

## **INFLUENCE OF NADI SUDDHI PRANAYAMA PRACTICE ON AGGRESSION AMONG COLLEGE WOMEN STUDENTS**

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### **ABSTRACT**

The Main objective of this study was to determine the “Influence of Nadi Suddhi Pranayama Practice on Aggression among College Women Students”. To carry out the research successfully the investigator met the students, from Chidambaram randomly selected forty female students aging between 18 to 25 years and were equally divided into Experimental Group (n=20) and control group (n=20). The Group 1 i.e experimental group underwent the training of Nadi Suddhi Pranayama for all Twelve weeks and Control Group didn't undergo any training for 12 weeks. For all subjects pre test was taken before the practice and post test was taken after 12 weeks of training. The data collected from pre and post test were examined statistically using dependent t- test and analysis of covariance (ANCOVA). The Twelve weeks of practicing Nadi Suddhi Pranayama has increased the Aggression Level among College Women Students.

Key words: Yoga, Nadi Suddhi Pranayama and Aggression

### **INTRODUCTION**

Yoga is a system that benefits the body, mind and spirit by teaching self-control through a sequence of practice which includes Asasna, Pranayama, kriya, mudras, relaxation and meditation technique. Yoga is science which deals with the ranges of the Physical and spiritual being and even discovers greater secrets of Physical, Physiological and other higher relatives and worlds. There is also in it a high intension to hold the truth the light found in our inner being and turn it to our psychic self, our spirit, our self knowledge and will our self or love and joy our self of life and action.

## METHODOLOGY

The investigator met the college women students in Chidambaram and selected Forty Women Students aged between 18 to 25 years as subjects in random. The 40 Subjects were equally divided into equal groups as experimental group(n=20) and control group(n=20). The experimental group underwent Naddi Suddhi pranayama practices, weekly five days i.e. Monday to Friday, between 5.00 P.M to 6.00 P.M. for twelve weeks, and Control Group has not practiced Naddi Suddhi Pranayama. Aggression has been selected as criterion variables and all the subjects were evaluated. **Aggression Questionnaire** developed by developed by Buss & Perry has been used to collect data from all Subjects. The data pertaining to the variables in this study was examined statistically by using one-way univariate analysis of covariance (ANCOVA) 'F' ratio of adjusted post-test was found to be significant.

## ANALYSIS OF DATA

### PRE AND POST MEANS AND STANDARD DEVIATION SCORES ON AGGSSION

<b>GROUPS</b>	<b>N</b>	<b>TESTS</b>	<b>MEAN</b>	<b>STD. DEVIATION</b>
<b>Control group</b>	20	Pre test	90.95	24.70
	20	Post test	96.75	25.98
<b>Experimental Group</b>	20	Pre test	98.75	10.92
	20	Post test	71.25	24.29

From Table I, it is shown that a marginal difference in identified in pre-test mean on Aggression level of all two groups, and the difference in post-test on Aggression level among groups are remarkable. The Aggression's post-test means are 96.75 and 71.25 for Control Group and Experimental Group respectively. It is noted that the Aggression is lower for Experimental group that practiced Naddi Suddhi Pranayama compared to that of Control Group.

## CONCLUSIONS

The following conclusions are drawn with certain limitation from the present study, the extent of reduction in the 'Aggression' is higher in college women students with Naddi Suddhi pranayama training when compared to other group. It is found that the Naddi Suddhi pranayama training has significantly reducing 'Aggression' among students. Psychological variables of state Aggression has significantly reduced by practicing Naddi Suddhi Pranayama for the experimental group when compared to the control group.

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