

EFFECTS OF YOGIC PRACTICES ON FLEXIBILITY AND ANXIETY AMONG INFORMATION TECHNOLOGY PROFESSIONALS

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Abstract

The purpose of the present study was to find out effects of yogic practices on flexibility and anxiety among information technology professionals. To achieve the purpose of the study, the investigator selected forty male subjects who were working as information technology professionals. Their age ranged between 25 to 35 years. The selected subjects were assigned in to two equal groups. Each group consists of twenty (20) subjects. Experimental Group was exposed to (Yogic practices and no experimental training were given to Control Group. The following variables on namely flexibility and anxiety were selected for the study. They were tested with Sit and reach test and Standardizes Questionnaires Speilberger's trait. The training period was six weeks. The dependent "t" ratio was used to assess the collected data. From the analysis of data it was proved that there was flexibility was significantly improved by the experimental group namely the yogic practices and also anxiety was significantly reduced by the experimental group namely the yogic practices among information technology professional.

Key words: Flexibility, Anxiety, Yogic Practices and Information Technology Professional.

Introduction

The Yogic practices is not only to develop the muscles and the body but also to regulate the proper activities of all the internal organs and glands that affect the nervous system and that which control our well being to a much greater degree than we

actually suppose. India's software exporting industry is one of the world's successful information technology industries. Begun in 1974, it employed 345,000 persons in 2004 and earned revenue of \$12.2 bn, equal to 3.3% of global software services spending. As we shall show, the industry originated

under untypical conditions. Local markets were absent and government policy toward private enterprise was hostile. These conditions influenced the industry's origins (Frank Bott, 2005). It is the ability of the body or parts of the body to change direction rapidly and accurately. (Robert Hockey, 1996). Anxiety is the tense, unsettling anticipation of a threatening but vague event: a feeling of in easy suspense. It is a negative effect so closely related to fear that in many circumstances the two terms are used interchangeably: like anxiety. (Rachman S, 2013)

Statement of the Problem

The purpose of the study was to find out the effects of yogic practices on flexibility and anxiety among information technology professionals.

Hypothesis

1. It was hypothesized that there would be a significant improvement on flexibility among information technology professionals due to yogic practices.
2. It was hypothesized that there would be a significant reduction on the level of anxiety among information technology professionals due to yogic practices.

Review of Related Literature

Komathi.R, Kalimuthu.M & Karthikeyan.P. (2013). the conducted study on "Effect of Yogic Practices and Physical Exercises on Vital Capacity". To achieve the purpose of study 45 men students were selected from the Annamalai University, Annamalai Nagar and divided into three groups namely Yogic Practices group, Physical Exercise group and Control group, each group consist of 15 men students, (Age 18 to 24 years). The following variable namely vital capacity above selected variable was tested through standard test. The pre test was conduct before the experimental training. The experimental training were given to the experimental

groups for the period of twelve weeks, the control group was not exposed to any experimental training. The post test conducted at the end experimental period. The Analysis of covariance (ANCOVA), Scheffe's post hoc test were used. The result of the study shows that there was a significant difference exists among yogic practices group, physical exercises group and control on vital capacity. And also yogic practices group and physical exercises group showed significant improvement on vital capacity when compared to control group. Kumudlata Singh and Sanjit Sardar. (2015). The conducted study on "Effect of selected yogic Practices and Physical exercises on Bio-Chemical variables among college, women Students" To achieve the purpose of study was conducted on 40 women students of Guru Ghasidas University, Chattisgarh, were selected as subjects. The selected subjects were divided in two groups. Group I underwent the selected yogic practices training and Group II underwent the physical exercises. The subject age ranged from 20 to 25 years. The subjects were selected at random from the University Women Students. The following on selected bio-chemical variables above selected variables were tested through standard test. The pre test was conduct before the experimental training. The experimental training was given to the experimental groups for the period of eight weeks. To find out the mean differences between the selected yogic practices group and physical exercises group the 't' ratio was used as statistical techniques. The yogic practice group had significant improvement in body cholesterol and improved triglyceride, the selected yogic practices group had insignificantly improved in triglyceride, HDL and LDL. The reason may be for insignificant was the selected subjects were under gone various physical activities

in their curriculum, so no possibility of improvement on above variables.

Methodology

The purpose of the present study was find out the effects of yogic practices on flexibility and anxiety among information technology professionals. To achieve the purpose of the study, the investigator selected forty male subjects who were working in the information technology professionals. Their age ranged between 25 to 35 years. The selected subjects were

assigned in to two equal groups. Each group consists of twenty (20) subjects. Experimental Group was exposed to Yogic practices and no experimental training was given to Control Group. The following variables on namely flexibility and anxiety were selected for the study. They were tested with Sit and reach test and Standardizes Questionnaires Speilberger's trait. The training period was six weeks. The dependent "t" ratio was used to assess the collected data.

