



## IMPACT OF ASANAS ON PSYCHOLOGICAL VARIABLE OF WOMEN

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### **Abstract**

*The purpose of the study was to find out the "Impact of Asanas on Psychological Variable of women". Twenty Female subjects aged between 18 to 25 years were selected randomly. They were divided into two groups the experimental group I was given Asanas training for eight weeks and control group was not allowed to participate in any training programme. Pre-test was conducted dependent variables such as a Depression at the beginning before the experimental treatment and post-test was taken after the experimental treatment. The data were analyzed by applying dependent mean and 't' test. The results revealed that the Asanas training had significantly decreased the Depression.*

**Keywords: Asanas Training, Depression, Women.**

### **Introduction**

Though asana is very much near the posture, Asana is not a posture. In posture, though it is maintained economically without much effort there is no consideration of mind. The state of mind may be anything. We relax in chair quite comfortably but we may be upset in our mind in this posture. Even if we are not upset mentally there is no training to the muscles and the nerves which is expected in asana. Many postures are maintained with the help of the external aid. e.g sitting on the chair. Many posture forms the basis for some movement e.g. sitting posture for writing. In asana no further movement is expected; the movement before or after the asana is also gone through in a special manner. In posture there is no importance to the movements to achieve or to release it. Movements before and after posture can also be done fast.

Asana cannot be a pose as asana does not express any emotion or artificial acting. Pose may lead to a physical or mental tension. Asana is not even an exercise which may lead to an exertion. Body building is not the purpose of asana. The term exercise gives us an idea of movement or constantly moving body parts in a jerky and jumpy fashion whereas asanas are steadier in nature, and are expected not to lead any tension or fatigue.

In the light of the above discussion the asana can be defined as the 'postural pattern' in which has to accomplish this pattern, maintain for sometime & release in a specific manner. It is a slow practices given to the whole body and mind through particular neuro-muscular mechanism which is expected to bring some specific changes or results gradually in the individual.

The third limb of Yoga is asana or posture. Asana brings steadiness, health and lightness of limb. A steady and pleasant posture produces mental equilibrium and prevents fickleness of mind. Asanas are not merely gymnastic exercises. They are postures. To perform them, one needs a clean airy place, a blanket and determination, while for other systems of physical training, one needs large playing field and costly equipments. Asanas can be done alone, as the limbs of the body provide the necessary weights and counter weights. By practising them, one develops agility, balance, endurance and great vitality (B.K.S. Iyengar, 1966).



### **Hypothesis**

- It was hypothesized that there would be a significant improvement between pre and post-test due to 8 weeks of Asanas training on Psychological Variable of women.
- It was hypothesized that there would not be a significant improvement between pre and post-test for control group on Psychological Variable of women.
- It was hypothesized that there would be a significant difference between experimental and control group on Psychological Variable of women.

### **Delimitations**

- The following delimitations are considered in this study. 20 women were selected randomly.
- The experimental group was given Asanas training for a period of Eight weeks.
- The subject's age group ranged from 18-25 years.
- The study was restricted to Psychological such as a Depression.

### **Methodology**

The purpose of the study was to find out the “Impact of Asanas on Psychological Variable of women”. To achieve the purpose of the study 20 women subject in the age group 18 to 25 years were selected at random from Smt Bhangaramma Sajjan Arts and Commerce Degree College for women in Vijayapura District of Karnataka. Selected subjects were divided in to two groups of experimental I and control group II. Experimental group I Asanas training group for the training period Eight weeks Six day per week. The control group were maintained their daily routine activities and no special training was given.

### **Selection of Variables**

#### **Asanas training**

- Padmasana
- Vajrasana
- Baddha Konasana
- Pachimottanasana
- Dandasana
- Tadasana
- Vrikshasana
- Trikonasan
- Garudasana
- Naukasana
- Makarasana
- Bhujangasana
- Shalabhasana
- Dhanurasana
- Savasana

### **Analysis and Interpretation of Data**

The purpose of the study was to find out “Impact of Asanas on Psychological Variable of women”. To achieve this purpose the data collected for the study were put into analysis and results of which are presented in the table.



