



## **EFFECT OF YOGIC EXERCISES ON MENTAL HEALTH AMONG COLLEGE STUDENTS**

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**Abstract:**

The purpose of the study was to investigate the effect of yogic exercises on mental health among college men students. To achieve the purpose the study, thirty college men students were selected from Government Engineering College, Kozhikode, Kerala were randomly selected as subjects. As per the records, their age ranged from 18 to 21 years. For this study the true randomized experimental group design has been employed with two groups namely yogic exercises and control group with 15 subjects each. Mental health was assessed by Trier Personality Inventory. Group I participated their respective treatments for a period of eight weeks and no training were given to the control group. The two groups were statistically analysed by using analysis of covariance. The result indicating that yogic exercises group has better mental health than the control group.

**Key Words:** Yogic Exercises, Mental Health, College Students.

**Introduction:**

Yoga is a lifestyle. It is a comprehensive system of education for the inner self, body, and mind. Since yoga deals with universal truths, its teachings are just as relevant today as they were thousands of years ago, even though this art of right living was developed and practiced in India. Yoga is a useful tool that is not exclusive to any one religion; Buddhists, Jews, Christians, Muslims, Hindus, and atheists can all practise its techniques. Yoga is union with everything. Physical practices, whether or not they have a spiritual undertone, help people find peace (Chandrakumar & Ramesh, 2016). From the most basic to the most advanced, yoga is an art form. In the sense that it changes the seer and allows him to connect with his inner soul, it is a spiritual art. Since the body is shaped to create beautiful geometric patterns, lines, architectural shapes, and the like, it is a fine art since it is expressive, aesthetic, and visual. In essence, it is a performing art for the audience and a useful art for the performer. Yoga is an artistic discipline that is individualistic, creative, and rhythmic. It is honourable. Wisdom starts with the purest knowledge, exploring the nature of being as the lover and the beloved experience love. Since life is an art, practicing yoga improves one's quality of life. It is therefore an art form. It helps one think more clearly and makes it possible to deal with life's challenges calmly and joyfully. It teaches one to work towards a goal in life, to develop kindness, focus, piety, contentment, and joy, and more importantly, to get rid of things that are not necessary for living and to develop good habits in order to live a moral life. Yoga is a disciplined practice that leads to ultimate emancipation (Javnbakht et al. 2009).

**Methodology:**

The purpose of the study was to investigate the effect of yogic exercises on mental health among college men students. To achieve the purpose the study, Thirtycollege Men students were selected from Government Engineering College, Kozhikode, Kerala were randomly selected as subjects. As per the records, their age ranged from 18 to 21 years. For this study the true randomized experimental group design has been employed with two groups namely yogic exercises and control group with 15 subjects each. Mental health was assessed by Trier Personality Inventory. Group I participated their respective treatments for a period of eight weeks and no training were given to the control group. The two groups were statistically analysed by using analysis of covariance.

**Results:**

Table 1: Computation of Analysis of Variance of Initial and Final Means of Mental Health

Variables		Sources	SS	df	MS	F-Ratio
Mental Health	Initial Means	Between Sets	4.80	1	4.80	0.35
		Within Sets	379.86	28	13.56	
	Final Means	Between Sets	1387.20	1	1387.20	45.08*
		Within Sets	861.46	28	30.76	

\*significant at 0.05 level

The obtained F-value for the initial means for mental health (0.35) and are not significant. The observed F-value are found to be insignificant. Since, they have failed to reach the required table value of 4.19 for df 1 and 28, it is concluded that the mean difference used in this study before the treatment is statistically insignificant. The observed F-value for the final means for mental health (45.08) and it was found that the observed F-value on final mean of mental health were greater than the required table value of 4.19 for df 1 and 28. Therefore it was concluded that the mean difference between the final means of the mental health are statistically significant.

Table 2: Analysis of Covariance on Mental Health

Sources	SS	df	MS	F-ratio
Between Sets	1385.74	1	1385.74	43.61*
Within Sets	857.81	27	31.77	

\* Significant at 0.05 level

The table 2 reveals that the observed 'f' value (43.61) was found as higher than the table value (4.21), it was inferred that the adjusted mean difference existing between the groups was statistically significant.

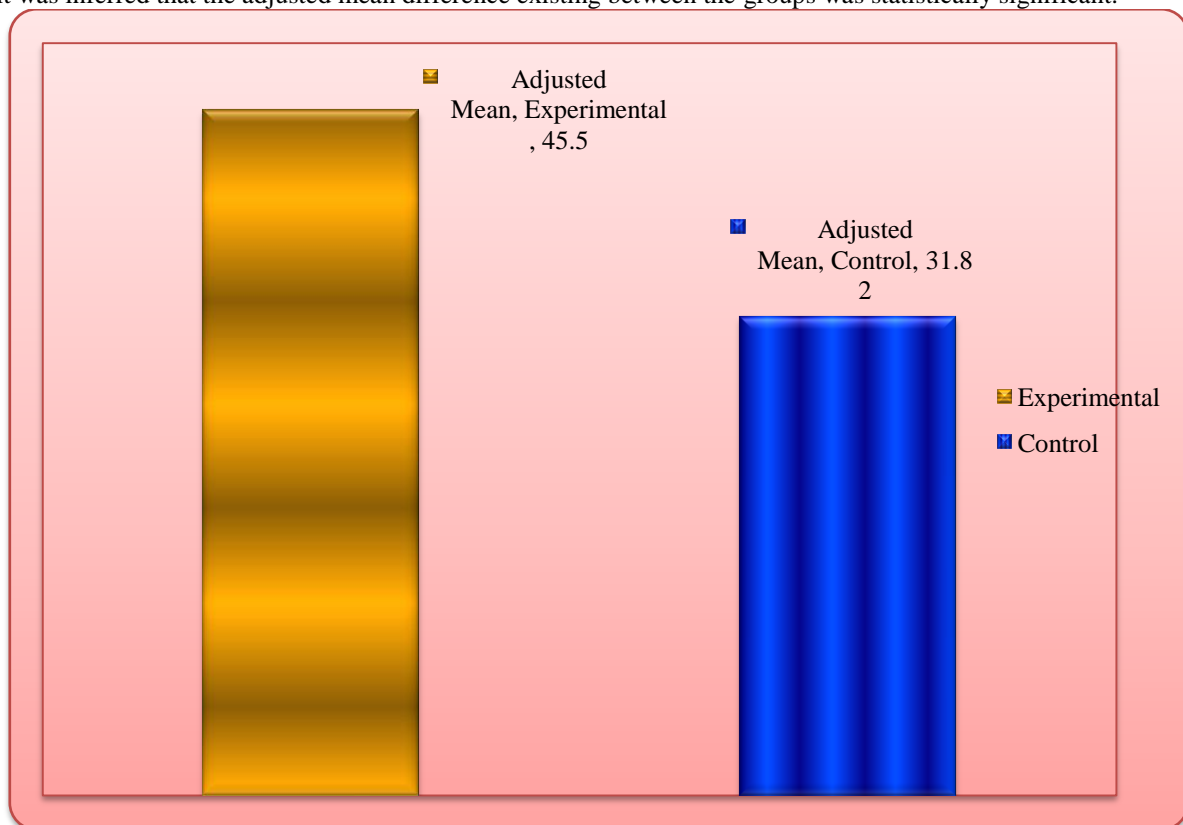


Figure 1: Shows the Adjusted Post Test Mean Values of Yoga and Control Group on Mental Health

**Conclusion:**

The result indicating that yogic exercises group has better mental health than the control group.

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