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# EFFECT OF YOGA NIDRA AND AUTOGENIC TRAINING ON FRAME OF MIND AMONG VOLLEYBALL PLAYERS

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## Abstract

*The purpose of the study was to find out the effect of yoga nidra and autogenic training on frame of mind among volleyball players. The mood states include tension, depression, anger, vigour, fatigue and confusion. To achieve the purpose of the present study, forty five men volleyball players from the Annamalai University, Chidambaram were selected as subjects at random and their age ranged between 18 and 25 years. The subjects were randomly selected and divided into three equal groups as two experimental group and control group. The experimental group I and II were exposed to Yoga nidra and Autogenic training respectively for a period of six weeks on three days a week respectively whereas the control group had not exposed any experimental training. The mood states was assessed by Brunel Mood Scale (BRUMS) prepared by Terry et al., (1999 and 2003) for all the three groups before and after the training. The collected data were statistically analyzed using analysis of covariance and scheffe"s post hoc test. The result of the study shows that the autogenic and yoga nidra training reduced the levels of tension, depression, anger, fatigue and confusion among volleyball players. The autogenic and yoga nidra training increased the levels of vigour among volleyball players, Further, the result of study supported that autogenic and yoga nidra training were competent to regulate the mood states for the better performance.*

**Key Words:** *Tension, Depression, Anger, Fatigue and Confusion.*

## INTRODUCTION

A mood is defined as the prevailing psychological state habitual or relatively temporary. It is further stated as a feeling, state or prolonged emotion that influences the whole of one's psychic life. It can also relate to passion or feeling. Mood can and does affect perceived health, personal confidence, ones perceptions of the world around us and our actions based on those perceptions. Moods can and do change often although mood swings of a sharp nature may be a symptom of underlying disease. Moods may signify happiness, anger, tension, or anxiety (Anita V. Clark 2005)

Yoga nidra is a systematic method of inducing complete physical, mental and emotional relaxation. The term yoga nidra is derived from two Sanskrit words, yoga meaning union or one-pointed awareness, and nidra which mean sleet. During the practice of yoga nidra, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. For this reason, yoga nidra is often referred to as psychic sleep or deep relaxation with inner awareness. In this threshold state between sleep and wake-fullness, contact with the subconscious and unconscious dimensions occurs spontaneously (Swami Satyananda Saraswati, 2008)

Yoga nidra improves knowledge; It develops memory & creativity; It transforms one's nature; It leads to the higher states of concentration and samathi; It enables one to receive intuitions from the unconscious mind.

The subconscious level of mind opens; It cures diseases; It relaxes the whole body; It awakens the psychic body; It brings deeper layers of the psyche into conscious experience; It is essential for a method of pratyahara; the mind becomes one-pointed. The central nervous system – Sushumna nadi awakens the brain completely. It is a method of auto suggestion. It can be used to correct bad habits or attitudes. It develops emotional control. We try here to become aware of the subconscious and unconscious states and ultimately to enter the state of super consciousness.

Yoga nidra is an effective way to release stress. It integrates the hemispheres; It is good for psychological disorders; It cures chronic diseases; It relieves pain in the body; It creates a favorable conditions for pregnancy, childbirth and menstrual disorders. It acts like a geriatric medicine. It cures psychosomatic diseases. It is good for cardiovascular problems. It is good to avoid sleeping with diffused thoughts. It provides a complete physical, mental and emotional relaxation.

Autogenic training is an influential body and mind technique involving simple body awareness and simple relaxation exercises. These exercises reduce stress response and replace it with soother physiological state. It is used to help people to reach deep levels of relaxation and thereby tap into the healing powers of the body.

Autogenic training is used to treat stress related problems namely migraines, mild depression, anxiety disorders, tension head aches, stress related high blood pressure, insomnia, poor concentration and other mood related complications

Autogenic training was originally developed by the German neuropsychologist, Prof. Johannes Schultz, in the 1930's, and it has applications in stress-related conditions, such as anxiety, phobias and insomnia, as well as more widely in physical disorders, such as angina, asthma and diabetes. The name 'autogenic' derives from the Greek 'auto' (self) and 'genos' (family or origin), and it essentially indicates a form of training which originates within the self. (Kermani, Dr Kai 1996).

