

# Effect of Yoga Practices, Suryanamaskar and Meditation on Psychological Well-Being of College Going Male Basket Ball Players

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## ABSTRACT

The main purpose of the study was to find out the effect of Yoga Practices, Suryanamaskar and Meditation on Psychological Well-Being of College going Male Basketball Players. To achieve the purpose of the present study, sixty (n=60) college going Male Basket Ball Players from different colleges of Pathanamthitta District, Kerala were selected at random as subjects and their age ranged from 18 to 21 years. The subjects were divided in to four equal groups of fifteen students each. Group I acted as Yogic Practices group, Group II acted as Suryanamaskar group, Group III acted as Meditation group and Group IV acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. Pre-test was conducted for all the subjects on psychological wellbeing. The duration of experimental period was 16 weeks. After the experimental treatment, all sixty subjects were tested on psychological wellbeing. This final test scores formed as post-test scores of the subjects. The pre-test and post-test scores were subjected to statistical analysis using dependant "t" test and Analysis of Covariance (ANCOVA) to find out the significance among the mean differences. Whenever the 'F' ratio for adjusted post-test was found to be significant, scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses. The Meditation group had shown significant improvement in the Psychological Well Being than the Yoga Practices, Suryanamaskar group and control group.

**KEY WORDS:** Yogic Practices, Suryanamaskar, Meditation, Psychological Well Being and College going Male Basket Ball Players.

## INTRODUCTION

It is an undeniable fact that today's lifestyle exacerbates mental tensions, worries and personal interrelationships. Advancements in technology and automation make works sedentary in nature. Needless to say, this had led to a situation in which mental and physical health is deteriorating. Life becomes unhappy and insecure. Physical and mental cleansing and strengthening is one of yoga's most important achievements. Yoga therapy is slowly emerging as a clinical discipline within the broad category of mind-body medicine. Studies at the University of Wisconsin have found that the prefrontal cortex shows heightened activity in meditators, a finding that has been correlated with greater levels of happiness and better immune function. By improving circulation in the endocrine glands, a consistent yoga practice enhances the functions of hormones that play a primary role in the physiology of depression. These results indicate that the brain is deeply relaxed after yoga and that participants have better awareness of their subconscious and emotions. Yoga is not a substitute for psychotherapy or medication. Rather, yoga is recommended as an adjunct to talk therapy or medication to facilitate the process of psychological healing. Research on mindfulness meditation has also increased substantially over the last decade and has shown that it too promotes similar psychological and physical health benefits. In brief, there is ample evidence available to suggest that meditation can have a positive impact on health and wellbeing. Mindfulness-based interventions are increasingly being used as methods to promote psychological well-being of clinical and non-clinical adult populations. Surya Namaskara or Sun Salutation is an essential part of the yogic approach. Surya Namaskara is a series of twelve physical postures or Asanas. Regular practice of sun salutation regulates pingalanaadi (right nostril). Surya Namaskara also influences the pineal gland and the hypothalamus, helping to prevent pineal degeneration and calcification. Practice of Surya Namaskara influences the entire endocrine system and increases will power.

## METHODOLOGY

The purpose of the study was to find out the Effect of Yoga Practices, Surya Namaskar and Meditation on Psychological Well-Being of College going Male Basket Ball Players. To achieve the purpose of the present study, sixty (n=60) college going male Basket Ball Players from different colleges of Pathanamthitta District, Kerala were selected at random as subjects and their age ranged from 18 to 21 years. The subjects were divided in to four equal groups of fifteen students each. Group I acted as Yogic Practices group, Group II acted as Suryanamaskar group, Group III acted as Meditation group and Group IV acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. Pre-test was conducted for all the subjects on psychological wellbeing. The duration of experimental period was 16 weeks. After the experimental treatment, all sixty subjects were tested on psychological wellbeing. This final test scores formed as post-test scores of the subjects. The pre-test and post-test scores were subjected to statistical analysis using dependant 't' test and Analysis of Covariance (ANCOVA) to find out the significance among the mean differences. Whenever the 'F' ratio for adjusted post-test was found to be significant, scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

**TABLE-1**

### Computation of Analysis of Covariance of Yoga, Suryanamaskar, Meditation and Control Groups on Psychological Well- Being

	YTG	SNK	MTG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
<b>Pre-Test Means</b>	74.60	75.20	75.00	72.75	<b>BG</b>	75.23	3	25.07	1.43
					<b>WG</b>	1325.75	76	17.44	
<b>Post-Test Means</b>	81.65	81.55	85.20	73.30	<b>BG</b>	1526.65	3	508.88	21.54*
					<b>WG</b>	1794.90	76	23.61	
<b>Adjusted Post-Test Means</b>	81.60	81.37	85.06	73.66	<b>BG</b>	1326.62	3	442.20	19.17*
					<b>WG</b>	1729.48	75	23.06	

BG- Between Group  
WG- Within Group

\* Significant at 0.05 level  
(Table Value for 0.05 Level for df 3 & 76 = 2.72)

## RESULTS OF PSYCHOLOGICAL WELL- BEING

An examination of Table-1 indicated that the pre-test means of Yoga, Suryanamaskar and Meditation and control groups were 74.60, 75.20, 75.00 and 72.75 respectively. The obtained F-ratio for the pre-test was 1.43 and the table F- ratio was 2.72. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 3 and 76. This proved that there were no significant difference between the experimental and control groups indicating, that the process of randomization of the groups was perfect while assigning the subjects to groups.

The post-test means of the Yoga, Suryanamaskar, Meditation and control groups were 81.65, 81.55, 85.20 and 73.30 respectively. The obtained F-ratio for the post-test was 21.54 and the table F-ratio was 2.72. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 3 and 76. This proved that the differences between the post-test means of the subjects were significant.

