



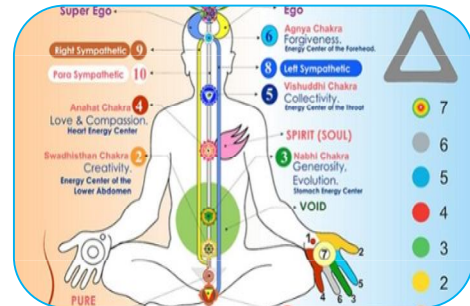
## EFFECT OF SAHAJA YOGA ON PHYSIOLOGICAL VARIABLES ON MALE STUDENTS OF JIWAJI UNIVERSITY, GWALIOR

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### ABSTRACT

The main objective of the study shall be to assess and to find out the Effect of Sahaja Yoga on Physiological Variables of Male jiwaji university Students. Following sub-objectives are formulated to achieve the main objective of the study: 1. The first sub - objective of the present study will be to characterize the level of Physiological variables (blood pressure, heart rate,) among male students. 2. The second sub-objective of the present study will be determining the significant difference of adjusted post-test means among two groups (one Experimental and one control group) of male students in relation to Physiological variables (blood pressure, heart rate,). In this study researcher was selected 24 male students from jiwaji university (12 Sahaj Yoga Group and 12 control group) of jiwaji university Gwalior .The study will be further delimited to the age of subjects will range from 17 years to 23 years. The study will be further delimited to following Physiological Variables: -Heart rate -Breathing rate The study will be delimited to one meditative Processes and One Control Group. To ensure that data collected was reliable, each subject was give sufficient number of trails to perform the respective tests each variable Heart rate data was collected from heart rate monitor, measuring unit was beat per minute and Breathing rate data was collected was manual measuring unit was Breaths per minute. After that collected data was put in Microsoft Excel to develop the master chart and then treatment. Statistical Technique. **ANCOVA** Will Be Used at 0.05 Level of Significance.



**KEYWORDS:** :(1). Sahaja Yoga (2) Heart rate (3). Breathing rate.

### INTRODUCTION

The apparent difference between “yoga” practices and “meditation” practices stems from a misunderstanding of the original meanings. “Yoga” is a Sanskrit word that means “union” or “connexion”. It points to a state of consciousness that was described throughout history in every culture. The state of “yoga” has mental silence as a central feature and that has been well known for millennia. The current, modern meaning of “yoga” is dominated by the commercial practices of teaching a certain kind of body maintenance techniques. Some of the techniques do come indeed from old writings that were describing how to get to the “yoga” state. As a rather small part of that process, one needed to also look after the body. The original scope of those practices was to train the body so it does not become an obstacle for the higher pursuits. Nowadays the maintenance of the body has become the only and ultimate goal for most of the commercialized practices. Meditation is used here to mean the time we spend in mental silence (or in “yoga”...). Sahaja Yoga can then be translated as Spontaneous

Meditation. It is a practice centered on discovering and cultivating the process of mental silence. Mental silence is a natural consequence of activating a motherly, evolutionary energy that we all have within us. This energy has been known for a very long time and in Sanskrit it was called as “Kundalini”. The workings of the motherly energy have a balancing and healing effect on our body, mind, and emotions. This has been documented through research in several instances such as blood pressure asthma, mental health, ADHD, stress and others. True mental silence is a state of blissful awareness and it allows for perception of the true Self, hence it has also been called “Self-Realizations”

### DEFINITIONS AND EXPLANATION OF TERMS

**YOGA:** The word means “Unity “or “Oneness” which is derived from the Sanskrit word d “Yuj” which means to join.

**SAHAJA YOGA:** Sahaja Yoga is a unique method of meditation based on a can occur within each human being. Through this process an inner transformation takes place by which **one becomes moral, united, integrated and balanced**

**BREATHING RATE:** The normal breathing rate for an adult at rest is about 12-20 breaths per minute. breathing rate also called respiratory rate is the rate at which a person inhales and exhales.

**Heart rate:** Heart rate, also known as pulse is number of times a person heart beats per minute. Normal heart rate varies from person to person but a normal range for adults is 60-100 beats per minute.

### METHODOLOGY

In this chapter, the selection of subjects, selection of variables, criterion measures, administration of test, collection of data and statistical technique for analysis of data has been described.

