

**IMPACT OF HATHA YOGA SADHANA AND NATYA YOGA TRAINING ON MOOD STATES AMONG MEN AND WOMEN****<sup>1</sup>K. Lalitha Priya, <sup>2</sup>Dr. D. Devaki and <sup>3</sup>Dr. W. Vinu**<sup>1</sup>Department of Yoga, Annamalai University, Chidambaram, India<sup>2</sup>Assistant Professor, Department of Physical Education, Annamalai University, Chidambaram, India, cum  
Director of Physical Education, GPTC, Chennai, India<sup>3</sup>Associate professor, department of Physical Education, Pondicherry University**ABSTRACT**

The purpose of the study is to find out the Impact of Hatha Yoga Sadhana and Natya Yoga Training on Mood States among Men and Women. The findings of the study was to explore the status of Hatha Yoga Sadhana and Natya Yoga Training among Men and Women, The findings of the study will be helpful for further research studies, also helpful for Men and Women. For the study, 60 members of Men and Women selected form Chennai, at Vethathiri Maharishi College of Yoga, between the age group of 20 to 28 years, and they were randomized 15 members in each group. Mood States was measured by Mc. Nair Standard Questionnaire. pre and post were conducted before after training. Subjects were divided into three group as such in Group-I acted as Control Group, Group-II acted as Hatha Yoga Sadhana, and Group-III were undergone into Natya Yoga Training. Data were collected and scored and analyzed in to 't' test and ANACOVA. The results revealed that there was significant difference in men and women on Mood States, as well as there was significant difference when compared in to control group. And also there was significant difference when comparing Hatha Yoga Sadhana and Natya Yoga Training groups.

**OBJECTIVES OF THE STUDY:**

To find out whether there maybe any significant differences between Hatha Yoga Sadhana and Natya Yoga Training on Mood States variable among Men and Women.

**STATEMENT OF THE PROBLEM:**

The purpose of the study was to find out the Impact of Hatha Yoga Sadhana and Natya Yoga Training on Mood States among Men and Women.

**DELIMITATIONS:**

- The study was delimited to the Men and Women from Chennai city at Vethathiri Maharishi College of Yoga only.
- The age of subjects ranged between 20 to 28 years only.
- The independent variables restricted to Hatha Yoga Sadhana and Natya Yoga Training.
- The duration of the training will be 8 weeks.

**LIMITATIONS:**

- Medical treatment of the subjects were not be under control.
- Environmental factors, climatic conditions, and socioeconomic status are not to be taken into consideration.
- Certain factors like lifestyle, body structure, personal habits, and motivational factors were not to be taken into consideration for this study.
- Drugs taken by the subjects were not be taken into account.
- During the treatment period, the patient's occupation or their daily activities was not considered.

**SIGNIFICANCE OF THE PROBLEM:**

- The findings of the study would explore the status of Hatha Yoga Sadhana and Natya Yoga Training among Men and Women.
- The findings of the study helpful for further research studies, also helpful for Men and Women.

**HYPOTHESES:**

- It is hypothesized that there may be significant differences in Mood variable for Men and Women due to Hatha Yoga Sadhana and Natya Yoga Training than the control group.
- It is hypothesized that there may be or would not be any significant differences in Mood States variable for Men and Women due to Hatha Yoga Sadhana and Natya Yoga Training.
- It is hypothesized that there may be significant differences in Hatha yoga Sadhana.
- It is hypothesized that there may be significant differences in Natya Yoga Training.

**MATERIALS AND METHODS:**

For the study, 60 members of Men and Women selected from Chennai, at Vethathiri Maharishi College of Yoga, between the age group of 20 to 28 years, and they were randomized 15 members in each group.

Group I	Control group (CG)
Group II	Hatha Yoga Sadhana Group (HYSG)
Group III	Natya Yoga Training Group (NYTG)

**DISCUSSION AND FINDINGS:**

Raghavendra Mohan Rao et.al., 2017 Their aim of the study was to compare the effects of yoga program with supportive therapy counselling on Mood States, treatment-related symptoms, toxicity, and quality of life in Stage II and III breast cancer patients on conventional treatment. Ninety-eight Stage II and III breast cancer patients underwent surgery followed by adjuvant radiotherapy (RT) or chemotherapy (CT) or both at a cancer centre were randomly assigned to receive yoga ( $n = 45$ ) and supportive therapy counselling ( $n = 53$ ) over a 24-week period. Intervention consisted of 60-min yoga sessions, daily while the control group was imparted supportive therapy during their hospital visits. Assessments included state-trait anxiety inventory, Beck's depression inventory, symptom checklist, common toxicity criteria, and functional living index-cancer. Assessments were done at baseline, after surgery, before, during, and after RT and six cycles of CT. Both groups had similar baseline scores. There were 29 dropouts 12 (yoga) and 17 (controls) following surgery. Sixty-nine participants contributed data to the current analysis (33 in yoga, and 36 in controls). An ANCOVA, adjusting for baseline differences, showed a significant decrease for the yoga intervention as compared to the control group during RT (first result) and CT (second result), in (i) anxiety state by 4.72 and 7.7 points, (ii) depression by 5.74 and 7.25 points, (iii) treatment-related symptoms by 2.34 and 2.97 points, (iv) severity of symptoms by 6.43 and 8.83 points, (v) distress by 7.19 and 13.11 points, and (vi) and improved overall quality of life by 23.9 and 31.2 points as compared to controls. Toxicity was significantly less in the yoga group ( $P = 0.01$ ) during CT.

