



Upshot of yogasana and relaxation technique surrounded by female varsity teacher learning students

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Abstract

The purpose of the study was to find out the Upshot of yogasana and relaxation technique surrounded by female varsity teacher learning students. Yoga gives all round development to human both internal and external, especially youth who are learning yoga in schools, colleges and universities to improve flexibility, frame of mind, and to overcome the emotion and stress. Sixty female varsity teacher educators were selected as subjects from Faculty of Education Avinashilingam University, Coimbatore, with age a group of 21- 25 yrs, thirty students from Physical Education (B.P.Ed) other thirty students from Education (B.Ed) who are pursuing the course are chosen as subjects. Both the groups were trained by a package of yogasana and relaxation technique every day except Sundays for 3months. Pre-test and post-test was taken for both the groups. Physical fitness variables are body weight and flexibility and Psychological variables are stress and anxiety. Body weight is checked with the weighing machine and flexibility was measured by using flexometer and psychological test was measured with standardized questionnaire like Hamilton Anxiety Rating Scale for Anxiety and Perceived Stress Scale for Stress. After the collection of data to find out the result 't' test was calculated for this purpose. Compare to Education students Physical Education students shows less level significant difference because they are already used with physical activities. Education students shows vast level of significant result because they inactive with less physical activities.

Keywords: yogasana, body weight, flexibility, anxiety and stress

Introduction

“Yoga is the art work of awareness on the canvas of body, mind, and soul.”

Yoga plays and vital role in every walk of life, now a day's everyone is searching of health, that is within them without knowing the concept they are searching here and there, Once they started learning yoga they will not come out from the healthy secret, It gives all round development to human both internal and external, One who know about and learn yoga they will practice regularly and try to teach everyone to learn yoga and preach about the innate wonders within them. If they are good enough to listen to their inner body's feelings and ideas yoga may add healthy life with good mental health, better attention, self-esteem and self-regulation with empowerment.

Every now starts learning yoga and consuming the benefits, especially youth who are learning yoga in schools, colleges and universities to improve flexibility, frame of mind, and to overcome the emotion and stress. By the regular practice yoga they can acquire and benefitted in the following areas like

- Improved concentration,
- Quicker decision-making
- Relaxation
- Inner peace
- High confidence
- More focus
- Ease in handling responsibility
- Increased strength (physical & mental)
- Better memory

Youth face constant pressure to excel at studies, get a job, manage relationships, and deal with numerous other problems.

Carrying weapons like Yogasana and relaxation technique when they are with troublesome time, and fight for 20 minutes and put your body in a non-violent mode to overcome the challenges in life.

Related Reviews

Khalsa & Butzer (2016) conducted a bibliometric analysis of 47 peer-reviewed studies of yoga in school settings (43 quantitative and 4 qualitative studies). School-based yoga may have beneficial effects on several student outcomes including mental state, health, performance, and positive behaviors. The authors suggest that school-based yoga is an emerging field, with 75% of studies published in the last 5 years

Ferreira-Vorkapic *et al* (2015) conducted a systematic review and effect size analysis of 9 peer-reviewed randomized controlled trials of yoga in school settings, with a focus on psychological outcome measures. The authors calculated effect size estimates for studies that included measures of mood, tension, anxiety, self-esteem and memory. Effect sizes calculated for each of these outcomes individually revealed that the results favored yoga compared to the control conditions.

Statement of Problem

The purpose of the study was to find out the Upshot of yogasana and relaxation technique surrounded by female varsity teacher learning students

Significance of the problem

- Analyze the basic fitness level of teacher Educators.
- Create Health awareness among teacher Educators.

- Main motive is to make them to teach yogasana and Pranayama for the school children.
- To Educate the Health awareness among the society.
- To promote the healthy citizens of India through Yoga.

Methodology

To know the effect of yogasana and relaxation techniques among female varsity teacher education students, sixty female varsity teacher educators were selected as subjects from Faculty of Education Avinashilingam University, Coimbatore, with age a group of 21- 25 yrs, thirty students from Physical Education (B.P.Ed) other thirty students from Education (B.Ed) who are pursuing the course are chosen as subjects. Both the groups were trained by a package of yogasana and relaxation technique every day except Sundays for 3months. Pre-test and post-test was taken for both the groups, for the investigation purpose the two variables Physical fitness and Psychological was taken in to consideration. Physical fitness variables are body weight and flexibility and Psychological variables are stress and anxiety. Body weight is cheked with the weighing machine and flexibility was measured by using flexometer and psychological test was measured with standardized questionnaire like Hamilton Anxiety Rating Scale for Anxiety and Perceived Stress Scale for Stress. After the collection of data to find out the result ‘t’ test and F ratio was calculated for this purpose.

Analysing the results

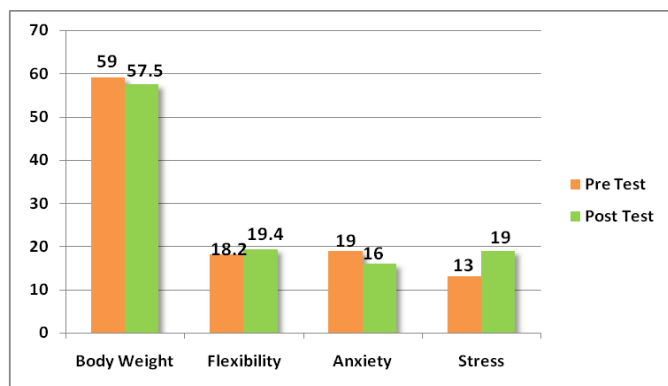


Fig 1: Bar diagram showing Pre-test and Post-test means of B.Ed students on Physical and Psychological Variables

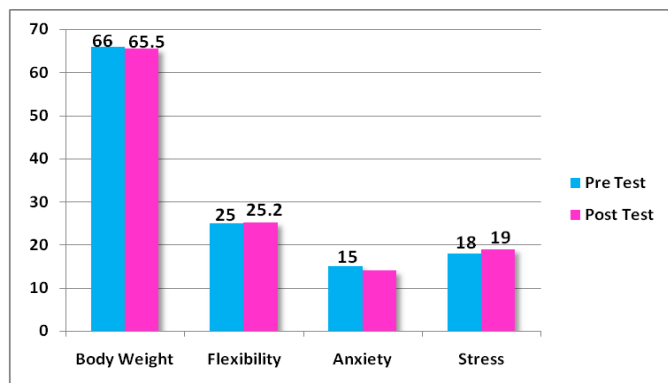


Fig 2: Bar diagram showing Pre-test and Post-test means of B.P.Ed students on Physical and Psychological Variables

According to the hypothesis

- Physical Education shows less significant result than the

education Students in the physical fitness variables such as Body weight and Flexibility

- In the Psychological variable B.Ed students shows more significant result than the Physical Education students.
- Both the groups show significant improvement, after 12 weeks of training by comparing pre and post-tests.
- Compare to Education students Physical Education students shows less level significant difference because they are already used with physical activities.
- Education students shows vast level of significant result because they inactive with less physical activities.

Conclusion

Yoga is a dynamic expression of life – in terms of how joyful, loving and enthusiastic you are.” postures, pranayama (breathing techniques) and meditation are also helpful for our daily life. Sun Salutations and KapalBhati pranayama are some ways to help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive with able qualities of life. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress. According to the above study yoga has given a positive result to motivate others, the teachers are first source to show the seeds to get a good harvest, so let the teacher Educators learn yoga and teach the students about yoga for healthy and happy future of India.

“Yoga is not just repetition of few postures - it is more about the exploration and discovery of the subtle energies of life.”

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