## Purpose of the Study

The purpose of the study was to find out the effect of yoga nidra and autogenic training on mood states among volleyball players.

## Review of related literature:

Nicassio et al.(2012) conducted a study on "A comparison of progressive relaxation and autogenic training as treatments for insomnia" Evaluated two relaxation techniques, progressive relaxation and autogenic training, as treatments for insomnia. Control group, and a self-relaxation group designed to control for nonspecific therapeutic elements were employed. Subjects were 30 adult insomniacs who had chronic and severe difficulties in falling asleep. As indicated by global measures of improvement and by reduction in time to fall asleep, progressive relaxation and autogenic training were equally effective as treatments and superior to both control groups. At a six month follow-up treatment gains had been maintained in time to fall asleep but not in self-reported global improvement, while control group showed no spontaneous improvement on either of the measures

Lakshmikandhan and Elangovan (2012) conducted a study on effect of yoga-asana and yoga nidra practices on selected psychological variables among insomnia men. To achieve the purpose of the study sixty men insomnia subject were selected from Chennai city. They were divided in to two experimental groups and a control group. Group I was exposed to yoga-asana and group II was exposed to yoga nidra for a period of six weeks. Stress and anxiety were measured using Latha sathis strees questionnaire and Taylor's Manifest Anxiety scale. The Result of the study shows that anxiety and stress were reduced significantly due to yoga nidra training.

## Methodology

### Selection of subjects

To achieve the purpose of the present study, forty five men volleyball players from the town colleges were selected as subjects at random and their age ranged between 18 and 25 years. The subjects were randomly divided in to three equal groups and named as Yoga nidra group (Experimental group - I) Autogenic training group (experimental group - II) and control group The experimental group - I undergo to yoga nidra and group – II undergo autogenic training The experimental treatment was given three days per week for a period of 6 weeks in addition to their regular volleyball practices, where as the control group was not exposed to experimental training during the experimental period. Before the training pre test was conducted to assess the mood states that include tension, depression, anger, vigour, fatigue and confusion by Brunel mood scale (Terry et al., 1999 and2003) for all the three groups. After the training period, post test was conducted. The raw scores were converted to corresponding ‘t’ scores and statistically analyzed with analysis of covariance (ANCOVA), wherever the “F” ratio for adjusted post test means was found to be significant, the scheffe”s test was applied as post hoc test to determine the paired mean difference. The level of confidence was fixed at P<0.05 levels for all the cases. (Thirumalaisamy, 1998).

## RESULTS

**Table - I**

**COMPUTATION OF ANALYSIS OF COVARIANCE OF MOOD STATES ON AUTOGENIC YOGA NIDRATRAINING AND CONTROL GROUP AMONG VOLLEYBALL PLAYERS**

