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## EFFECT OF YOG NIDRA AND BHRAMARI ON SOCIAL ADJUSTMENT OF SCHOOL CHILDREN'S



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### ABSTRACT:

Aim of this study was to find the effect of yog nidra and bhramari pranayama on social adjustment ability of school children's. For this purpose thirty male children's of 15-17 years were selected randomly from KV No.2, Bolangir, Orissa and divided randomly in three groups respectively; yog nidra group, bhramari pranayama group and control group. For present study yog nidra and bhramari pranayama was chosen as treatment variable while social adjustment was selected as criterion variable. Cowell social adjustment questionnaire was used to measure the social adjustment of subjects. To know the effect of selected treatment variable on social adjustment of subjects ANCOVA was used at 0.05 level of significance as data was found normal. Finding revealed that selected treatment variables; yog nidra and bhramari pranayama has not effected significantly to social adjustment of school children's.

**KEY WORDS:** Yog nidra, Bhramari and Social Adjustment.

**INTRODUCTION:**

As a system of practice, Yoga has from the beginning been one of the most influential features of Hinduism. Yoga exerted a powerful attraction upon Hindus because of the wonders attributed to it and because it gives countenance to the performance of austerities, to which Hindus are so strongly inclined. The strong influence of yoga can again be seen in Buddhism, which is also notable for its austerities, and for its spiritual exercises and trance states. As knowledge of yoga spread, it fascinated and won followers among Westerners. Among more recent students of yoga are the British writers Major Francis Yeats-Brown, Aldous Huxley, and Christopher Isherwood; the Romanian-born writer on religion Mircea Eliade; and the British violinist Sir Yehudi Menuhin. In recent years yoga exercises have been recommended by some physical fitness experts as a means of cleansing the body of impurities, of reducing weight, of toning up the nerves and muscles, and, generally, of improving health and prolonging life. Adjustment is a biological phenomenon of acclimatization. It is a dynamic process, where a person develops a harmonious relationship between himself and environment. In other words adjustment leads to modification of one's behaviour and attitude towards the changed environment. Adjustment is commonly defined in terms of freedom from tensions and adapting oneself to the needs of other individuals. According to Bordin (1943) adjustment is a process by which living organism maintains a balance between its needs and circumstances that influence. Yoga is assuming importance in improving mental health and quality of life in the treatment of a number of psychiatric and psychosomatic disorders. Yogic practice has the great benefits of physical, physiological as well as psychological. Yog nidra and bhramari have their own benefits so that researcher became inclined to venture in to the study to test the effect of yog nidra and bhramari on Social Adjustment of school children's.

○ **Objectives of the Study:**

- To find out the status of school children's in relation to social adjustment.
- To find out the effect of yog nidra and bhramari on social adjustment of school children's.
- To compare the effect of yog nidra and bhramari on social adjustment of school children's.

**Methodology:**

For the purpose of present study thirty male school children's of 15-17 years were selected randomly from KV No.2, Bolangir, Orissa. Subjects were divided randomly in three groups respectively; yog nidra group, bhramari pranayama group and control group. For present study yog nidra and bhramari pranayama was chosen as treatment variable while social adjustment was selected as criterion variable. Cowell social adjustment questionnaire was used to measure the social adjustment of subjects.

**Experimental Design:**

For the study pre test – post test randomized group design which consists of one control group (n=10) and two experimental groups (n=10 in each) was used. Equal numbers of subjects were assigned randomly to the groups. Two groups (yog nidra and bhramari) served as experimental groups on which treatment was assigned and the third group served as the control group.

Yog Nidra Group	O1	T1	O2
Bhramari Pranayama Group	O3	T2	O4

Control Group O5 O6

O = Observation, T = Treatment

Both the treatments were conducted for ten weeks (6 days in a week).

### Treatment Protocols:

Treatment was associated with recreational and sports activities. Treatment was given for 05-10min. after physical activities only to experimental groups. In beginning phase subjects were taught that how to perform the activities, all the precaution, prose and cones and principles of activities. In initial phase durations were more as subjects were taught to perform correctly and concentrate on specific position with interruption in form of corrections and as subjects were being familiar with activities durations have been fixed by researcher. While subjects of control group were also part of recreational and sports activities but during treatment session they were free to move.

### Administration of Questionnaire and Data Collection:

The Researcher explained the purpose of the study to the subjects before and after the treatment. The Cowellsocial adjustment questionnaire was distributed to the subjects and necessary instructions and explanations were given to make the subjects understand about what they exactly required to do. The data for the study was collected at the KV No.2, Bolangir, Orissa. The data were collected before the start of the experiment (i.e. pre-test) and at the end of the treatment period (i.e. post-test). Pre-test was taken at the 2nd week of January and post test was taken at March.