Table - 1
Yogic Practices Training Schedule

Day	Fitness Training	Duration
Monday	Loosening exercises , yogic practices and relaxation	1 Loosening exercises – 5 minutes. 2 Yogic practices –35minutes. 3 Relaxation - 5 minutes.
Tuesday	Loosening exercises yogic practices and relaxation	1 Loosening exercises – 5 minutes. 2 Yogic practices – 35 minutes. 3 Relaxation - 5 minutes.
Wednesday	Loosening exercises , yogic practices and relaxation	1. Loosening exercises – 5 minutes. 2. Yogic practices – 35minutes. 3. Relaxation - 5 minutes.
Thursday	Loosening exercises , yogic practices and relaxation	1. Loosening exercises – 5 minutes. 2. Yogic practices – 35 minutes. 3. Relaxation - 5 minutes.
Friday	Loosening exercises , yogic practices and relaxation	1. Loosening exercises – 5 minutes. 2. Yogic practices –35minutes. 3. Relaxation - 5 minutes.

Results and Discussion

Table – 1
"t" Ratio of Mean of Flexibility and Anxiety among Information Technology Professional

Variables	Group	M	S	r	t
Flexibility	Experimental Group Pre Test	20.75	0.38	0.77	8.59*
	Experimental Group Post Test	25.55	2.78		
	Control Group Pre Test	21.95	0.97	0.94	1.32
	Control Group Post Test	21.85	0.93		
	Experimental Group Pre Test	47.15	13.58	0.96	3.62*

Anxiety	Experimental Group Post Test	43.95	11.98	0.83	1.10
	Control Group Pre Test	48.10	14.05		
	Control Group Post Test	46.15	13.08		

Table t – ratio at 0.05 level confidence for 2 and 38(df) = 2.021

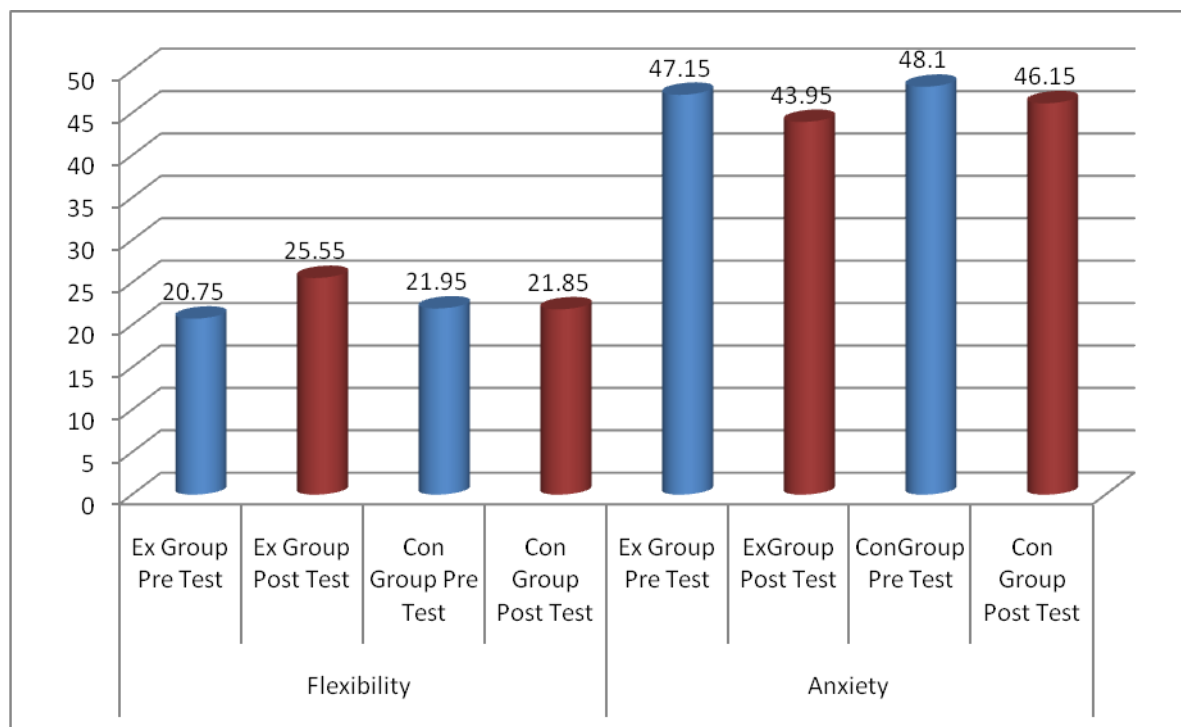
*Significant

The pre test scores of experimental group and control group on flexibility and anxiety were 20.75, 47.15, 21.95 and 48.10 respectively. The post test scores of experimental group and control group on flexibility and anxiety were 25.55, 43.95, 21.85 and 46.15 respectively. The obtained t value on pre test scores 1.32 and 1.10 was less than the required t value of 2.021 to be significant at 0.05 level. This proved that there were no significant difference between

the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post test scores analysis proved that there were significant differences between groups, as they obtained t value 8.59 and 3.62 was greater than the required t value of 2.021. This proved that the differences between the post test means of the subjects were significant.

Figure – 1

Bar Diagram between Flexibility and Anxiety among Information Technology Professional



Conclusion

The flexibility was significantly improved by the yogic practices among information technology professional. The level of anxiety was significantly reduced by the yogic practices among information technology professional.

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