

## Effect of yogic practices on anxiety

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### Abstract

The present study was undertaken primarily to assess the effectiveness of yogic practices on controlling Anxiety. For the study, 30 middle aged men aged between 35 and 40 years (mean ± S.D. 37.5 ± 1.5 years) were randomly selected. The selected subjects for the present study were divided into two groups, namely yogic practice group and control group. The control group was not given any training. The experimental group practiced yoga, weekly six days i.e. Monday to Saturday, between 6.00 A.M. to 8.00 A.M., for a period of twelve week., as recommended by Cromwell Anxiety was significantly decrease as a result of yoga practice.

**Keywords:** yogic practices, anxiety

### 1. Introduction

Yoga has also been described as wisdom in work or skillful living amongst activities, harmony and moderation. “Yoga is not for him who gorges too much, nor for him who starves himself. It is not for him who steps too much, nor for him who stays awake. By moderation in eating and resting, by regulation in working and by concordance in sleeping and waking, yoga destroys all pain and sorrows”.

Yoga is an ancient philosophical and religious tradition which is thought to have originated in India in at least 1000 B.C. It refers to a large body of values, attitudes and techniques whose primary objective is the pursuit of enlighten or self-knowledge. The word yoga is probably derived from the Sanskrit word “Yuj” which means to “unite” or “connect” and, in the higher levels of yoga, this is often said to mean the experience of union of the individual self with the universal self.

### 2. Methodology

The present study was undertaken primarily to assess the effectiveness of yogic practices on controlling Anxiety. For the study, 30 middle aged men aged between 35 and 40 years (mean ± S.D. 37.5 ± 1.5 years) were randomly selected. The selected subjects for the present study were divided into two groups, namely yogic practice group and control group. The control group was not given any training. The experimental group practiced yoga, weekly six days i.e. Monday to Saturday, between 6.00 A.M. to 8.00 A.M., for a period of twelve week. Test administration one day prior to the commencement of training and one day after the completion of training. The data on psychological variable is assessed with the help of standard questionnaires.

#### 2.1 Anxiety

##### 1. Purpose

The purpose of this test was to measure the anxiety of the individual.

### 2. Equipment

Anxiety was measured with the Taylor’s Manifest Anxiety Scale. The questionnaire was given to all subjects to measure anxiety. It consists of 50 items and it is for adults and adolescents. The questionnaire is translated from English to Tamil so that subject can understand.

### 3. Description

**Scoring Procedure for the Positive Statement:** If the answer is ‘true’ for positive statements, it gets ‘0’ mark.

If the answer is ‘false’ for positive statements, it gets ‘1’ mark.

**Scoring Procedure for the Negative Statement, marks are awarded in the reverse:** If the answer is ‘true’ for positive statements, it gets ‘1’ mark.

If the answer is ‘true’ for positive statements, it gets ‘0’ mark.

The maximum possible score is 50.

#### Item Numbers of Positive statements:

1,3,4,9,12,14,15,18,20,29,32,38 and 50.

#### Item Numbers of Negative statements:

2,5,6,7,8,10,11,13,16,17,19,21,22,23,24,25,26,27,28,30,31,33,34,35, 36,37,39,40,41,42,43,44,45,46,47,48 and 49.

### 3.1 Scoring

**Table 1**

Scores	Anxiety Level
0 – 8	Normal anxiety
9 – 18	Significantly anxiety
19 – 30	Highly anxious
31 and above	Anxiety level in very high and uncontrollable

### 3.2 Anxiety

The data collected prior to and after the experimental period on anxiety for yogic practice group and control group were analysed and presented in Table - I.

**Table 2:** Analysis of Covariance on Anxiety of Yogic Practice Group and Control Group

	Yogic Practice Group	Control Group	Source of Variance	Sum of Square	df	Mean Square	'F' ratio
Pre- test Mean	16.73	16.40	Between	0.833	1	0.833	0.524
S.D.	1.486	0.986	Within	44.533	28	1.590	
Post-test Mean	14.40	16.33	Between	28.033	1	28.033	12.09*
S.D.	1.549	1.496	Within	64.933	28	2.319	
Adjusted Post-test Mean	14.256	16.478	Between	36.358	1	36.358	31.19*
			Within	31.476	27	1.166	

\* Significant .05 level of confidence.

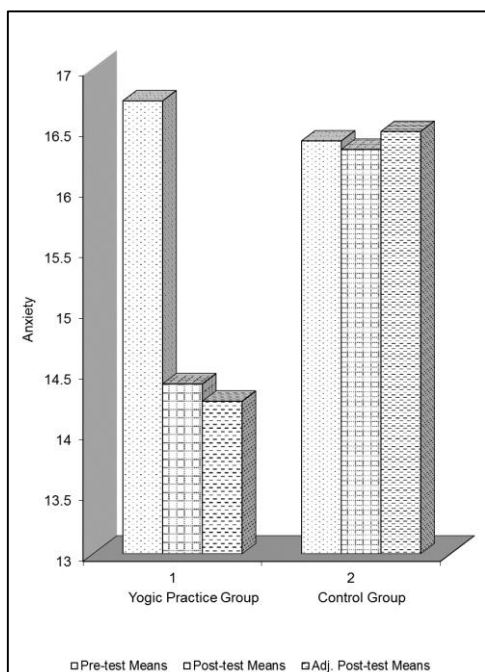
(The table values required for significance at .05 level of confidence with df 1 and 28 and 1 and 27 were 4.20 and 4.21 respectively).

Table – I showed that the pre-test mean values of anxiety for yogic practice group and control group were  $16.73 \pm 1.486$  and  $16.40 \pm 0.986$  respectively. The obtained 'F' ratio value of 0.524 for pretest scores of yogic practice group and control group on anxiety was less than the required table value of 4.20 for significance with df 1 and 28 at .05 level of confidence.

The post-test mean values for anxiety for yogic practice group and control group were  $14.40 \pm 1.549$  and  $16.33 \pm 1.496$  respectively. The obtained 'F' ratio value of 12.09 for post-test scores of yogic practice group and control group was greater than the required table value of 4.20 for significance with df 1 and 28 at .05 level of confidence.

The adjusted post-test mean values of anxiety for yogic practice group and control group were 14.256 and 16.478 respectively. The obtained 'F' ratio value of 31.19 for adjusted post-test scores of yogic practice group and control group were greater than the required table value of 4.21 for significance with df 1 and 27 at .05 level of confidence.

The mean values of yogic practice group and control group on anxiety were graphically represented in Figure – 1.



**Fig 1:** Bar Diagram Showing the Mean Values of Yogic Practice Group and Control Group on Anxiety

**4. Result**

The results of this study showed that there was a significant difference between yogic practice group and control group on anxiety. Moreover, the result of the study also shown that there was a significant decrease in anxiety after the yogic practice when compared with the control group.

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