

## **EFFECT OF HATHA YOGA AND SURYA NAMASKAR ON SELECTED PSYCHOLOGICAL VARIABLE AMONG AIR-FORCE MALE POLICE**

**Dr.S.ALAGESAN,**

Associate Professor, Department of Physical Education, Annamalai University.

**Dr.T.MURUGESAN,**

Director of Physical Education, VHNSN College, Virudhunagar.

**Ms.R.NAGAJOTHI,**

Research Scholar, Centre for Yoga Studies, Annamalai University.

### **ABSTRACT**

The purpose of the study was to find out the effect of hatha yoga and surya namaskar on selected psychological variable among air-force male police in virudhunagar. To this purpose of the study, sixty air-force male police in Virudhunagar, Tamilnadu, India were selected as subjects a random. The age of the subjects were ranged 35 to 40 years. The selected subjects were divided into three equal groups of twenty subjects each such as hatha yoga group (Group I), surya namaskar group (Group II) and control group (Group III). The hatha yoga group (Group I) underwent selected asanas. The surya namaskar group (Group II) underwent 12 postures purpose for five days per week for twelve weeks. Group III acted as control in which they did not undergo any special training programme apart from their regular activities. All the subjects of three groups were tested on selected criterion variable such as job satisfaction at prior to and immediately after the training programme by questionnaire for job satisfaction method respectively. The analysis of covariance (ANCOVA) was used to analysis the significant difference, if any between the groups separately for each variable. The level of significance to test the 'F' ratio obtained by the analysis of covariance was tested at 0.05 level of confidence, which was considered as an appropriate. The results of the job satisfaction. Significant changes on selected criterion variables were also noticed due to job satisfaction.

### **INTRODUCTION**

Job satisfaction describes how content and individual is with his or her job. The happier people are within their job, the more satisfied they are said to be. Every human being wants joy, peace, happiness and love. For this they are blindly and desperately running after money and power. They will probably obtain the last two, but on the way unknowingly sacrifice the first four. That is why despite power and money they face sorrow, stress, disappointment and ill health. To maintain a perfect equilibrium between the body and mind is called "the science and art of living" with the required amount of stress called eustress. In our police people have lot of work pressure, poor concentration of health and family attachment, lack of sleeping and stressful mind.

Hatha yoga and surya namaskar practices stimulate proper working of the vital organs in the thoracic and abdominal cavities. Hatha yoga practices is mind and body focus. It's also improve our internal and external organs. In surya namaskar is the most useful and popular mode of yogic practices which briefly bestows the benefits of asana, pranayama and mudras altogether. It consists of 12 postures which are performed early in the morning and evening facing the sun.

## METHODOLOGY

Methodology would deal with selection of subjects, selection of variables, methods to be used for the study for the study, orientation of subjects and statistical technique to be used. The selected subjects were divided into three groups of twenty subjects each such as hatha yoga group (Group I), surya namaskar group (Group II) and control group (Group III). The hatha yoga group (Group I) underwent selected asanas. The surya namaskar group (Group II) underwent 12 postures purpose for five days per week for twelve weeks. Group III acted as control in which they did not undergo any special training programme apart from their regular activities. All the subjects of three groups were tested on selected criterion variable such as job satisfaction at prior to and immediately after the training programme by questionnaire for job satisfaction method respectively. The analysis of covariance (ANCOVA) was used to analysis the significant difference, if any between the groups separately for each variable. The level of significance to test the 'F' ratio obtained by the analysis of covariance was tested at 0.05 level of confidence, which was considered as an appropriate. The results of the job satisfaction. Significant changes on selected criterion variables were also noticed due to job satisfaction.

### Analysis of the data

The effect of hatha yoga and surya namaskar on each criterion variables were analysed separately and presented blow.

### Job satisfaction

The analysis of covariance on job satisfaction of the pre and post test scores of hatha yoga group, surya namaskar and control group have been analysed and presented in Table I.

