

## Influence of cyclic meditation on selected physiological parameter

Dr. P Yoga<sup>1</sup>, R Balamuralikrishnan<sup>2</sup>, K Alaguraja<sup>3</sup>

<sup>1</sup> Assistant Professor, College of Physical Education, Alagappa University, Karaikudi, Tamil Nadu, India

<sup>2,3</sup> Research Scholar, College of Physical Education, Alagappa University, Karaikudi, Tamil Nadu, India

### Abstract

The purpose of the present study was to investigate the influence of Cyclic Meditation on cardio respiratory endurance among school students. To achieve the purpose of the study thirty school students were selected from M N U Jayaraj Nadar Her Sec School, Madurai, during the year 2018. The subject's age ranges from 16 to 18 years. The selected players were divided into two equal groups consists of 15 men students each namely experimental group and control group. The experimental group underwent a Cyclic Meditation programme for six weeks. The control group was not taking part in any training during the course of the study. Cardio respiratory endurance was taken as criterion variable in this study. The selected subjects were tested on cardio respiratory endurance was measured through Cooper 12 minutes run and walk test was conducted on a 400 meters standard track. Pre-test was taken before the training period and post- test was measured immediately after the six 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 Cyclic Meditation given to the experimental group on cardio respiratory endurance when compared to control group.

**Keywords:** cyclic meditation, cardio respiratory endurance and 't' ratio

### Introduction

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. When the consciousness is operating through only one channel i.e. hearing, it becomes far more sensitive.

Meditation is considered as the fourth major state of mind, equal to dreaming, sleeping, and wakefulness. Consciousness during Yoga Nidra is in a very deep and stable state and the awareness can be maintained in the deep Yoga Nidra state. The consciousness and awareness in meditation state was analysed and recorded by taking the picture with the help of PET (Position Emission Tomography) Scanner (Sathyananda, 2005) [4]. Meditation has been shown to reduce stress and increase feelings of peace and calm (Oman, *et al.*, 2008). Savasana and meditative techniques are found to be useful for improving relaxation and for reducing the blood pressure and pulse rate (Udupa, 1977) [3]. Cyclic Meditation is a meditative technique based of Taittiriya and Mandukya Upanishads consisting of a combination of successive stimulation and relaxation programmes in order to solve the complex problems of the mind (Nagendra 2003) [1].

### Methodology

#### Statement of the problem

The purpose of the study was to find out the influence of Cyclic Meditation on cardio respiratory endurance among school students.

### Selection of subjects

To achieve this purpose of the study, thirty school students were selected as subjects at random. The age of the subjects were ranged from 16 to 18 years.

### Experimental design

The selected subjects were divided into two equal groups of fifteen subjects each, such as a Cyclic Meditation group (Experimental Group) and control group. The experimental group underwent Cyclic Meditation for three days per week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following physical variable, namely Cardio respiratory endurance was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable Cardio respiratory endurance was measured through Cooper 12 minutes run and walk test at prior and immediately after the training programme.

### Statistical tool

The 't' test was used to analysis the significant differences, if any, in between the groups respectively. The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

### 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.

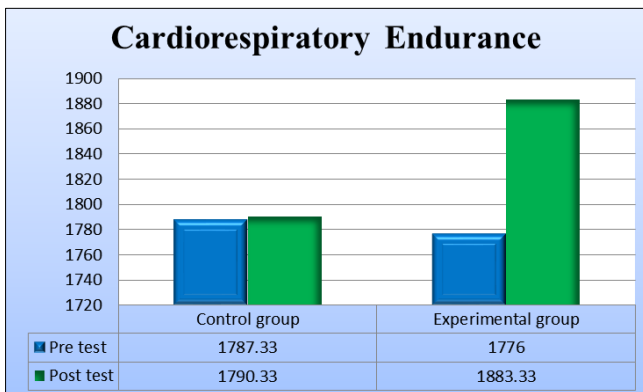
**Table 1:** Analysis of t-ratio for the Pre and Post Tests of Experimental and Control Group on Cardio respiratory endurance Scores in meters

Variables	Group	Mean		SD		Sd Error		df	't' ratio
		Pre	Post	Pre	Post	Pre	Post		
Cardio Respiratory Endurance	Control	1787.33	1790.33	62.61	60.84	16.16	15.71	14	0.33
	Experimental	1776.00	1883.33	54.22	72.77	14.00	18.66		8.73*

\*Significance at .05 level of confidence.

The Table-I reveals that the mean values of pre-test and post-test of the control group on Cardio respiratory endurance were 1787.33 and 1790.33 respectively. The obtained 't' ratio was 0.33, 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 Cardio respiratory endurance were 1776.00 and 1883.33 respectively. The obtained 't' ratio was 8.73\* 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 Cardio respiratory endurance. It may be concluded from the result of the study that experimental group improved in Cardio respiratory endurance due to six weeks of Cyclic Meditation.

- Oman D, Shapiro SL, Thoresen CE, Plante TG, Flinders T. Meditation lowers stress and supports forgiveness among college students: a randomized controlled trial. *Journal of American College Health*. 2008; 56(5):69-78.
- Udupa KN. Pathogenesis and management of stress disorders. *Quarterly Journal of Surgical Science*. 1977; 13(2):56.
- Saraswati, Sathyananda Swami. *Yoga Nidra, Bihar: Yoga Publication Trust, 2005.*



**Fig 1:** Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Cardio respiratory endurance Scores in meters

**Discussions on Findings**

The result of the study indicates that the experimental group, namely Cyclic Meditation group had significantly improved the selected dependent variable, namely Cardio respiratory endurance, when compared to the control group. It is also found that the improvement caused by Cyclic Meditation when compared to the control group.

**Conclusions**

- There was a significant difference between experimental and control group on Cardio respiratory endurance after the training period.
- There was a significant improvement in Cardio respiratory endurance. However the improvement was in favour of experimental group due to six weeks of Cyclic Meditation.

**References**

- Nagendra HR. *Yoga Its basis and application*, Banglore: Vivekananda Kendra Yoga Publications, 2004.