



Impact of Selected Pranayama Practice on Aggression of College Going Female Students

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Abstract

The purpose of the study was to determine the Impact of selected pranayama Practice (Anuloma Vilom pranayama, Bhastrika pranayama) on Aggression of College Going female Students of subjects with the age range 19 to 22 years. For this 30 college going female subjects were drawn from Ramananda college, Bishnupur, Dist: Bankura (W.B) in January 2017, by using Simple Random Sampling. Pre post data were collected before and after intervention of selected Pranayama for 45 days by using Questionnaire for aggression developed by Anand Kumar and Prem Shanker Shukla. As calculated value of t ($=9.19$) is greater than tabulated $t_{0.05}$ (29) ($=2.045$). It is concluded Pranayama decrease the aggression level of college going female.

Keywords - Pranayama, and aggression.

Introduction

Yoga, an ancient culture of Indian heritage, regular practice leads to ideal physical, mental, intellectual, and spiritual health. These have a number of beneficial psychological effects in our body. The present work was taken up as data reported on Impact of selected pranayama Practice on Aggression of College Going female Students. The Aim of the study to know whether there is any change in aggression in the subjects practicing pranayama and with that of subjects not practicing any type of pranayama.

Objectives

The purpose of the study was to investigate the impact of selected pranayama practices on aggression.

Hypotheses

On the basis of evidence indicating positive effect of pranayama on physical and psychological well-being of an individual the following hypotheses are formulated.

H1 yogic practices contributes to lowering of aggression.

Methodology

Sampling

This study was conducted in 30 samples from Ramanandacollege, Bishnupur, Dist: Bankura (W.B).Samples were selected by applying the simple random sampling using lottery method. 30 were females of age range 19-22yrs.

Research design: pre-post single group

Symbolically, A Q1 X Q2

Where;

A= single group

Q1 = pre- test

X= AnulomaVilom pranayama, Bhastrika pranayama(60 min. per day)

Q2= Post-test

Experimental Protocol

A period of 45 days in the month of January to February 2017, the climate condition was cold and atmospheric temperature was varying from 10 ° to 18° C. Experimental population of 30 subjects were assembled in field at Ramananda college, Bishnupur, Dist: Bankura (W.B), India. Experimental training was executed from 7:00 AM onwards for 60 minutes, for six days a week and Sunday has been observed as weekly off. Each subjects of the experimental group was ready to learn pranayama. The selected pranayama practice were AnulomaVilom pranayama, Bhastrika pranayama.

Yogic Practices

The Experimental groups participated in the following scheduled of training. It comprised 60 minutes of training followed by discussion and informative lectures.

Initial warm up activity with relaxed breathing techniques and stretching.

selected pranayama	5 days	10 days	15 days	15 days	
AnulomVilom pranayama (3 set)	10 times (without kumbhak) 3 Repetition (rest every Repetition) (1:1)	15 times (without kumbhak) Repetition 3 (rest every Repetition) (1:1)	15 times (with kumbhak) Repetition 3 (rest every Repetition) (1:1:1)	20 times (with kumbhak) Repetition 3 (rest every Repetition) (1:1:2)	1set
Shavasan	Shavasan	Shavasan	Shavasan	Shavasan	

Bhastrika pranayama 5 round (10 set)	10 stroke of Kapalbhati with one Surya Bhedhana pranayama (without kumbhak) (1:1)	15 stroke of Kapalbhati with one Surya Bhedhana pranayama (without kumbhak) (1:1)	20 stroke of Kapalbhati with one Surya Bhedhana pranayama (with kumbhak) (1:1:1)	20 stroke of Kapalbhati with one Surya Bhedhana pranayama (with kumbhak) (1:1:2)	1 round
Shavasan	Shavasan	Shavasan	Shavasan	Shavasan	

Tools Used

Questionnaire for aggression developed by Anand Kumar and PremShanker Shukla.

Results

TABLE -1
Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 pre	11.93	30	2.30	0.42
post	7.53	30	1.30	0.23

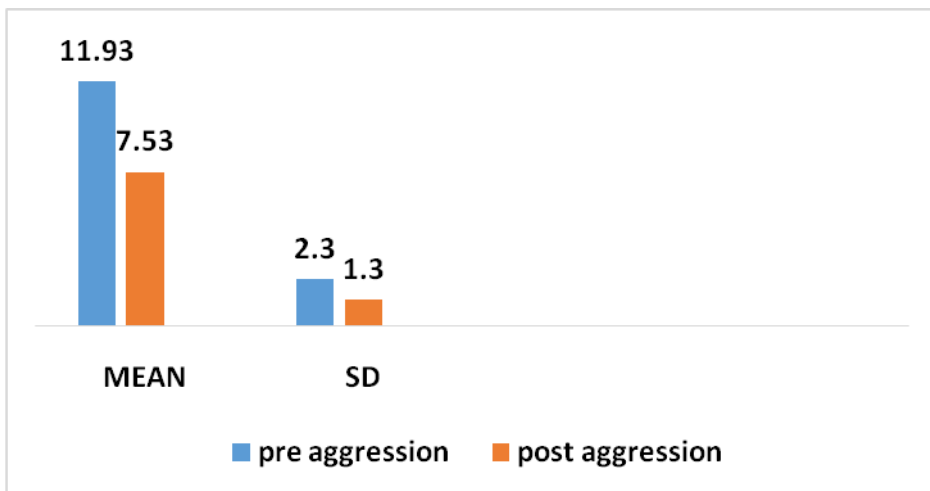


Fig. No. 1

TABLE -2
Paired t-test table

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pre aggression post aggression	4.40	2.62	0.47	3.42	5.37	9.19	29	0.00

Interpretation of Findings

The following interpretation can be made on the basis of the results shown in the above output.

- ❖ The values of the mean, standard deviation and standard error of the mean for the data on aggression in the pre and post testing are shown in the Table-1. These values can be used for further analysis.
- ❖ It can be seen from Table-2 that the value of t statistic is 9.19. This t value is significant as the p value is 0.00 which is less than 0.05. For one - tail test, the value of tabulated t at 0.05 level of significance and 29 (N -1 = 29) df which is 2.045. Since calculated value of t (=9.19) is greater than tabulated t0.05 (29) (=2.045), Hypothesis may be accepted and it may be concluded that Practice of selected Pranayama causes significant decrease in aggression of the all subjects.

Discussion

Table 2 was referred back into the result section. It could be seen from the table that there was a significant difference in case of aggression administrating the pranayama training programme. The effectiveness of Pranayama programme may be due to the reason that Pranayama programme decrease the level of aggression of individuals. Therefore, proposed hypothesis has been accepted in case of aggression.

Conclusions

Pranayama decrease the aggression level of college going female.

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