



Effect of Pranayama on Social Adjustment of College Students of West Bengal

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ABSTRACT

The study was conducted to assess the effect of pranayama on social adjustment of college students of west Bengal. The subjects for this study were 100 college students of B.A/B.SC from Seva Bharati Mahavidyalaya, Kapgari. Fifty students were selected for experimental group-A and fifty acted as control group-B. Their age ranged from 19 to 23. The student went through yogic practice of Pranayama for six weeks training program of 30 minutes during morning session. Pre-test data was collected in the beginning of the training and after the completion of six weeks training programme, Post-test was conducted. The score of the Pre-test and Post-test were statistically analyzed by employing t-test' at 0.05 level of significance. An insignificant improvement was found after the six weeks training of pranayama.

KEYWORDS : Pranayama, Social Adjustment.

Introduction –

The word pranayama is formed by two words i.e. Prana and Ayama. Prana means a subtle life force, which provides energy to different organs (including mind) and also controls many vital life process (e.g. circulation, respiration etc.). Ayama signifies the voluntary effort to control and direct this prana. Breathing is one of the vital activities governed by prana on a gross level. This is the only pranic activity available to us, which can be regulated voluntarily. Secondly, this system (pranic activity) is linked with the nervous system (based on the mental activity) on one hand and the mind (consciousness) on the other. Yoga has taken best advantage of this situation, considering that the mind could be controlled effectively with the voluntary regulation over breathing. This is expected to manage the materialistic inclinations of chitta (Super consciousness).

Adjustment is a popular expression used by people in day life for example travelling in bus or a train, even when a guest comes to stay with us for a few days we have to adjust. Though sometimes we face problems in making their adjustment. Adjustment maintains peace and harmony in home, school and society in the country. In technical language of psychology, getting along with the members of the society as best as one can called adjustment. Adjustment means reaction to the demands and pressure the social environment imposed upon the individual, arise being made, a complicated process for the individual, then some special problem of adjustment arise. Perception is needed for social adjustment. The processes of behavior e.g. learning, maturation, sensation, perception and motivation are significant in our life because they contribute to the process of social adjustment.

Objective of the Study: To objective of this study was to investigate the effect of Pranayama on Social Adjustment of college students of West Bengal.

Hypothesis of the study: It was hypothesized that there will be significant changes in the Social Adjustment of college students of West Bengal.

Procedure and Methodology: To achieve the purpose hundred students were selected randomly from B.A/B.Sc class from Seva Bharati Mahavidyalaya, Kapgari. Two groups were formed each comprising of 50 subjects. Fifty subjects (N=50) were selected for experimental group –A, and fifty (N=50) acted as control group (B). Their age ranged from 19 to 23. These students went through the Pranayama program of 30 minutes daily in the morning session. Before starting the Pranayama programme the psychological based tests for measurement of concentration and memory level were conducted. After pre-test a Six weeks training schedule of Pranayama practices were administered and after the completion of training a post-test were taken on Social Adjustment of the subjects. The social adjust-

ment score were obtained by using Charles C. Cowell Questionnaire for social adjustment. The score of the Pre-test and Post-test were statistically analyzed by employing t-test' at the 0.05 level of significance.

Experimental Treatments:

The Experimental Group – **A** participated in Pranayama (Surya vedhan & Anolom viloma). The control group (Group-**B**) did not participate in practice of yogic programmes.

The training was conducted for a period of six weeks, six days a week. The scholar explains and demonstrated the Pranayama to experimental group A. All the subjects of the experimental groups participated in training programmes.

The details of the training programme are as follow:

1. Six days a week training session.
2. Each session of training was 20 to 30 minutes duration.
3. Total training programme was for six week.

In Pranayama the following items were practiced, Surya vedhan and Nadi Sodhana Social Adjustment

Cowell developed twelve pairs of behaviour "trends" representing good and poor adjustments. As a result of a factor analysis, ten of the pairs of positive and negative behaviour trends were retained as common denominators underlying good and poor adjustment. These positive and negative scales (forms A and B, respectively) appear in Social Adjustment Questionnaire.

Cowell recommends that three teachers rate each pupil on both forms at different times; a pupil's social adjustment score is the total of the ratings of the three teachers combining the two forms. Thus, a socially well-adjusted pupil would get a high positive score; a socially maladjusted pupil would receive a high negative score.

Each question contain four alternatives choice to be marked by student viz. markedly, somewhat, only slightly and not at all and the point allotted was +3, +2, +1 and +0 for form A and -3,-2,-1 and 0 for form B respectively.

Statistical Procedure: To determine the effect of pranayama on Social Adjustment of college students of West Bengal 't' test was applied.

Result: In order to determine the significance difference after administering the training treatment, the pre-test and post-test scores. The results of the study are represented in tabular form.

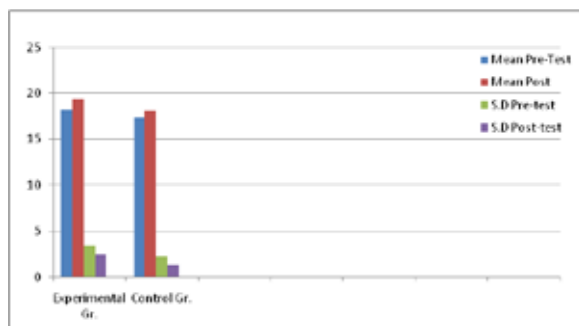
Mean and Standard Deviation of Social Adjustment of college students.

TABLE-1

Group	Test	n	mean	S.D	t-test
PRANAYAMA	Pre-test	50	18.2	3.52	1.96*
	Post-test		19.4	2.54	
CONTROL Gr.	Pre-test	50	17.4	2.28	1.71*
	Post-test		18.1	1.36	

- Insignificant at 0.05 level of significance; t value=2.008

Table-1 indicates the mean and standard deviation values of pre test and post test of pranayama group were found to be 18.2, 19.4 and 3.52 & 2.54 respectively. And the vales of mean and standard deviation of control group are 17.4, 18.1 and 2.28 & 1.36 respectively. The calculated value of t-test was found to be 1.96 and 1.71 at 0.05 level of significance, which was lower than the tabulated value of 't' at 0.05 level of significance. It was evident from table-1 that insignificant difference was found between the mean scores of pranayama and control group. Therefore, it is concluded that there is an insignificant difference in the pranayama and control group after six weeks of pranayama programme.



Comparison of the means and standard deviation on social adjustment of the experimental and control group.

Discussion:

The results of the study which revealed no significant difference among experimental and control group are in line with the finding of M K Kinncey, Fred who emphasized about the influence of age regarding the social adjustment aspects, where in age group of early twenties are highly fluctuating in social adjustment. The result supports to conclude that age is an influential factor regarding social adjustment and the subjects for the study selected were from two groups but the age belongs to was between 19-23 years which could have acted as a common among two different groups. The age groups have shown tendencies of deviations in social adjustment and have revealed less influence of other factors like their occupation, type of course etc.

Conclusion:

On the basis of result obtained it was concluded that there was an insignificant improvement in the experimental group and control group of social adjustment after the six weeks of pranayama practice on college students of West Bengal.

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