

**Effect of Bhramari Pranayama on State Anxiety****Rekha Sati****Ph.D. Scholar****Ponnaiyah Ramajayam Institute of Science and Technology, Thanjavur
Tamil Nadu****under guidance of****Dr. V.Lawrence Gray Kumar****IIT Madras**

The Objective of this study was to determine the effects of Bhramari Pranayama on State Anxiety on sedentary male. The subjects for this study were selected from the Bhopal. A total of 40 sedentary male subjects were selected and used as one experimental group (20) and other control group (20). Bhramari Pranayama was considered the independent variable and State Anxiety was considered the dependent variable. Anxiety was measured with STAS Anxiety Questionnaire. Training was given up to two months. 3 times in week; each session scheduled for 40 minutes. The Pre Test Post Test randomize group design was used for this study. Tests were administered before the training program and after the completion of the treatment again test were administered. **ANCOVA** was used to locate significance effects of Bhramari Pranayama on Anxiety in school going children. At 0.05 levels of significance. In relation to Anxiety, effect of Bhramari Pranayama was found significant.

Key Words – Bhramari Pranayama, State and Trait Anxiety

Introduction: - Practicing Pranayama and Mental Relax go hand in hand. For the true benefits of yoga to take place, both sides of the brain need to be worked out. That is why a lot of the yoga poses concentrate on training and using both sides of the body. Basically it comes down to retaining the mind and yoga is the great leveller. You will learn to use both parts of your brain more effectively therefore tuning and realigning everything to work far better than ever before. It will benefit all aspects in your life especially if you are ambitious sport type that likes to get the most out of it that they can.

Bhramari Pranayama yoga is characterized by a focus on dynamic connecting of body and brain, that creates a flow between the more static traditional Panayama. Bhramari Pranayama is translated as linking and the system also implies the linking of the movement to the breath. Essentially the breath dictates the movement and the length of time held in the postures. Don't wait for something major to happen to you before you decide to do something about it. That's reactive behavior and that's going to set you back big time, all you have to do is take action now. (www.yoga.org.nz)

Methods

Selection Of Subjects 40 sedentary male from Bhopal, M.P were selected at random as subject of the study and divided in to two groups of 20 subjects each. All subjects were almost from the same socio economic group and were found to be physically fit for the type of programme they were selected. The subjects were divided into two groups (experimental group and control group) at random by drawing the lots. The age of these subjects range



between 40 to 55 years. All of them were taking part in routine physical activity programme as per the classes of the school.

Selection of Variable On the basis of various literatures on physical variables; finding out the related research study and keeping in mind the specific purpose of the study to find out the effect of Bhramari Pranayama on Anxiety.

Experimental Design Pre-test and post-test randomized group design was employed in the study.

Procedure for Administration of the Test After randomization selecting the subject, they were estimated for their Anxiety level was measured with help of STAS questionnaire. After collecting the initial data, the subjects were administrated for two months training schedule, which was three day per week for duration of 40 mins in the morning i.e.8.00 A.M. to 8.45 AM on Monday, Wednesday and Friday for duration of two months. And after the two months, Anxiety level was again estimated by STAS questionnaire. The practice session was conducted for a period of 40 minutes

Selection of Bhramari Pranayama - Bhramari pranayama is very effective in instantly calming your mind down. It is one of the best breathing exercises to release the mind of agitation, frustration or anxiety and get rid of anger to finalize the selection of Bhramari Pranayama the scholar consulted expected and studied the related literature also.

Method Applied For the Training Practice of Bhramari Pranayama:-The Bhramari Pranayama were taught and the practice session were conducted and supervised by the researcher himself. For teaching purpose, each step was explained and demonstrated before the subject performed the same necessary corrections were made, the rest the instruction were given in between succeeding Bhramari Pranayama.

Statistical Procedure: - To find out the significance of difference between different pair means, the 'ANCOVA' was used. The level of significance was set at 0.05.