**Table 1: Showing the Pre-test and Post-test for Depression performance**

Variable	Group	Test	Mean	SD	t- Value
Depression	Experimental Group	Pre-test	103.4000	26.76031	<b>2.843*</b>
		Post-test	81.0667	17.85044	
	Control Group	Pre-test	122.1333	35.32677	<b>-1.38</b>
		Post-test	122.3333	35.42732	

The level of significant 0.05=Table value =1.96

Table 1 Shows that the experimental group's mean performance value of Depression of pre-test is 103.4000 and the post test is 81.0667 the post-test Depression performance is less than pre-test Depression performance and also the 't'- value is more than the table value. Hence it indicates significant decreased of Depression. The control group's mean performance value of pre and post-test values are 122.1333 and 122.3333 respectively. The't'- value is less than the table value. Hence the pre and post-test values indicate insignificant.

**Figure No.1.The Pre-test and Post–test for Asanas training Experimental Group and Control Group on Depression performance.**

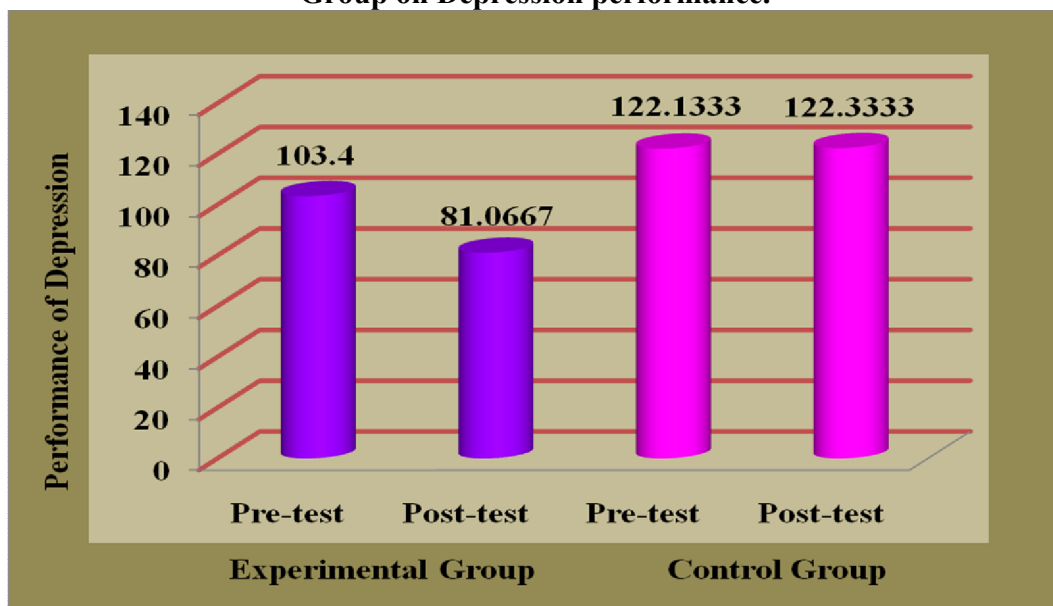


Figure1. (a) Indicates that the post test values of Experimental group significantly improved the performance of Depression and also the post-test values of Depression were less than the pre test values due to Eight weeks of Asanas training. The Control group pre- test and post- test performance of Depression shows no improvement.

### Summary

The purpose of this study was to find out the “Impact of Asanas on Psychological Variable of women”. To achieve this purpose Eight weeks Asanas training was given to selected women subjects. To know the Asanas training decreased Depression performance.



### Conclusion

The Asanas training group had shown significant improvement in selected Psychological variable such as a Depression of women. The control group had not shown any significant changes on selected Psychological variable of Depression of women.

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