

Impact of Suryanamaskar and Chandranamaskar on Aggression Levels among Male Physical Education College Students

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Abstract

Suryanamaskar is cultivates the solar energy helps to warming, stimulating parasympathetic nerve system and energising the human body. Chandranamaskar is cultivates the lunar energy helps to cooling the body, stimulate the sympathetic nerve system and meditative. The purpose of the research was to find out the Impact of Suryanamaskar and Chandranamaskar on Aggression Levels among Male Physical Education College Students. To carry out the research, ninety (N=90) College men B.Sc. physical education, health education and sports students from Ayya Nadar Janaki Ammal College, Sivakasi affiliated to Madurai Kamaraj University, Madurai District, Tamil Nadu, India were randomly selected as subjects. They selected subjects were randomly divided into three groups of thirty students each i.e. (n=30). Group-I participates in suryanamaskar training, Group-II participates in chandranamaskar training, Group-III in traditional training or Control group with their age ranging from 18-21 years. The Experimental groups participated in the training period of six days a week for eight weeks. For suryanamaskar training, the training schedule was fixed in morning 7.00am to 8.00am. For chandranamaskar training, the training schedule was fixed in evening 7.00pm to 8.00pm. The dependent variable designed for this research was aggression. All the three groups were tested on the particular dependent variables on before and after the experimental period. The data obtained from the experimental groups before and after the experimental period were statistically investigated with dependent “t”-test and Analysis of covariance (ANCOVA). At any time the “F” ratio for adjusted post-test mean was meant to be significant, the Scheffe’s Post hoc test was used to fix the paired mean differences. The level of confidence was fixed at 0.05 level for entire groups. The result of the research shows that

there was a significant improvement on aggression due to the suryanamaskar and chandranamaskar training. But there was no significant difference between the training groups on aggression.

Keywords: *Suryanamaskar, Chandranamaskar and Aggression*

Introduction

Yoga is a very ancient practice of physical fitness and inner healing nurtured and developed in India since the Vedic period. The use and utilisation of the cosmic energies for the healing and growth of the human body, enlightenment and emotional control is all said to be originating from the external natural sources that controlled the flow of energy within the body. Among all the natural sources the sun and the moon are the most prominent energy sources. Hence, yoga seeks to harness benefits from these sources.

Suryanamaskar or sun salutations is known for strength building, body warming high intensity yogic practice, mostly used for maintaining body balance, stretching, increasing the body vitality and balance of energy. It is the most popular form of yoga. Chandranamaskar is not as popular as the Suryanamaskar but lately its benefits have been coming into light. Suryanamaskar literally means bowing down to the sun or saluting the sun for its tremendous energy. However, in contrast to the solar energy it the lunar source of energy. As the sun salutations heat up the body, similarly the Chandranamaskar or the moon salutations is known for its quieting and relaxing benefits. Bowing to the moon during the Chandranamaskar would mean cultivating the moons soothing lunar energy by surrendering to its subtle beauty and calming vibes. As Suryanamaskar is based on the 12 zodiacs or the solar phases of the year, the 17 positions of Chandranamaskar relate to the lunar phases. The solar year is calculated based on the movements of the sun; lunar year is based on the movements of the moon. Solar year is the time taken by the earth to complete one revolution around the sun. A lunar month can also be identified as the time the moon takes to pass through each of its phases (new moon, crescent moon, half-moon & full moon) and return to its original position. Although Chandranamaskar or the moon salutation is not as popular as Suryanamaskar, it has wonderful benefits of its own. Chandranamaskar is a series of 17 yogasana, which form a good warm up session, before beginning yoga practice, or can help in unwinding after a long day at work, and can be practiced as your restorative yoga session.

Aggression is the behaviour aims to harming other people physically or psychologically. It creates with the anger in that anger the oriented overcoming is the target but no need to harm others. The primary goal is to purposively perform with of intentional injury is called hostile aggression. Aggression is necessary for sports and games. But too much of aggression is leads to reduce athlete or players performance and it also affect their team member and performance of the team. To control the aggression is an important thing, and execute or convert the aggression in to performance is the main aim of all the sportsman.

Methodology

The purpose of the research was to find out the Impact of Suryanamaskar and Chandranamaskar on Aggression Levels among Male Physical Education College Students. To carry out the research, ninety (N=90) College men B.Sc. physical education, health education and sports students from Ayya Nadar Janaki Ammal College, Sivakasi affiliated to Madurai Kamaraj University, Madurai District, Tamil Nadu, India were randomly selected as subjects. They selected subjects were randomly divided into three groups of thirty students each i.e. (n=30). Group-I participates in suryanamaskar training, Group-II participates in chandranamaskar training, Group-III in traditional training or Control group with their age ranging from 18-21 years. The Experimental groups participated in the training period of six days a week for eight weeks. For suryanamaskar training, the training schedule was fixed in morning 7.00am to 8.00am. For chandranamaskar training, the training schedule was fixed in evening 7.00pm to 8.00pm. The dependent variable designed for this research was aggression. All the three groups were tested on the particular dependent variables on before and after the experimental period. The data obtained from the experimental groups before and after the experimental period were statistically investigated with dependent “t”-test and Analysis of covariance (ANCOVA). At any time the “F” ratio for adjusted post-test mean was meant to be significant, the Scheffe’s Post hoc test was used to fix the paired mean differences. The level of confidence was fixed at 0.05 level for entire groups.