A variety of theories exists on the nature of psychological causes of anxiety. For example, Freud saw anxiety as the psychic reaction to danger surrounding the reactivation of an infantile fear situation. Behaviorally oriented theorists view anxiety as a product of early classical conditioning or other forms of learning such as modeling (Bandura, 1986). Depression is the state of helplessness and hopelessness with a feeling of loneliness and poor self-image. It is an affective disorder characterized by a disturbed mood or feeling. Depression affects physical, mental and emotional wellbeing. In the fourth edition of the Diagnostic and Statistical Manual of Mental disorders (DSM-IV), the presence of depressed mood or sadness, or loss of pleasure in life, is an important diagnostic criterion for depression. Daily fatigue, lack of energy, insomnia and hypersomnia are indicators of a depressed

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mood. Some researchers report that 89% of people with depression feel fatigue. Depressed persons typically experience high levels of anxiety and intense anger that is turned inward, resulting in feelings of low self-esteem, hopelessness and thoughts of death.

Swami Ramdev, *yog synergy in medical science*, (2007) revealed that yoga and Pranayama are not merely physical exercises but they strongly influence our consciousness. Yoga and Pranayama have a direct positive impact on our thinking. Yog and Pranayama have also led to lot of reduction in negative Mood States. The present life style and anxiety has adversely affected memory power of lot of people and they also got a chance to rejuvenate after coming into the Effect of Yogic Intervention: Pranayama on Anxiety & Depression, During the survey some results were seen on thinking processes. The results of the survey revealed that Yog and Pranayama have proved to be a blessing for the people suffering with mental anxiety & depression even in the present modern world. Yog and pranayama improves concentration power. As a result the memory power increases. A brief review of literature on the psychotherapeutic effects of yoga revealed that yoga has proven effective as a mode of treatment for psychological distress. It was shown that long term practitioners of yoga have a remarkable voluntary control over these autonomic processes, which helps them in coping with psychological distress (Rao, 1995).

**Vandana Jain and Jyotsna Sharma 2017** An attempt has been made to study the effect of Yoga: Pranayama on Anxiety & Depression. A purposive sample of 120 persons (60 males & 60 females) was selected and a pre and post control group design was used. Life style questionnaire (referred in introducing health Psychology) & 'Eight State Questionnaire' by Curran & Cattell, Indian adaptation by Shri Malay Kapoor New Delhi, Kapoor & Bhargava (Agra) were used as tools. An analysis of results shows that the yoga pranayama had positive effect in the management of Anxiety & Depression as well as in creating positive image about oneself in the experimental group while control group didn't show any significant difference.

**Table-1**

SR. NO	DEPENDENT VARIABLES	TOOLS	UNITS
1	Mood States	Mc .Nair	Points

**Table- II**

Showing Mean, SD and t-value of Mood States in Men and Women of Pre and Post test

Variable	Test	Pre- test			‘t’	Post -Test		
		N	Mean	SD		Mean	SD	‘t’ value
Mood States	MEN	22	90.85	3.34	<b>0.78</b>	93.38	2.87	1.58
	WOMEN	23	89.78	5.64	<b>0.79</b>	95.43	5.36	1.60
<b>t-value</b>					<b>t-value</b>			
<b>Mean difference</b>		<b>1.87</b>			<b>2.05</b>			
<b>Significant at 0.05 level</b>		<b>0.36</b>			<b>0.81</b>			

**Table – III**

ANALYSIS OF COVARIANCE OF DATA ON MOOD STATES BETWEEN PRETEST AND POSTTEST OF CG, HYSG AND NYTG FOR MEN OVER ALL

Test	CG	HYSG	NYTG	Sov	Sos	df	MS	Obtained ‘F’ ratio
<b>Pretest Mean</b>	90.65	90.23	90.10	B	73.88	2	36.94	1.77
<b>SD</b>	4.04	2.95	6.50	W	856.78	41	20.90	

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<b>Posttest Mean</b>	91.89	95.52	95.88	B	147.11	2	73.56	4.28*
<b>SD</b>	2.22	4.67	4.88	W	705.01	41	17.19	
<b>Adjusted Post Mean</b>	91.87	95.81	95.89	B	145.86	2	72.93	4.34*
				W	706.60	42	16.82	

