation		Sd Error	
		Pre	Post	Pre	Post
Stress	Control Group	1.75	1.26	0.45	0.32
	Experimental Group	1.81	1.69	0.46	0.43

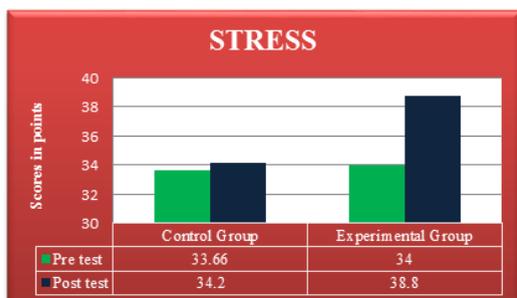
**TABLE II**

Variables	Group	Mean		Degree of freedom	't' ratio
		Pre	Post		
Stress	Control Group	33.66	34	14	1.94
	Experimental Group	34.2	38.8	14	14.69*

\*Significance at .05 level of confidence.

The Table-II shows that the mean values of pre-test and post-test of the control group on Stress were 33.66 and 34 respectively. The obtained 't' ratio was 1.94, since the obtained 't' ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on Stress were 34.2 and 38.8 respectively. The obtained 't' ratio was 14.69\* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in stress. It may be concluded from the result of the study that experimental group improved in stress due to eight weeks of Combined Asanas and Pranayama Practices practice.

**FIGURE-1 Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Stress (Score in points)**



**6. DISCUSSIONS ON FINDINGS**

The result of the study indicates that the experimental group, namely Combined Asanas and Pranayama Practices group had significantly improved the selected dependent variable, namely Stress, when compared to the control group. It is also found that the improvement caused by pranayama practice when compared to the control group. The result of this study on Stress has in line with the study conducted by (K. Alaguraja., et. al., 2019).

**7. CONCLUSIONS**

1. There was a significant difference between experimental and control group on Stress after the training period.
2. There was a significant improvement in Stress. However the improvement was in favour of experimental group due to six weeks of Combined Asanas and Pranayama Practices practice.

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