**(Scores in Points)**

| S.No | Variables | Test | Ex Group I | Ex Group II | Control Group | sv | ss | df | MS | F-ratio | Tv |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | **Tension** | **Pre Test** | 45.80 | 45.2 | 44.87 | **B** | 6.71 | 2 | 3.36 | **0.17** | **3.22** |
| | | | | | | **W** | 836.53 | 42 | 19.92 | | |
| | | **Post Test** | 42.27 | 41.87 | 44.53 | **B** | 62.04 | 2 | 31.02 | **2.58** | **3.22** |
| | | | | | | **W** | 504.40 | 42 | 12.01 | | |
| | | **Adjusted Means** | 42.03 | 41.91 | 44.73 | **B** | 76.22 | 2 | 38.11 | **4.90*** | **3.23** |
| | | | | | | **W** | 318.58 | 41 | 7.77 | | |
| | | **Mean gain** | 3.53 | 3.33 | 0.33 | | | | | | |
| **2** | **Depression** | **Pre Test** | 50.13 | 50 | 50.40 | **B** | 1.24 | 2 | 0.62 | **0.08** | **3.22** |
| | | | | | | **W** | 341.33 | 42 | 8.13 | | |
| | | **Post Test** | 47.8 | 47 | 49.80 | **B** | 62.40 | 2 | 31.20 | **6.94*** | **3.22** |
| | | | | | | **W** | 188.80 | 42 | 4.50 | | |
| | | **Adjusted Means** | 47.82 | 47.07 | 49.71 | **B** | 55.50 | 2 | 27.75 | **8.33*** | **3.23** |
| | | | | | | **W** | 136.51 | 41 | 3.33 | | |
| | | **Mean Gain** | 2.33 | 3.00 | 0.60 | | | | | | |
| **3** | **Anger** | **Pre Test** | 52.93 | 54 | 54.40 | **B** | 17.24 | 2 | 8.622 | **0.18** | **3.22** |
| | | | | | | **W** | 2010.53 | 42 | 47.87 | | |
| | | **Post Test** | 45.07 | 44.33 | 53.07 | **B** | 704.04 | 2 | 352.02 | **17.13*** | **3.22** |
| | | | | | | **W** | 863.20 | 42 | 20.55 | | |
| | | **Adjusted Means** | 45.34 | 44.26 | 52.87 | **B** | 656.91 | 2 | 328.46 | **20.63*** | **3.23** |
| | | | | | | **W** | 652.63 | 41 | 15.92 | | |
| | | **Mean Gain** | 7.87 | 9.67 | 1.33 | | | | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **4** | **Vigour** | **Pre Test** | 56.33 | 57.13 | 57.67 | **B** | 13.51 | 2 | 6.756 | **0.17** | **3.22** |
| | | | | | | **W** | 1642.40 | 42 | 39.10 | | |
| | | **Post Test** | 61.67 | 62.13 | 59.27 | **B** | 70.98 | 2 | 35.49 | **2.61** | **3.22** |
| | | | | | | **W** | 570.00 | 42 | 13.57 | | |
| | | **Adjusted Means** | 61.94 | 62.10 | 59.02 | **B** | 89.55 | 2 | 44.78 | **5.72*** | **3.23** |
| | | | | | | **W** | 320.82 | 41 | 7.82 | | |
| | | **Mean Gain** | 5.33 | 5.00 | 1.60 | | | | | | |
| **5** | **Fatigue** | **Pre Test** | 47.47 | 47.93 | 48.20 | **B** | 4.13 | 2 | 2.067 | **0.12** | **3.22** |
| | | | | | | **W** | 739.07 | 42 | 17.60 | | |
| | | **Post Test** | 42.47 | 41.93 | 46.60 | **B** | 195.73 | 2 | 97.87 | **5.01*** | **3.22** |
| | | | | | | **W** | 820.27 | 42 | 19.53 | | |
| | | **Adjusted Means** | 42.68 | 41.90 | 46.42 | **B** | 174.87 | 2 | 87.44 | **5.90*** | **3.23** |
| | | | | | | **W** | 607.16 | 41 | 14.81 | | |
| | | **Mean Gain** | 5.00 | 6.00 | 1.60 | | | | | | |
| **6** | **Confusion** | **Pre Test** | 50.73 | 51.6 | 52.40 | **B** | 20.84 | 2 | 10.42 | **0.30** | **3.22** |
| | | | | | | **W** | 1460.13 | 42 | 34.77 | | |
| | | **Post Test** | 46.4 | 46.8 | 51.47 | **B** | 238.04 | 2 | 119.02 | **3.99*** | **3.22** |
| | | | | | | **W** | 1253.73 | 42 | 29.85 | | |
| | | **Adjusted Means** | 46.89 | 46.79 | 50.99 | **B** | 170.50 | 2 | 85.25 | **4.60*** | **3.23** |
| | | | | | | **W** | 759.39 | 41 | 18.52 | | |
| | | **Mean Gain** | 4.33 | 4.80 | 0.93 | | | | | | |

***Significant at 0.05 level**

Table I revealed that the T-Score of the Tension, Depression, Anger, Vigour, Fatigue and Confusion level has differed significantly among three groups. The obtained ‘f’ ratio for Tension, Depression, Anger, Vigour, Fatigue and Confusion was 4.90, 8.33, 20.63, 5.72, 5.90 and 4.60 respectively, which were more than the tabulated value [F (2, 41) = 3.23].