**\*Significant at 0.05 level of confidence**

The table value required for significance at 0.05 levels with df 2 and 41 are 3.23, 2 and 42 are 3.22 respectively. The above table shows that the pretest mean value on Mood States for CG, HYSG and NYTG, were 90.65,90.23 and 90.10 respectively. The obtained 'F' ratio value 1.77 for pretest scores on Mood States which lesser than the table value 3.22 for significance with df 2 and 42 at 0.05 level of confidence. The posttest means values 91.89,95.52, and 95.88 respectively. The obtained 'F' ratio value 4.28 for posttest scores on Mood States, which was greater than the table value 3.22 for significance with df 2 and 42 at 0.05 level of confidence. The adjusted posttest means values on Mood States for CG, HYSG and NYTG, were 91.87,95.81 and 95.89 respectively. The obtained 'F' ratio value 4.34 for adjusted posttest scores on Mood States, which was greater than the table for significance with df and 41 at 0.05 level of confidence.

The results of the study showed that there was a significance difference among CG, HYSG and NYTG on Mood States. However, the improvement was in favor of YTG.

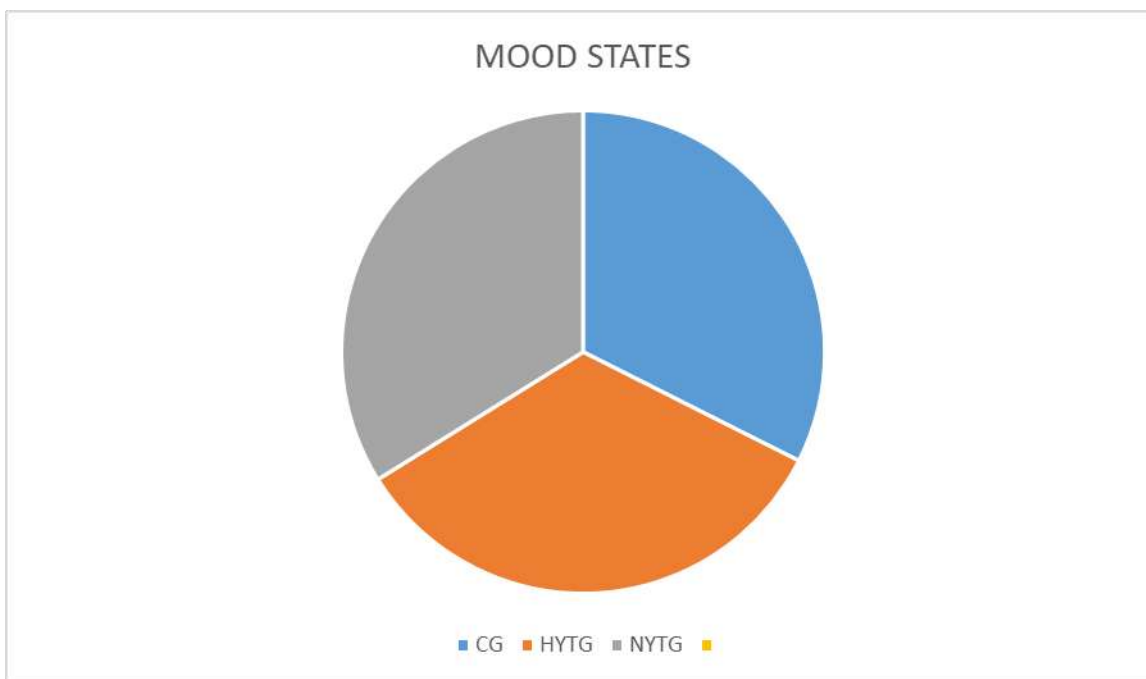
Since three groups were involved the Scheffe's post hoc test was applied to find out the paired mean difference if any, and it is presented in the given table.

**Table – IV**

**SCHEFEE'S POST HOC TEST FOR THE DIFFERENCE BETWEEN THREE PAIRED ADJUSTED POSTTEST MEANS OF MOOD SATES FOR MEN AND WOMEN OVERALL**

Adjusted post Mean Test			Mean Difference	Confidence Interval
CG	HYSG	NYTG		
91.87	95.81	-	3.94	4.33
-	95.81	95.89	0.08	4.33
91.87	-	95.89	4.02	4.33

The table shows that the adjusted posttest Mood States mean difference of CG, HYSG and NYTG, were 91.87,95.81 and 95.89 respectively. They were greater than the confidence interval value 4.33 at 0.05 level, which indicates that there was a significant difference among all of CG, HYSG and NYTG.

**MEAN VALUE ON MOOD STATES BETWEEN PRETEST AND POSTTEST OF CG, HYSG AND NYTG MEN AND WOMEN OVERALL****CONCLUSION**

In this research proved that there was a significant improvement in Mood States among men and women slightly and there was a significant improvement due to different training in experimental group of Hatha Yoga Sadhana, Natya Yoga Training groups when comparatively to control group, and also even there was significant changes between groups.

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