



## EFFECT OF NAAD YOGA ON MENTAL HEALTH OF STATE LEVEL YOGA PLAYERS

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### Abstract

The objective of the study was to assess the effect of Naad Yoga on Positive Mental Health of state level yoga players from Haryana. A total number of 60 Haryana state level male yoga players were randomly selected as subjects. The age of the subjects was in range of 17 to 25 years. Following variables were selected for the study: Positive Mental Health at different level i.e. Emotional Stability, Overall Adjustment, Autonomy, Security-Insecurity, Self-Concept and Intelligence. In order to assess Positive Mental Health, Positive Mental Health Inventory by C. D. Agashe and R. D. Helode was used. The data was collected before the training programme from both the groups (i.e. experimental group and control group) were known as pre-test and at the end of the training programme again the data were collected from both the groups (i.e. experimental group and control group) was known as post-test. Naad Yoga Training was imparted to the experimental group for a period of twelve weeks. The training was of one hour duration daily for five days in a week and control group was not participated in the training programme. The training protocol roughly consist selected yogic practices (Bhastrika Pranayama, Kapalabhati Pranayama, Anuloma-Viloma, Pranayama, Bharamari Pranayama, Flute Sound and Shankha Naad. The first method of the statistical analysis was descriptive analysis, in which the following were assessed: 1) Mean and 2) Standard Deviation. After that, the collected data on the selected parameters were compared for the pre-test and post-test between the Experimental and control groups by employing the Independent Sample t-test. Besides, dependent t-test was applied to compare the pre-test and post-test data. The level of significance was set at 0.05. The collected data was significantly normalized before further processing. The obtained result shows the significant changes in selected variables i.e. Positive Mental Health at different level due to Naad Yoga Training Protocol.

Keywords: Mental Health

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Yoga means the integration of mind, body the whole psyche. It is to identify ourselves with the divine vital energy that flows within us with the waves of NAAD. It is not just the sensory competence but plays an important role to create oneness in both the cosmos (outer and inner). Sports psychology is the study of how psychology influences sports, athletic performance, exercise, and physical activity. Sport psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systemic issues associated with sports settings and organizations. Psychological variables may be influenced by yogic practice. Several studies are available on the positive effect of yogic training on psychological variables. In contrast, few studies are there on the impact of twelve weeks of yogic training on psychological variables, especially studies involving Mental Health in India. The objective of the present study are following: 1) To study the effect of twelve Weeks yogic

Training on Mental Health (Emotional Stability) of state level yoga players, 2) To study the effect of twelve Weeks yogic Training on Mental Health (Overall Adjustment) of state level yoga players, 3) To study the effect of twelve Weeks yogic Training on Mental Health (Autonomy) of state level yoga players, 4) To study the effect of twelve Weeks yogic Training on Mental Health (Security) of state level yoga players, 5) To study the effect of twelve Weeks yogic Training on Mental Health (Self- Concept) of state level yoga players and 6) To study the effect of twelve Weeks yogic Training on Mental Health (Intelligence) of state level yoga players. The study would help in spreading awareness in society i.e. twelve weeks Naadyogic training can bring many changes in mind and body, personality and behaviour of the practitioner. The information given by this study would be helpful for the teachers, coaches and the students to learn about psychological functioning and psychological well-being. The study would help to improve the positive mental health in college students. The present study would also contribute to the existing literature. The study would be helpful for guidelines and reference for future research in large area or population.

## **PROCEDURE AND METHODOLOGY**

### **Selection of subjects**

A total number of 60 Haryana state level male yoga players were randomly selected as subjects for the purpose of the study. The age of the subjects was in range of 17 to 25 years.

### **Selection of variables**

With the consultation of guide and other experts, scientific literature, journals, magazine and keeping feasibility criteria in mind following variables were selected for the purpose of the study:

#### **Independent Variable:**

12 Week Naad Yogic Training Protocol

**Dependent Variables:**

Positive Mental Health

**Criterion Measure**

For the assessment of Positive Mental Health, Positive Mental Health Inventory by C. D. Agashe and R. D. Helode was used.

**Training protocol**

Naad Yoga Training was imparted to the experimental group for a period of twelve weeks. The training was of one hour duration daily for five days in a week and control group was not participated in the training programme. Pre-test was done before the training on all the subjects. At the end of training programme post-test was done. An appropriate Naad Yoga Training programme was prepared with the help of guide and other experts of related area. However, the training protocol roughly consist selected yogic practices (Bhastrika Pranayama, Kapalbhata Pranayama, Anuloma-Viloma, Pranayama, Bharamari Pranayama, Flute Sound and Shankha Naad.

**Collection of data**

The data for the purpose of the study was collected from the Haryana state level yoga players. The data was collected before the training programme from both the groups (i.e. experimental group and control group) were known as pre-test and at the end of the training programme again the data were collected from both the groups (i.e. experimental group and control group) was known as post-test.

**Statistical Technique**

The first method of the statistical analysis was descriptive analysis, in which the following were assessed: 1) Mean and 2) Standard Deviation. After that, the collected data on the selected parameters were compared for the pre-test and post-test between the Experimental and control groups by employing the Independent Sample t-test. Besides, dependent t-test was applied to compare the pre-test and post-test data. The level of significance was set at 0.05.