Since the ‘f’ ratio was found to be significant scheffe’s post hoc test was done and the same is presented in Table II.

### Table – II
### ORDERED SCHEFFE’S POST HOC TEST OF MOOD STATES ON AUTOGENIC YOGA NIDRA TRAINING AND CONTROL AMONG VOLLEYBALL PLAYERS
### (Scores in Points)

| Variables | Yoga nidra | Autogenic Training | Control Group | Mean Difference | CI |
|---|---|---|---|---|---|
| **Tension** | 42.03 | 41.91 | -- | 0.12 | **2.53** |
| | -- | 41.91 | 44.73 | 2.82* | |
| | 42.03 | -- | 44.73 | 2.71* | |
| **Depression** | 47.82 | 47.07 | -- | 0.75 | **1.66** |
| | -- | 47.07 | 49.71 | 2.64* | |

| | | | | | |
|---|---|---|---|---|---|
| | 47.82 | -- | 49.71 | 1.90* | |
| **Anger** | 45.34 | 44.26 | -- | 1.08 | **3.63** |
| | -- | 44.26 | 52.87 | 8.60* | |
| | 45.34 | -- | 52.87 | 7.53* | |
| **Vigour** | 61.94 | 62.10 | - | 0.16 | **2.54** |
| | - | 62.10 | 59.02 | 2.92* | |
| | 61.94 | - | 59.02 | 3.07* | |
| **Fatigue** | 42.68 | 41.90 | - | 0.78 | **3.50** |
| | - | 41.90 | 46.42 | 4.52* | |
| | 42.68 | - | 46.42 | 3.74* | |
| **Confusion** | 46.89 | 46.79 | - | 0.10 | **3.91** |
| | - | 46.79 | 50.99 | 4.20* | |
| | 46.89 | - | 50.99 | 4.10* | |

***Significant at 0.05 level**

From the above presented table the scheffe's post hoc test comparison of the three groups indicate that the T-score of the Tension level of the Autogenic Training (M= 41.91) and Yoga nidra (M= 42.03) were significantly lower than the Control Group (M= 44.73), whereas no significant difference was yielded between Autogenic Training (M= 41.91) and Yoga nidra (M= 42.03) at $p<0.05$.

The T-score of the Depression level of the Autogenic Training (M= 47.07) and Yoga nidra (M= 47.82) were significantly lower than the Control Group (M= 49.71), whereas no significant difference was yielded between Autogenic Training (M= 47.07) and Yoga nidra (M= 47.82) at $p<0.05$.

The T-score of the Anger level of the Autogenic Training (M= 44.26) and Yoga nidra (M= 45.34) were significantly lower than the Control Group (M= 52.87), whereas no significant difference was yielded between Autogenic Training (M= 44.26) and Yoga nidra (M= 45.34) at $p<0.05$.

The T-score of the Vigour level of the Autogenic Training (M= 62.10) and Yoga nidra (M= 61.94) were significantly higher than the Control Group (M= 59.02) whereas no significant difference was found between Autogenic Training (M= 62.10) and Yoga nidra (M= 61.94) at $p<0.05$.

The T-score of the fatigue level of the Autogenic Training (M= 41.90) and Yoga nidra(M= 42.68) were significantly lower than the Control Group (M= 46.42), whereas no significant difference was yielded between Autogenic Training (M= 41.90) and Yoga nidra(M= 42.68) at $p<0.05$.

