

## INFLUENCE OF NADA YOGA ON SELECTED PSYCHOLOGICAL VARIABLES AMONG MEN ADOLESCENTS

**Mr. K. S. ARVIND,**

Research Scholar, Centre for Yoga Studies, Annamalai University.

**Dr. J. SARAVANAN,**

Assistant Professor, Department of Physical Education, Annamalai University.

### **ABSTRACT**

The purpose of the study was designed to examine the influence of nada yoga on selected physiological variables namely anxiety and aggression among men adolescents. For the purpose of the study, thirty men students from the Centre for Yoga Studies, Annamalai University were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent nada yoga practices for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely anxiety and aggression were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed that there was a significant difference between nada yoga practices group and control group on anxiety and aggression. And also it was found that there was a significant change on selected criterion variables such as anxiety and aggression due to nada yoga practices

KEY WORDS: NADA YOGA, ANXIETY, AGGRESSION, MEN ADOLESCENTS

## **INTRODUCTION**

Nada Yoga is the yoga of sound or reverberation which allows you to utter the sounds that create an inner atmosphere of joy, making it a natural way to be an arresting blend of profundity and pragmatism, his life and work serves as a reminder that yoga is a contemporary science, vitally relevant to our times. Nada yoga, meaning "union through sound," is a yoga of sound. It is an ancient Indian system and science of inner transformation through sound and tone. Nada yoga is based on the premise that the entire cosmos and everything in it (including humans) consist of sound vibrations, or nadas. Nada yoga uses sound vibrations and resonances to treat various spiritual and psychological conditions. It also helps increase one's awareness of the chakras and energizes them.

In Nada yoga, there are two types of sound: internal, or anahata, and external, or ahata. According to Nada yoga, with a focused mind and controlled breath, concentration on external sounds allows the mind to become so quiet that the practitioner can listen to their own anahata sound. The anahata, which is also known as the heart chakra, is considered responsible for the reception of this internal music, but not in the way of a normal sensory organ.

## **METHODOLOGY**

The purpose of the study was designed to examine the influence of nada yoga on selected physiological variables namely anxiety and aggression among men adolescents. For the purpose of the study, thirty men students from the Centre for Yoga Studies, Annamalai University were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent nada yoga practices for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely anxiety and

aggression were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate.

## ANALYSIS OF THE DATA

### Anxiety

The analysis of covariance on anxiety of the pre and post test scores of nada yoga practices group and control group have been analyzed and presented in Table I.

**TABLE I**  
**ANALYSIS OF COVARIANCE OF THE DATA ON ANXIETY OF PRE AND POST TESTS SCORES OF NADA YOGAPRACTICES AND CONTROL GROUPS**

Test	Nada Yoga Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
<b>Pre Test</b>							
Mean	33.40	33.20	Between	0.30	1	0.30	0.15
S.D.	1.25	1.47	Within	56.00	28	2.00	
<b>Post Test</b>							
Mean	31.00	32.93	Between	28.03	1	28.03	13.79*
S.D.	0.89	1.73	Within	56.93	28	2.03	
<b>Adjusted Post Test</b>							
Mean	30.91	33.02	Between	33.30	1	33.30	75.34*
			Within	11.93	27	0.44	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 3.34 and 3.35 respectively).

The table I shows that the pre-test means of nada yoga practices group and control group on anxiety are 33.40 and 33.20 respectively. The

obtained “F” ratio of 0.16 for adjusted post-test means is less than the table value of 3.34 for df 1 and 28 required for significance at .05 level of confidence on anxiety. The post-test means of nada yoga practices group and control group on anxiety are 31.00 and 32.90 respectively. The obtained “F” ratio of 13.79 for adjusted post-test means is more than the table value of 3.34 for df 1 and 28 required for significance at .05 level of confidence on anxiety.

The table I further shows that the adjusted post-test means of nada yoga practices group and control group on anxiety are 30.91 and 33.02 respectively. The obtained “F” ratio of 75.34 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on anxiety.

The results of the study indicated that there was a significant difference between the adjusted post-test means of nada yoga practices group and control group on anxiety.

### **Aggression**

The analysis of covariance on aggression of the pre and post test scores of nada yoga practices group and control group have been analyzed and presented in Table II.

**TABLE II**  
**ANALYSIS OF COVARIANCE OF THE DATA ON AGGRESSION OF PRE**  
**AND POST TESTS SCORES OF NADA YOGAPRACTICES**  
**AND CONTROL GROUPS**

Test	Nada Yoga Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
<b>Pre Test</b>							
Mean	13.73	13.67	Between	0.03	1	0.03	0.05
S.D.	0.77	0.79	Within	18.27	28	0.65	
<b>Post Test</b>							
Mean	11.93	13.40	Between	16.13	1	16.13	27.32*
S.D.	0.77	0.71	Within	16.53	28	0.59	
<b>Adjusted Post Test</b>							
Mean	11.92	13.41	Between	16.65	1	16.65	31.99*
			Within	14.05	27	0.52	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 3.34 and 3.35 respectively).

The table II shows that the pre-test means of nada yoga practices group and control group on aggression are 13.73 and 13.67 respectively. The obtained "F" ratio of 0.05 for adjusted post-test means is less than the table value of 3.34 for df 1 and 28 required for significance at .05 level of confidence on aggression. The post-test means of nada yoga practices group and control group on aggression are 11.93 and 13.40 respectively. The obtained "F" ratio of 27.32 for adjusted post-test means is more than the table value of 3.34 for df 1 and 28 required for significance at .05 level of confidence on aggression.

The table II further shows that the adjusted post-test means of nada yoga practices group and control group on aggression are 11.92 and 13.41 respectively. The obtained "F" ratio of 31.99 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on aggression.

The results of the study indicated that there was a significant difference between the adjusted post-test means of nada yoga practices group and control group on aggression.

## CONCLUSIONS

1. There was a significant difference between nada yoga practices group and control group on anxiety and aggression.
2. And also it was found that there was a significant change on selected criterion variables such as anxiety and aggression due to nada yoga practices.

## REFERENCES

- Gharote, M.L. (1996). **Guidelines for Yogic Practices**, Lonawala: Medha Publications, p.51.
- Iyengar, B.K.S. (1991). **Light on Yoga**, Gopsons Papers Ltd., Nodia, India.
- Iyengar, B.K.S. (1999). **The Gift of Yoga**, Harpers Collins Publications India Pvt Ltd., New Delhi.
- Joshi, K.S. (1992) **Yogic Pranayama - Breathing for Long Life and Good Health**, (New Delhi: Orient Paper Backs.), p. 14.
- Mahadev Desai (1972), **Introduction to Gita**, Bombay. Vakils Printing House.
- Swami Kuvalayananda, (1977), **Asana**, (India: Lonawala: Kaivalyathama)
- Taimni (1996), **The Science of Yoga: The Yoga Sutras of Patanjali**, (India: Lonawala: Kaivalyathama)