Results

Table 1
Descriptive Statistics of Anxiety

Treatment group	Mean	Std. Deviation	N
Bhastrika (A)	49.7000	2.36421	20
Control (B)	50.4000	3.64764	20
Total	50.0500	3.05463	40

Table 1 depicts the descriptive statistics for Bhastrika Pranayama of the experimental and control groups with. The mean and standard deviation of Experimental group A (Bhastrika) was 49.07 and 2.36 respectively. The Control group B was 50.40 and 3.64 respectively.

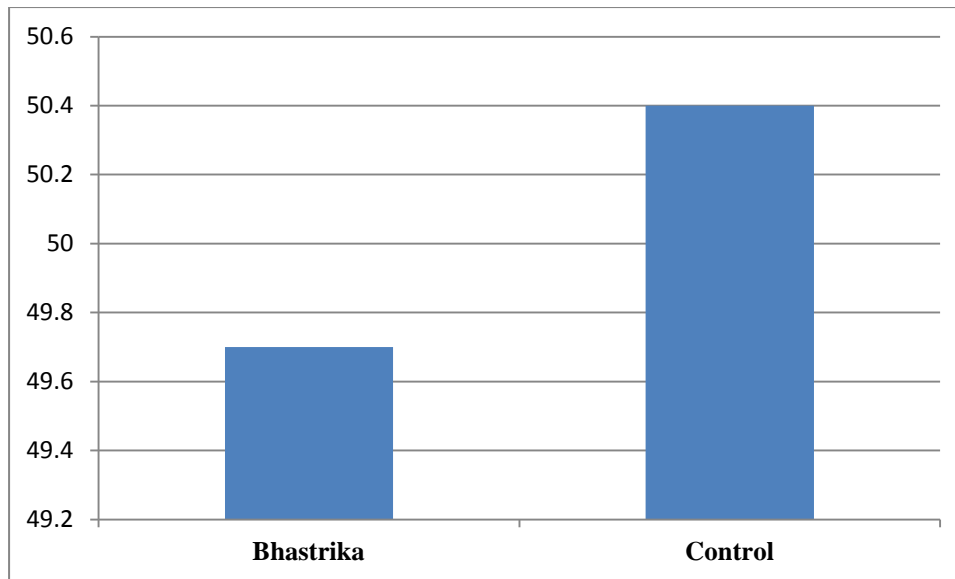


Figure – I Means of Experimental Group and Control Group in Relation to Anxiety.

Table II
ANCOVA table for the post- test data on Anxiety

Source	Sum of Squares	df	Mean Square	F	Sig. (<i>p</i> - value)
Pre	119.802	1	119.802	18.531	.000*
Treatment Group	77.317	1	77.317	11.960	.001*
Error	239.198	37	6.465		
Corrected Total	363.900	39			

*significant at 0.05 level.

Table –III
Analysis of Co-Variance of Comparison of Adjusted Post Test Means of
Experimental group And Control Group in Anxiety

	Sum of Squares	Df	Mean Square	F	p-value
Contrast	77.31	1	77.31	11.96	.001
Error	239.19	37	6.46		

F value required to be significant at 1, 37 df = 7.42

Table-III revealed that the obtained 'F' value of 11.96 was found to be significant at 0.05 level in case of Anxiety, since this value was found higher than the tabulated value 7.42 at 1, 37 df.

Discussion



The research scholar has made an attempt to present the discussion of findings. After collection of data, appropriate statistical analysis was conducted. The research scholar examined the effect of Bhramari Pranayama on Anxiety in Sedentary male. The results in general support that Bhramari Pranayama improve to reduce Anxiety level among Sedentary male. It was found that the experimental group improved to reduce Anxiety level significantly. The rate of improvement was higher for the experimental groups in comparison to the control groups. Finally, results show that the participants who followed the treatment of Bhramari Pranayama to reduce Anxiety level higher than participants in control group.



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