### SELECTION OF SUBJECTS

For the purpose of the study 24 male students of jiwaji university Gwalior shall be selected as subject. The subjects shall be selected through randomly sampling. the age of the subjects shall range from 17 years to 23 years .one experimental group will go a training of programmer of four week. The training will give in evening session daily five day a week.

### SELECTION OF VARIABLES

**Table 1**  
**Physiological Variables**

S.No.	Name of Variables	Equipment	Criterion Measurement
1	Heart rate	Heart rate Monitor	Beat per Minute
2	Breathing rate	Manual	Breaths per minute

### COLLECTION OF DATA

The Data was collected Twice, That Is Before The Start Of Study And After Six Weeks As To Record The Final Performance Of The Test.

### DESIGN OF THE STUDY

A true experimental was apply in this study.

In this design, I was employed pre test and post test randomized group design as follow:-

R: O1 - X1 - O2

R: O3 - C - O4

**Where :-R** is randomization

X1 is Sahaja yoga will given to one experimental group.  
C was act as control, O3 and O4 was act as control group.  
O2 and o4 was post test

**TABLE NO.1**  
**DESCRIPTIVE STATISTICS FOR THE DATA ON HEART RATE ABILITY**

TRETMENT	Mean	Std. Deviation	N
Experimental	69.0000	5.41043	12
Control	77.2500	9.21585	12
Total	73.1250	8.50735	24

Table no. 2 Shows measures of descriptive statistics like mean and standard deviation ( $\pm$ ). Mean of experimental group for heart rate is  $69 \pm 5.4$  bpm, whereas mean for control group is  $77.25 \pm 9.2$  bpm.

**TABLE NO.2**  
**TESTS OF WITHIN-SUBJECTS EFFECTS FOR THE DATA OF HEART RATE**

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.
Corrected Model	1482.677 <sup>a</sup>	2	741.338	85.563	.000
Intercept	3.451	1	3.451	.398	.535
Heart rate (covariate)	1074.302	1	1074.302	123.993	.000
Heart rate (dependent variable)	1.779	1	1.779	.205	.655
Error	181.948	21	8.664		
Total	129999.000	24			
Corrected Total	1664.625	23			

Table 3 shows between subject effect with Heart rate is as dependent variables and pre-test data as covariate. From the table above  $F= 0.205$  and  $p= 0.655$  ( $p > 0.05$ ). As the p value is greater than 0.05 hereby we fail to reject null hypothesis.

**TABLE NO.3**  
**DESCRIPTIVE STATISTICS FOR THE DATA ON BREATHING RATE**

TRETMENT_BR	Mean	Std. Deviation	N
Control	15.58	1.165	12
Experimental	15.33	.888	12
Total	15.46	1.021	24

Table no. 3 Shows measures of descriptive statistics like mean and standard deviation ( $\pm$ ). Mean of control group for breathing rate is  $15.58 \pm 1.16$  bpm, whereas mean for experimental group is  $15.33 \pm 0.88$  bpm.

**TABLE NO.4**  
**TESTS OF WITHIN-SUBJECTS EFFECTS FOR THE DATA OF BREATHING RATE**

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.
Corrected Model	12.865 <sup>a</sup>	2	6.432	12.177	.000
Intercept	16.051	1	16.051	30.384	.000
Breathing rate (covariate)	12.490	1	12.490	23.643	.000
Breathing rate (dependent variable)	.496	1	.496	.940	.343
Error	11.093	21	.528		
Total	5759.000	24			
Corrected Total	23.958	23			

a. R Squared = .537 (Adjusted R Squared = .493)

Table 4 shows between subject effect with breathing rate as dependent variables and pre-test data as covariate. From the table above  $F = 0.940$  and  $p = 0.343$  ( $p > 0.05$ ). As the  $p$  value is greater than 0.05 hereby, we fail to reject null hypothesis

### DISCUSSION OF FINDINGS

The experimental study, the effect of sahaja yoga on selected physiological variables shows no significant difference on selected physiological variables between the control group and experimental group. Outcomes of heart rate, breathing rate, between the groups was insignificant, this may be due to the short training period of 6 weeks but, long term sahaja yoga practices may reflect some significant changes.

### CONCLUSIONS

Sahaja yoga practice is very useful for the physiological variables of subjects it will be improve the concentration power, stimulation of neurons and others physiological variables of subjects. This study shows no significant improvement h on physiological variables of sahaja yoga but long term practices of the same can one of best way of improve the physiological functions it should be part of every sports player and common people of daily routine life.

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