## **RESULTS AND DISCUSSIONS**

The objectives of the research were as follows: to develop the twelve-week Naad yoga training programme, to study the effect of twelve Weeks Naadyogic Training on Mental Health (Emotional Stability) of state level yoga players, to study the effect of twelve Weeks yogic Training on Mental Health (Overall Adjustment) of state level yoga players, to study the effect of twelve Weeks yogic Training on Mental Health (Autonomy) of state level yoga players, to study the effect of twelve Weeks yogic Training on Mental Health (Security) of state level yoga players, to study the effect of twelve Weeks yogic Training on Mental Health (Self- Concept) of state level yoga players and to study the effect of twelve Weeks yogic Training on Mental Health (Intelligence) of state level yoga players.

### Descriptive Statistics

	Group	Pre-test		Post-test	
		Mean	SD	Mean	SD
<b>Mental Health – Emotional Stability</b>	Experimental Group	10.47	2.013	13.70	1.236
	Control Group	10.53	1.634	11.00	1.400
<b>Mental Health – Overall Adjustment</b>	Experimental Group	26.10	3.100	30.03	3.146
	Control Group	26.63	4.254	26.93	4.226
<b>Mental Health – Autonomy</b>	Experimental Group	9.23	1.675	12.83	1.177
	Control Group	10.60	1.133	10.87	1.252
<b>Mental Health – Security Insecurity</b>	Experimental Group	8.90	1.539	10.83	2.036
	Control Group	8.97	1.712	9.23	1.357
<b>Mental Health – Self-Concept</b>	Experimental Group	7.33	1.493	10.47	2.013
	Control Group	8.30	1.149	8.57	1.135
<b>Mental Health – Intelligence</b>	Experimental Group	21.50	3.214	27.14	2.151
	Control Group	22.43	2.359	22.56	2.254

Table representing the descriptive values of experimental and control group for all the selected variables at pre-test and post-test level. Apart from mean and standard deviation tests, data's normality were also assessed by applying skewness, kurtosis and Shapiro-Wilks test of normality. As and when required, non-normality in data was corrected by applying appropriate technique and deviation in data was fixed for further processing.

### T-test for all selected psychological variables – Experimental Vs Control Group

	Pre-test		Post-test	
	t	Sig. (2-tailed)	t	Sig. (2-tailed)
<b>Mental Health – Emotional Stability</b>	-.141	.888	7.873	.000
<b>Mental Health – Overall Adjustment</b>	-.544	.588	3.223	.002
<b>Mental Health – Autonomy</b>	-3.702	.000	6.269	.000
<b>Mental Health – Security Insecurity</b>	-.159	.875	3.583	.001
<b>Mental Health – Self-Concept</b>	-2.810	.007	4.504	.000

<b>Mental Health – Intelligence</b>	- 1.282	.205	7.969	.000
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From table given above, it is evident that all selected psychological variables except Mental health (autonomy) and mental health (Self-concept) were having no significant difference between experimental and control group before the commencement of 12 weeks Naad Yoga training program. But after completing the designed training, all components of Mental health were significantly improved. On this basis, we can conclude that the specific Naad yogic training protocol have significant effect on selected psychological variables. In order to further confirm the reliability of obtained result, comparison between pre-test and post-test of each group were executed separately and found the similar result. The improvement in experimental group was found significantly better than control group's result.

## CONCLUSIONS AND RECOMMENDATIONS

On the basis of objectives of the study and result obtained after statistical application, the following conclusions were drawn: It was concluded that there is significant effect of twelve weeks Naad Yogic Practice on Mental Health (Emotional Stability) state level yoga players is accepted is accepted. It was concluded that there is significant effect of twelve weeks Naad Yogic Practice on Mental Health (Overall Adjustment) state level yoga players is accepted. It was concluded that there is significant effect of twelve weeks Naad Yogic Practice on Mental Health (Autonomy) state level yoga players may accepted. It was concluded that there is significant effect of twelve weeks Naad Yogic Practice on Mental Health (Security) state level yoga players is accepted. It was concluded that there is significant effect of twelve weeks Naad Yogic Practice on Mental Health (Self-Concept) state level yoga players is accepted. It was concluded that there is significant effect of twelve weeks Naad Yogic Practice on Mental Health (Intelligence) state level yoga players is accepted. The study would help in spreading awareness in society about Naad yogic training can bring many changes in mind and body,

personality and behavior of the practitioner. The information given by this study would be helpful for the teachers, coaches and the students to learn about psychological functioning and psychological well-being.

Above mentioned conclusions and finding has revealed many facts and filled the gap in information available regarding role of Naad yogic exercises for betterment of psychological health of State level Yoga Players.

Now, following recommendations are made with future research perspective: Similar study can be taken on other professions as well. It was recommended that similar study can be carried out in other organizations as well. Similar study can also be conducted on a bigger population. A study can be conducted with including more health. Further, prediction research can be conducted to identify the health variables that should be stressed for better health condition. Similarly, research on factor analysis can be conducted to identify the psychological variables contributing the most to our health condition.

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