Table – I

### ANALYSIS OF COVARIANCE OF THE MEANS OF EXPERIMENTAL GROUP AND THE CONTROL GROUP ON JOB SATISFACTION

Test	Hatha yoga group	Surya namaskar Group	Control Group	Sources of Variance	Sum squares	of	Df	Mean squares	Obtained "F" ratio
------	------------------	----------------------	---------------	---------------------	-------------	----	----	--------------	--------------------

Pre test	23.267	23.87	24.47	B	10.80	2	5.40	0.12
				W	1910.40	42	45.49	
Post test	33.933	31.8	24.80	B	684.84	2	342.42	5.37
				W	2675.73	42	63.71	
Adjusted post test	34.49	31.80	24.24	B	842.90	2	421.45	16.96
				W	1018.599	41	24.84	
Mean Gain	10.67	7.93	0.33					

\*Significant at 0.05 level of confidence.

(Table values required for significance at 0.05 level of confidence with F ratio at 0.05 level of confidence for df 2 and 42=3.22, 1 and 41=3.23)

The table I shows that the pre-test means in hatha yoga of the Experimental group I (Hatha yoga Group), Experimental group II (Surya namaskar Group) and Control group (CG) were 23.267, 23.87 and 24.47 respectively and the obtained 'F' radio 0.12 which indicates statistically on significant difference among the pre-test means at 0.05 level of confidence. The post-test means in job satisfaction of the Experimental group I (Hatha yoga Group), Experimental group II (Surya namaskar group) and Control group (CG) were 33.933, 31.8 and 24.8 respectively, increased in and 'F' radio 5.37 which indicates statistically on significant difference among the post-test means at 0.05 level of confidence. The adjusted post-test mean job satisfaction of the Experimental group I (Hatha yoga Group), Experimental group II (Surya namaskar group) and Control group (CG) were 34.49, 31.80 and 24.24 respectively, increased in and 'F' radio 16.96 which indicates statistically on significant difference among the pre-test means at 0.05 level of confidence. The obtained F-radio was 16.96, which was greater than the value 3.22 with df 1 and 42 required for significance at 0.05 level. It indicates that there was significant difference among the adjusted post-test means of job satisfaction the Experimental group I (Hatha yoga Group), Experimental group II (Surya namaskar group) and Control group (CG).

### SCHEFFE'S POST –HOC TEST FOR JOB SATISFACTION

Table II

Mean values					
Hatha Group	yoga	Surya namaskar Group	Control Group	MD	Required C.I
34.49			24.24	10.25	4.53
		31.80	24.24	7.56	
34.49		31.80		2.69	

\*Significant at 0.05 level of confidence.

Tables II shows that the adjusted post-test mean difference in job satisfaction between Experimental group I (Hatha yoga Group), Experimental group II (Surya namaskar Group) and Control group (GC) were 34.49, 31.80 and 24.24. The mean difference between hatha yoga group, surya namaskar group and control group were 10.25, 7.56 and 2.69. The

required Scheffe's post to be significant at 0.05 level were 4.53. and the difference between hatha yoga group, surya namaskar group and control group was greater than required job satisfaction which were statistically significant at 0.05 level of confidence.

### CONCLUSIONS

1. The job satisfaction was significantly improved by the participation in hatha yoga in male police.
2. The job satisfaction was significantly maintained by the participation in surya namaskar in male police.
3. Surya namaskar group was slightly better than the hatha yoga group for job satisfaction.

### REFERENES

Asana Andiappan (2004) "**A therapeutic approach to health**" Hong Kong Endeavor press.

Gharote.M.L (1985) "**Asanas a perspective**" Yoga Mimamas Kaivalyadhama, Lonavala.

Gharote, M.L. (1976). **Guidelines for Yogic Practices**, Lonawala: Medha Publications, p.51.

Iyengar, B.K.S. (1991), **Light on Yoga**, Gopsons Paper Ltd., Nodia, India.

Mahadev Desai (1972), **Introduction to Gita**, Bombay, Vakils Printing House.

Prakash Tiwari O.M (2005) "**Asana why and how**" Pune, Kaivalyadham.

Swami Satyananda Saraswathi (2007) "**Surya namaskar**" Bihar, Yoga publication Trust, Munger, Bihar.

Swami Ramdev (2005) "**Yoga its philosophy and practice**" Divya Prakashan publication, Haridwar.Ltd.

Taimni (1966), **The Science of Yoga: The Yoga Sutras of Patanjali**, (India: Lonavala: Kaivalyathama)