



NAAD YOGA'S IMPACTS ON YOGA PLAYER'S MENTAL HEALTH

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Abstract

The Researcher aim to know the effect of Naad Yoga on Mental Health of yoga players. All the subjects were selected from Haryana. A total number of 40 male yoga players. The age of the subjects was between 17 to 25 years. The researcher was divided them into two groups. First group was experimental group and second was control group. The training program was given to experimental group for six weeks but not given any specific training on control group. The researcher was used Positive Mental Health, Positive Mental Health Inventory by C. D. Agashe and R. D. Helode for data collection.. The training was of one hour duration daily for five days in a week and control group was not participated in the training programme. The training protocol roughly consist selected yogic practices (Bhastrika Pranayama, Kapalhati Pranayama, Anuloma-Viloma, Pranayama, Bharamari Pranayama, Flute Sound and Shankha Naad. The researcher was used t-test for analysis the data. The level of significance was set at 0.05. The collected data was significantly normalized before further processing. The obtained result shows the significant changes in selected variables i.e. Positive Mental Health at different level due to Naad Yoga Training Protocol.

Keywords: Mental Health

Introduction :

Yoga means the integration of mind, body the whole psyche. It is to identify ourselves with the divine vital energy that flows within us with the waves of NAAD. Naad Yoga is a spiritual practice originating from ancient India that focuses on the power of sound and vibration as a means of self-realization and spiritual growth. In Sanskrit, "naad" means sound or vibration, and "yoga" means union or connection. Therefore, Naad Yoga can be understood as the union achieved through sound. Central to Naad Yoga is the belief that the universe, including human beings, is composed of sound vibrations. These vibrations are considered to be the primal energy that sustains existence. By harnessing and understanding these vibrations, practitioners seek to achieve harmony and balance within themselves and with the universe. Naad Yoga encompasses various practices, including chanting, singing, listening to specific sounds or mantras, and playing musical instruments such as the harmonium, tabla, or tambura. Each sound or mantra is believed to have a specific vibrational frequency that can affect different aspects of the practitioner's being, including physical, mental, emotional, and spiritual dimensions. Through regular practice, Naad Yoga aims to purify the mind, awaken higher consciousness, and ultimately lead to self-realization and union with the divine. It is often considered a profound form of meditation that can deeply impact one's inner state and spiritual journey.

METHODOLOGY :

A total number of 60 Haryana state level male yoga players were randomly selected as subjects for the purpose of the study. The age of the subjects was in range of 17 to 25 years. With the consultation of guide and other experts, scientific literature, journals, magazine and keeping feasibility criteria in mind following variables were selected for the purpose of the study:

Independent Variable: Six Week Naad Yogic Training Protocol

Dependent Variables: Positive Mental Health

Criterion Measure :

For the assessment of Positive Mental Health, Positive Mental Health Inventory by C. D. Agashe and R. D. Helode was used.

Training protocol :

Naad Yoga Training was imparted to the experimental group for a period of six weeks. The training was of one hour duration daily for five days in a week and control group was not participated in the training programme. Pre-test was done before the training on all the subjects. At the end of training programme post-test was done. An appropriate Naad Yoga Training

programme was prepared with the help of guide and other experts of related area. However, the training protocol roughly consist selected yogic practices (Bhastrika Pranayama, Kapalbhathi Pranayama, Anuloma-Viloma, Pranayama, Bharamari Pranayama, Flute Sound and Shankha Naad.

Statistical Technique :

The first method of the statistical analysis was descriptive analysis, in which the following were assessed: 1) Mean and 2) Standard Deviation. After that, the collected data on the selected parameters were compared for the pre-test and post-test between the Experimental and control groups by employing the Independent Sample t-test. Besides, dependent t-test was applied to compare the pre-test and post-test data. The level of significance was set at 0.05.

Procedure :

The objectives of the research were as follows: to develop the six-week Naad yoga training programme, to study the effect of six Weeks Naadyogic Training on Mental Health (Emotional Stability) of state level yoga players, to study the effect of six Weeks yogic Training on Mental Health (Overall Adjustment) of state level yoga players, to study the effect of six Weeks yogic Training on Mental Health (Autonomy) of state level yoga players, to study the effect of six Weeks yogic Training on Mental Health (Security) of state level yoga players, to study the effect of six Weeks yogic Training on Mental Health (Self- Concept) of state level yoga players and to study the effect of six Weeks yogic Training on Mental Health (Intelligence) of state level yoga players.

TABLE I

T-test for all selected psychological variables – Experimental Vs Control Group

	Pre-test		Post-test	
	t	Sig. (2-tailed)	t	Sig. (2-tailed)
Mental Health – Emotional Stability	-.135	.765	6.734	.000
Mental Health – Overall Adjustment	-.423	.433	2.41	.003

Mental Health – Autonomy	- 3.702	.000	5.182	.000
Mental Health – Security Insecurity	-.159	.875	2.463	.001
Mental Health – Self-Concept	- 1.701	.006	3.402	.000
Mental Health – Intelligence	- 0.176	.106	6.857	.000

From table I given above, it is evident that all selected psychological variables except Mental health (autonomy) and mental health (Self-concept) were having no significant difference between experimental and control group before the commencement of six weeks Naad Yoga training program. But after completing the designed training, all components of Mental health were significantly improved. On this basis, we can conclude that the specific Naad yogic training protocol have significant effect on selected psychological variables. In order to further confirm the reliability of obtained result, comparison between pre-test and post-test of each group were executed separately and found the similar result. The improvement in experimental group was found significantly better than control group's result.

RESULTS AND CONCLUSIONS :

On the basis of objectives of the study and result obtained after statistical application, the following conclusions were drawn: It was concluded that there is significant effect of six weeks Naad Yogic Practice on Mental Health (Emotional Stability) state level yoga players is accepted. It was concluded that there is significant effect of six weeks Naad Yogic Practice on Mental Health (Overall Adjustment) state level yoga players is accepted. It was concluded that there is significant effect of six weeks Naad Yogic Practice on Mental Health (Autonomy) state level yoga players may accepted. It was concluded that there is significant effect of six weeks Naad Yogic Practice on Mental Health (Security) state level yoga players is accepted. It was concluded that there is significant effect of six weeks Naad Yogic Practice on Mental Health (Self-Concept) state level yoga players is accepted. It was concluded that there is significant effect of six weeks Naad Yogic Practice on Mental Health (Intelligence) state level yoga players is accepted. The study would help in spreading awareness in society about Naad yogic training can

bring many changes in mind and body, personality and behavior of the practitioner. The information given by this study would be helpful for the teachers, coaches and the students to learn about psychological functioning and psychological well-being.

Above mentioned conclusions and finding has revealed many facts and filled the gap in information available regarding role of Naad yogic exercises for betterment of psychological health of State level Yoga Players. Now, following recommendations are made with future research perspective: Similar study can be taken on other professions as well. It was recommended that similar study can be carried out in other organizations as well. Similar study can also be conducted on a bigger population. A study can be conducted with including more health. Further, prediction research can be conducted to identify the health variables that should be stressed for better health condition. Similarly, research on factor analysis can be conducted to identify the psychological variables contributing the most to our health condition.

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