### Statistical Techniques:

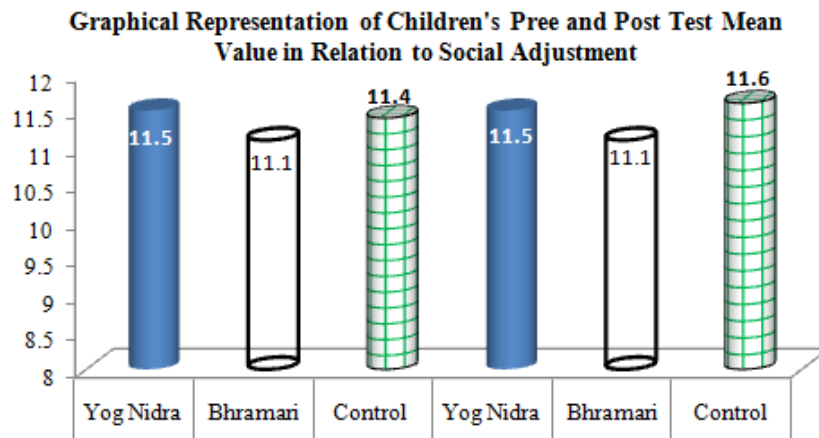
To know the status of subjects in relation to social adjustment and to know the nature of data descriptive statistics was used. To know the effect of selected treatments on social adjustment of subjects ANCOVA was used.

### Findings

**Table – 1** Descriptive Table for Social Adjustment of Two Experimental Groups and Control Group in Pre and Post-Test

	Training Groups	Mean	SD	Skewness
Pre Test	Yog Nidra	11.5	3.68	0.099
	Bhramari Pranayama	11.1	4.43	-0.551
	Control Group	11.4	4.59	-0.278
Post Test	Yog Nidra	11.5	4.11	-0.065
	Bhramari Pranayama	11.3	4.72	-0.117
	Control Group	11.6	3.62	-0.050

Findings of table-01 revealed that skewness values are less than one so that data is not skewed and researcher can apply parametric statistical technique.



**Table – 2** Analysis of Variance of Means of Two Experimental Groups and Control Group in Relation to Social Adjustment of School Children’s

		Sum of Squares	df	Mean Square	F	Sig.
Pre Test	Between Groups	0.867	2	0.433	0.024	<b>0.976</b>
	Within Groups	489.8	27	18.141		
Post Test	Between Groups	1.4	2	0.7	0.04	<b>0.961</b>
	Within Groups	471.8	27	17.474		

\*Significant at .05 level

F value required to be significant at 2, 27 df = 3.35

In relation to pre test, table – 2 revealed that the obtained ‘F’ value of 0.024 is not significant at 0.05 level, since this value is found less than the tabulated value 3.35 at 2, 27 df. On basis of this finding it can be revealed that random assignment of subjects is equal in all three groups.

In relation to post test, insignificant difference is found among experimental groups and control group pertaining to social adjustment, since F value of 0.961 is found insignificant at .05 level. Hence it can be revealed that social adjustment of all three groups are almost equal after post test, means treatment has not been adequate to significantly effect the social adjustment of school children’s.

**Table – 3** Comparison of Adjusted Post Test Means of Two Experimental Groups and Control Group in Relation to Social Adjustment of School Children’s

Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Contrast (Among Means variance)	0.307	2	0.154	0.047	<b>0.954</b>
Error (With in Group variance)	85.469	26	3.287		

\*Significant at .05 level

F value required to be significant at 2, 26 df = 3.27

Table-3 revealed that the obtained ‘F’ value 0.047 of adjusted post – test means is not significant at 0.05 level, since this value is less than the tabulated value 3.27 at 2, 26 df.

**CONCLUSIONS AND DISCUSSION:**

The analysis of covariance was used to find out the effect of yog nidra and bhramari on social

adjustment of subjects. The findings of this study indicated that yog nidra and bhramari for the time duration of ten weeks has no significant effect on social adjustment. Probable reason could be that both yog nidra and bhramari are very specialize form of technique. However, one might practice if for a long time; to master the technique to finest detail requires serious practice of considerable duration. Near about three month duration to cause real effect. From this point of understating the lesser duration of training period can be attributed as the reason for insignificant effect. Social Adjustment is type of relationship which involves the accommodation of the individual to circumstances in his social environment for the satisfaction of his need or motives. As subjects of study were school children's who were participating regularly in team sports and treatment has been applied when they have completed there game. According to Cowell and studied school children's have good social adjustment while they spent there most of time with there own developed group and surroundings which is based on there priorities. As it is well known to us children's posses butterfly behaviour and as it is mentioned above yog nidra and bhramari are very specialize form of technique which require deep attention on particular position in a peaceful environment and our training held in an open and some how noisy place. So that it can be concluded that along with subject behaviour nature of surrounding may be a cause of result. Social Adjustment is also based on basic characteristics of personality. That is why social adjustment was insignificantly affected by ten weeks treatment of yog nidra and bhramari.

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