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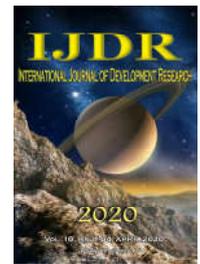
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RESEARCH ARTICLE

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## INFLUENCE OF MENTAL ALERTNESS BY SKY YOGA AND SURIYANAMASKARAM

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### ABSTRACT

The aim of the study is to find out that how Sky Yoga helps in mental alertness and its balancing ability and analyse mental fitness. For the study, 60 teen age girls were picked randomly from in and around Tirupur city as the subjects. The subject's age ranged from 14 to 16 years. The subjects were divided into 3 groups namely experimental group I, experimental group II and control group. The experimental group I undergone Sky Yoga & experimental group II were given only Suriyanamaskaram for five days a week for 10 weeks. The control group were not given any training or exercise during this training period. The pre-test and post-test were taken before and after the training for all three groups. The data gathered were statistically analysed using Analysis of Co-Variance (ANCOVA) to determine the substantial difference and tested at 0.05 level of significance. The result of the study showed that the mental alertness was significantly increased for the Experimental Group I as result Sky Yoga and it has been concluded that the Sky Yoga helped in increasing mental alertness among middle teen age girls.

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### INTRODUCTION

Yoga for children is certainly one way to ensure that our children grow up healthy and happy. Of the many aspects of Yoga, Yama, Niyama and Asana are relevant for children. While the principles Yama and Niyama reinforce the universal values such as Truth, Non-violence, Cleanliness and contentment, The Asanas help a growing child develop physically, emotionally and psychologically. In this way Yoga is a necessary complement to formal education. By practicing this wonderful science and art children can blossom into healthy and well-balanced men and women with strong bodies, clear minds and pure hearts. When the restlessness of the mind, intellect and self is stilled through the practice of Yoga, the Yogi by the grace of the spirit within himself finds fulfilment. When the senses are stilled, when the mind is at rest, when the intellect wavers not then, say the wise, is reached the highest stage. Yoga has also been described as wisdom in work or skilful living amongst activities with harmony and moderation.

**Objectives of the study:** The objective behind this study is to spread awareness of the benefits of Yoga. Living with a healthy body and a peaceful mind.

To give them this divined gift called "Yoga" to their desktops and urge them to embrace Yoga for the welfare of self and for their loved ones.

**Statement of the Problem:** Yoga means union of mind, body and soul that culminates into positive and perennial happiness and peace. This led to be indispensable of the ultimate accomplishment in life that affects not only the conscious self but the subconscious as well. An exercise that is accessible to everyone, young mind to prepare themselves to face the realistic world.

**Hypothesis:** For the study it is hypothesized that, there was a significant difference in the mental alertness between sky yoga, Suriyanamaskaram than the Control group.

#### Limitations

- Economic and cultural status were not considered.
- The nutrients, environment etc., were not controlled.
- The heredity problems were not considered.
- The food, life style, sleep etc., were not controlled.
- Daily routine works were not affected by this study.

**Significance of the Study**

1. The exercise doesn't harm the body or any part.
2. The circulation in the body system becomes normal.
3. Digestive system also gets the benefit out of this.
4. Any age categories can do this exercise.
5. Men, women, boys and girls all can practice these exercises.

**Selection of the Subjects:** For the study 60teenage girls in Tirupur were selected randomly has the subjects and their age range from 14 to 16. The subjects were three different groups with equal number of subjects namely Experimental I & II and Control group. The experimental group I went on SKY yoga and experimental group II went on only Suriyanamaskaram training for 10 weeks. Control group were not given any kind of training during this study. The pre were taken before the training period and post-test has been taken after the training schedule completed.

**Selection of Variables**

**Dependent Variables**

**General Mental Alertness**

**Purpose:** To assess the subjects with general mental alertness.

**Equipment:** Dr. R.P. Srivastava (Jabalpur) questionnaire was used to assess the general mental alertness.

**Description:** Questionnaire describing 100 events which causes general mental alertness was given to the subjects and they were asked to fill along with the level of general mental alertness.