The adjusted post-test means of the yoga, Suryanamaskar, Meditation and control groups were 81.60, 81.37, 85.06 and 73.66 respectively. The obtained F-ratio for the adjusted post-test means was 19.17 and the table F-ratio was 2.72. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 3 and 75. This proved that there was a significant difference

among the means due to the experimental trainings on psychological wellbeing. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table-2.

**TABLE-2**

**The Scheffe'S Test for the Differences between the Adjusted Post-Test Means on Psychological Well Being**

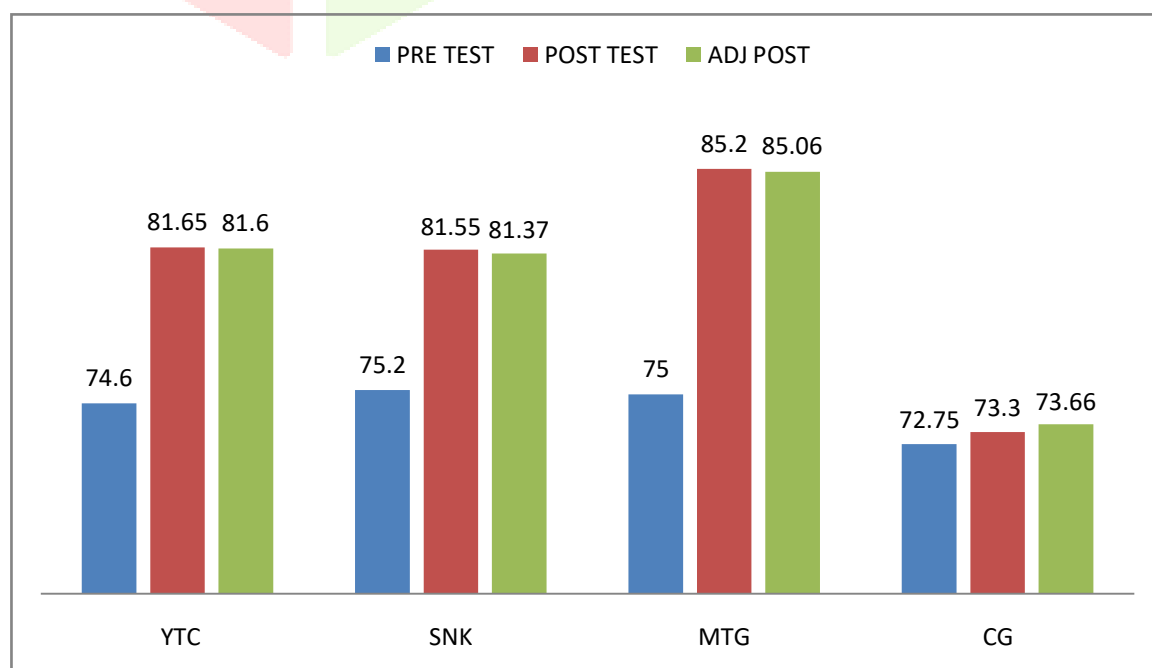
Adjusted Post-Test Means				Mean Difference	Confidence Interval
YTG	SNK	MTG	CG		
81.60	81.37	---	---	0.23	3.26
81.60	---	85.06	---	3.46*	
81.60	---	---	73.66	7.94*	
---	81.37	85.06	---	3.69*	
---	81.37	---	73.66	7.71*	
---	---	85.06	73.66	11.40*	
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\* Significant at 0.05 level

The multiple comparisons showed in Table-2 proved that there existed significant differences between the adjusted means of yoga practice group and Meditation group (3.46), yoga practice group and control group (7.94), Suryanamaskar group and meditation group (3.69), Suryanamaskar group and control group (7.71), meditation group and control group (11.40). There was no significant difference between yoga practice group and Suryanamaskar group (0.23) at 0.05 level of confidence with the confidence interval value of 3.26. The pre, post and adjusted means on psychological Well-Being were presented through bar diagram for better understanding of the results of this study in Figure-1.

**FIGURE- 1**

**PRE-TEST, POST-TEST AND ADJUSTED POST-TEST DIFFERENCES OF YOGA PRACTICES, SURYANAMASKAR AND MEDITATION GROUPS AND CONTROL GROUP ON PSYCHOLOGICAL WELLBEING**



**DISCUSSION ON PSYCHOLOGICAL WELLBEING**

The results presented in table-1 showed that obtained adjusted means on psychological wellbeing among meditation group was 85.06 followed by yoga practice group with mean value of 81.60, followed by Suryanamaskar group with the mean value of 81.37 and control group with mean value of 73.66. The differences among pre-test scores, post-test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and the obtained F values were 1.43, 21.54 and 19.17 respectively. It was found that obtained F value on pre-test scores were not significant and the obtained F values on post-test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 2.72 and 2.72. The post hoc analysis through Scheffe's Confidence test proved that due to sixteen weeks training of yoga practice Suryanamaskar and meditation groups have improved psychological wellbeing than the control group and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant differences exist between the experimental groups, clearly indicating that Meditation group was significantly better than yoga practice group, Suryanamaskar group and control group in improving psychological wellbeing of the College going Male Basket Ball Players.

**CONCLUSION**

As stated at the outset, this study is an attempt to deconstruct the Effect of Yoga Practices, Suryanamaskar and Meditation on Psychological Well-Being of College going Male Basket Ball Players. The training group exhibited substantive improvement in Psychological Well Being. The study proves beyond any reasonable doubt that Yoga Practices, Suryanamaskar and Mediation did have a significant impact on Psychological Well-Being. The Mediation group exhibited substantive improvement on Psychological Well-Being than the other three groups.

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