Analysis of the Data

Aggression

The analysis of covariance on aggression of collected data from the pre-test and the post-test scores of suryanamaskar, chandranamaskar training group and control group was tested and presented in the following table.

Test	Group I	Group II	CG III	Source of Variance	Sum of Squares	df	Mean squares	Obtained 'F' Ratio
Pre Test Mean	92.90	91.45	90.55	Between	24.14	2	12.12	2.30
				Within	456.38	87	5.25	
Post Test Mean	83.90	80.15	89.65	Between	232.15	2	116.08	28.31*
				Within	356.44	87	4.10	
Adjusted Post Test Mean	83.62	82.84	90.94	Between	304.86	2	152.43	36.37*
				Within	360.38	86	4.19	

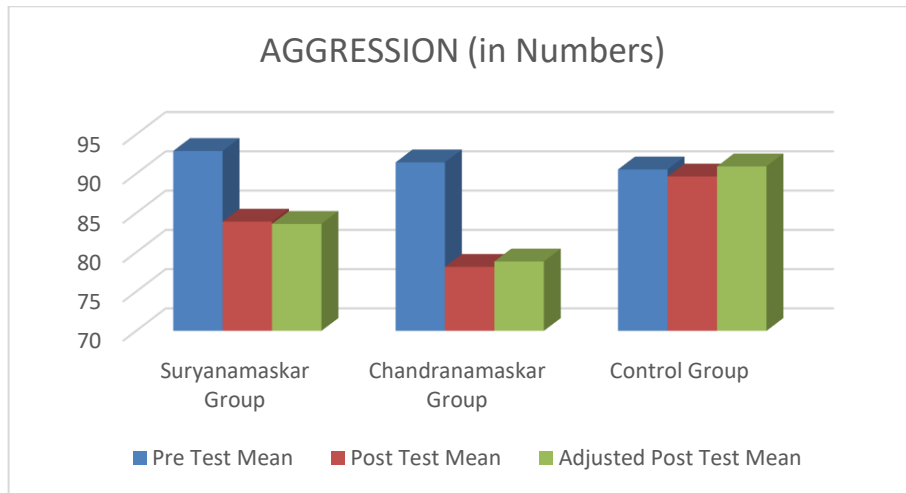
*Significant at 0.05 level of confidence.

(The table values for 'f' distribution required for significant at 0.05 level of confidence for 2 and 87 and 2 and 86 are 3.10).

Aggression was an important component of psychological variable. The investigation realized the effect of suryanamaskar and chandranamaskar on aggression. Pretest, post and Adjusted Post test were depicted in the above table were the indication of the experimentation process. The obtained Pretest (before the experimentation) F-ratio (2.30) was lesser than the required value of 3.10 and coating no difference and allotment of experimentation group and control group were logical for experimentation. The obtained Post test (after the experimentation) F-ratio (28.31) was higher than the required value of 3.10 and coating significant difference and effectiveness of the experimentation. The obtained Adjusted Post test (as product of statistical process) F-ratio (36.37) was higher than the required value of 3.10 and coating significant difference and effectiveness of the experimentation after excluding the possible influences of pre-test scores.

The following figure show the scores of suryanamaskar group, chandranamaskar group and control group on aggression.

Figure – I



As a statistical requirement for the above statistical outputs subjected to Scheffe's post hoc test.

The SCHEFFE’S Test for The Differences Between the Adjusted Post Test Means on Aggression (Scores in numbers)

Adjusted Post-test Means			Mean Differences	Confidence Interval
Suryanamaskar Group	Chandranamaskar Group	Control Group		
83.62	82.84		0.78	1.61
83.62		90.94	7.32*	
	82.84	90.94	8.1*	

Comparing with obtained confidence interval of 1.61 all the groups found differ from other groups and Chandranamaskar Training group surpassing the other groups in mean difference to prove its supremacy over other groups. But there is no significant difference between the two training groups.

Result

The outcome of the data shows the decrease the aggression of the subjects due to the training. The outcome indicates the betterment on aggression due to the practice of suryanamaskar and chandranamaskar. As compared to suryanamaskar group and control group, chandranamaskar training group was more benefited and gives good results over the psychological variable aggression.

The result of the research shows that there was a significant improvement on aggression due to the suryanamaskar and chandranamaskar training. But there was no significant difference between the training groups on aggression.

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