**Independent Variables**

- i. SKY yoga
- ii. Suriyanamaskaram

**RESULTS AND DISCUSSIONS**

The results of the statistical analysis of the data collected from the pre-test and the post test on general mental alertness variable for experimental groups and control group have been presented in Table 1. In Table 1, the obtained F value on general mental alertness 66.765 was greater than the table value of 3.16 and hence it was accepted that there were significant differences among the treated groups. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table 2.

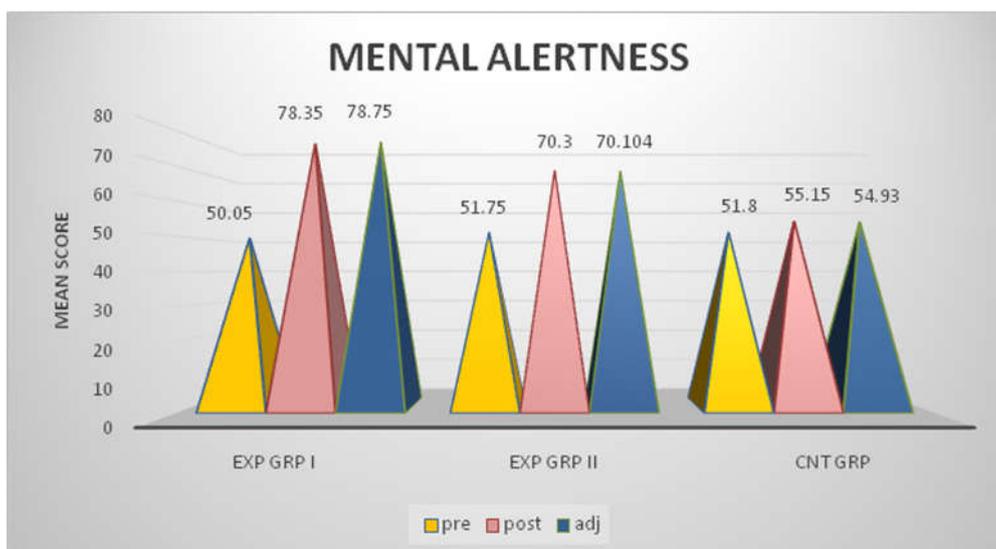
**Table 1. Analysis of covariance on general mental alertness**

TEST	GROUP1	GROUP2	GROUP3	df	SS	MOS	F value
Pre	50.05	51.75	51.8	2	39.7	19.85	3.034*
				57	3433.9	60.243	
Post	78.35	70.3	55.15	2	5550.43	2775.217	55.362*
				57	2857.3	50.128	
Adjusted	78.75	70.104	54.93	2	5774.98	2887.493	66.765*
				56	2421.901	43.248	

**Table 2. Scheffe's Confidence Interval Test Scores on General mental alertness**

Groups			Mean	CD
Exp Group1	Exp Group2	Control Group	8.655	6.495*
78.759	70.104		23.823	
78.759		54.936	15.167	
	70.104	54.936		

**Bar diagram showing pre, post and adjusted post-test values of general mental alertness**



The post hoc analysis of obtained ordered adjusted means proved that there were significant differences existed between SKY Yogagroup andSuriyanamaskaram group (MD: 8.655). There was significant difference between SKY Yoga group and control group (MD: 23.823). There was significant difference between Suriyanamaskaram group and control group. (MD: 15.167). This proved that SKY yogahas better impact on general mental alertnesslevel than other group practices.

### Conclusions

Based on the result of the study the following conclusions were drawn.

1. There was a significant difference between SKY Yoga (Experimental I) group and Suriyanamaskarampractice (Experimental II) group when compared to the control group on psychological variables of general mental alertness.
2. SKY Yoga practice was found to be better than Suriyanamaskaram practice group and control group in psychological variables of general mental alertness.

### Recommendations

1. A similar study may be conducted by selecting other psychological variables.
2. A similar study may be conducted by selecting Performance related variables.
3. A similar study may be conducted male age group as subjects.
4. Similar study may be undertaken to analyze the other Physical and Hematological parameters.

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