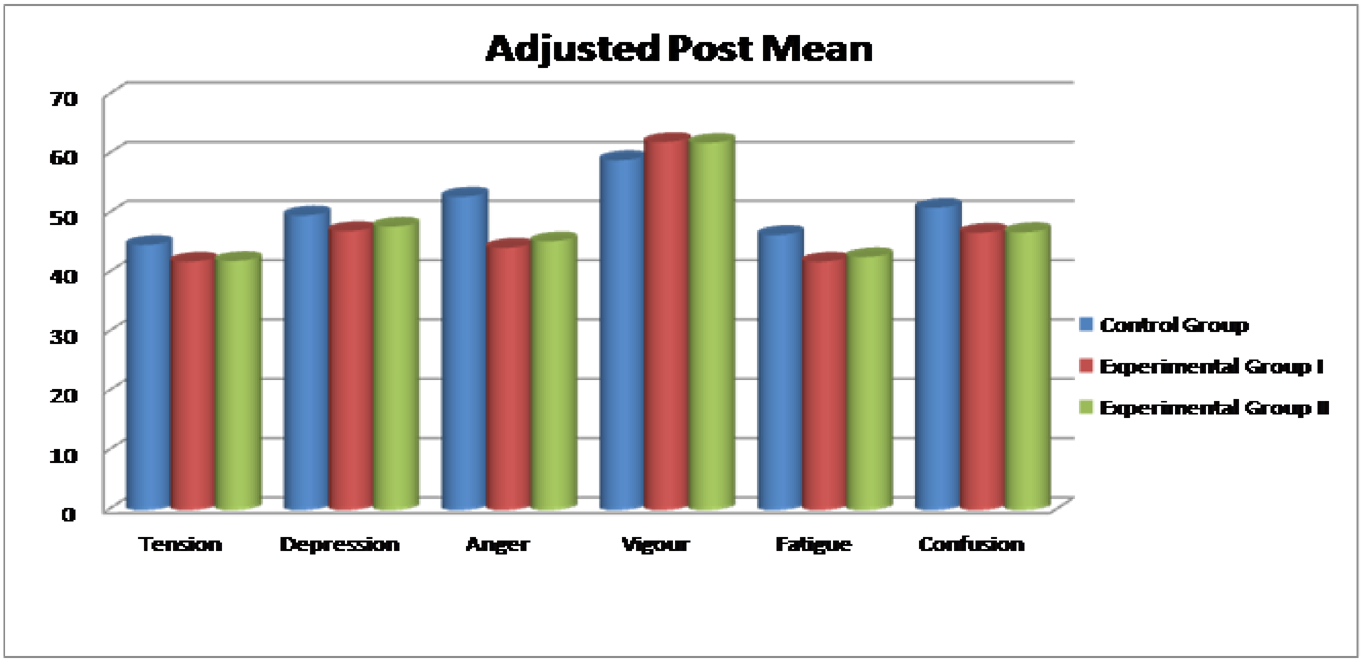
The T-score of the confusion level of the Autogenic Training (M= 46.79) and Yoga nidra(M= 46.89) were significantly lower than the Control Group (M= 50.99), whereas no significant difference was yielded between Autogenic Training (M= 46.79) and Yoga nidra(M= 46.89) at $p<0.05$.

The graphical representation of the scores is presented in figure 1.

**Figure 1**

**BAR DIAGRAM SHOWING THE MOOD STATES ON AUTOGENIC YOGA NIDRA TRAINING AND CONTROL GROUP AMONG VOLLEYBALL PLAYERS**

**(Scores in Points)**



## DISCUSSION ON FINDINGS

The results of the study reveals that the mood states were shown to fluctuate prior to the training and after the training. The level of Tension, Depression, Anger, Fatigue and Confusion were decreased due to yoga nidra and autogenic training when compared with the control group. Further the level of vigour increased due to the yoga nidra and autogenic training when compared to the control group. It was statistically proved that there was no significant difference exists in the levels of Tension, Depression, Anger, vigor, Fatigue and Confusion between yoga nidra and autogenic training groups.

## CONCLUSION

Within the limitation of the present study, the following conclusions were drawn.

1. The autogenic and yoga nidra training reduced the levels of tension, depression, anger, fatigue and confusion among volleyball players.
2. The autogenic and yoga nidra training increased the levels of vigour among volleyball players,
3. The result of study supported that autogenic and yoga nidra training were competent to regulate the mood states for the better performance.

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