

IMPACT OF SUPER BRAIN YOGA ON SELECTED PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF COLLEGE STUDENTS

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Abstract

The target of the present study was to find out the impact of super brain yoga on selected physiological and psychological variables of college students. To achieve the purpose of the study, thirty college students from the SRM institute of science and technology, Chennai, Tamilnadu, were selected as subjects at random and their age group range between 18 to 25 years. The study was formulated as pre and post test random group design, in which thirty college students were divided into two equal groups. The experimental group-1(n=15) underwent Super brain yoga and group -2 served as control group (n=15). In this study, only one training program were adopted as independent variables and ability of Pulse rate and aggression was selected as dependent variable and it was tested by palpation method , performance was recorded in beats per minutes and aggression was tested by questionnaires ability was recorded in points. The training period of this intervention 6 days in a week for twelve weeks. The collected pre and post data was critically analyzed with dependent ‘t’ test. The level of significance was fixed at 0.05 levels for all the cases in order to find out the significance. The result clearly proved that the super brain yoga demonstrated better improvement on pulse rate and aggression.

Keywords: Super brain yoga, Pulse rate, Aggression, ‘t’ test.

INTRODUCTION

Super Brain Yoga is an ancient yogic exercise that is designed to activate, energize and Strengthen the brain cells. It is a simple yet powerful technique to fuel and sustain a healthy brain in order to enhance the capability of the brain to retain and process information. Super brain Yoga is a type of yoga which stimulates the acupressure points in your earlobes. This sends electrical signals to the brain, thus stimulating it and boosting cognitive clarity. In fact, the line between hard and soft wiring is shifting all the time, and our ability to rewire our brains remains intact from birth to the end

of life. Aging in the brain is inevitable and irreversible. To counter this outmoded belief, new techniques for keeping the brain youthful and retaining mental acuity are arising every day. Life is difficult for everybody. Everything changes, and loss is inevitable. Psychoanalytic writer Judith Viorst wrote a book in the 1980s called Necessary Losses. Her basic premise was that you could understand a great deal about human unhappiness by looking at our difficulties dealing with loss. The brain loses millions of cells a day, and lost brain cells cannot be replaced. In fact, the brain contains stem cells that are capable of maturing into new brain cells throughout life. How we lose or gain

brain cells is a complex issue. Most of the findings are positive for everyone who is afraid of losing mental capacity as they age. Primitive reactions (fear, anger, jealousy, aggression) overrule the higher brain. Because our brains are imprinted with genetic memory over thousands of generations, the lower brain is still with us, generating primitive and often negative drives like fear and anger. The result is a sharper and calmer mind, better performance in school/work and anything else that involves learning, retention, and recall. Super brain Yoga, for kids and adults alike, boosts electrical activity in the brain and gets it up and running. Your brain is like a muscle and essentially, this type of yoga stimulates it and gives it a workout. It's gentle, easy-to-do, and it doesn't take a lot of time either. Any energy locked away in your lower extremities gets channeled upwards, going right to your brain and boosting its functioning.

METHODS AND TOOLS

To achieve the purpose of the study thirty college students in the age group of 18 to 25 years were selected as subjects at random of SRM Science and Technology, Chennai, Tamilnadu. The study was formulated as pre and post test random group design, in which thirty subjects were divided into two equal groups. The experimental group I undergone (n=15, SPYGY) for super brain yoga and group II served as control group purpose. In this study, one training program were adopted as independent variables and the pulse rate and aggression was selected as dependent variables and which were measured by beats per minutes test, and questionnaire test. One intervention group was performed 6 days in per week for 12 weeks. The collected pre and post data was critically analyzed with dependent 't' test was applied for the determined mean differences. The level of confidence was fixed at 0.05 levels for all the cases in order to find out the significance.

TRAINING PROGRAMME

The training programme was lasted for 45 minutes for session in a day, 6 days in a week for a period of 12 weeks duration. These 45 minutes included warm up for 10 minutes, 30 minutes super brain yoga and 5 minutes warm down. The equivalent in super brain yoga is the length of the time each action in total 6 day per weeks. (Monday to Saturday)

TABLE - I

COMPUTATION OF 'T' RATIO ON PULSE RATE OF

EXPERIMENTAL GROUP AND CONTROL GROUP

(Scores in beat/min/seconds)

Group	Test	Mean	Std. Deviation	T ratio
Pulse rate	Experimental Group	Pre test	77.53	7.57*
		Post test	75.20	
	Control Group	Pre test	77.60	0.77*
		Post test	77.40	

*significant level 0.05 level (degree of freedom 2.14, 1 and 14)

Table I reveals the computation of mean, standard deviation and 't' ratio on pulse rate of experimental. The obtained 't' ratio on pulse rate were 7.57 and 0.77 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the experimental group 't' values were greater than the table value of 2.14, it was found to be statistically significant. The control group 't' value is less than table value of 2.14 it was found to be statistically insignificant.

FIGURE- I

BAR DIAGRAM SHOWING THE MEAN VALUE ON PULSE RATE OF COLLEGE STUDENTS ON EXPERIMENTAL GROUP AND CONTROL GROUP

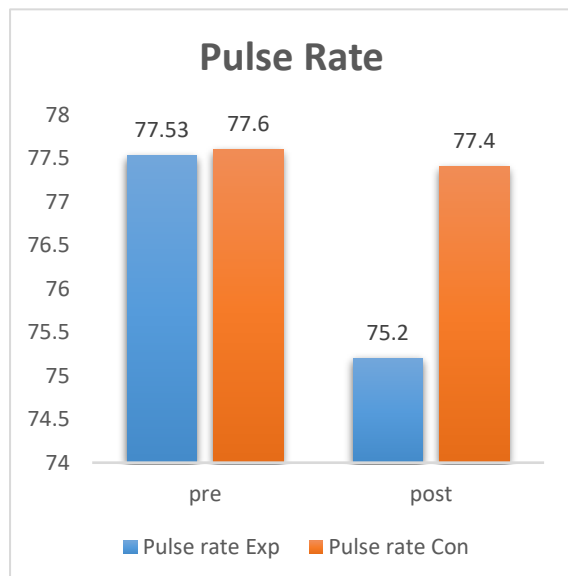


TABLE – II

COMPUTATION OF 'T' RATIO ON AGGRESSION OF EXPERIMENTAL GROUP AND CONTROL GROUP

(Scores in beat/min/seconds)

Group	Test		Mean	Std. Deviation	T ratio
Aggression	Experimental Group	Pre test	12.07	1.66	15.00*
		Post test	13.93	1.74	
	Control Group	Pre test	12.50	1.22	1.90
		Post test	12.83	1.46	

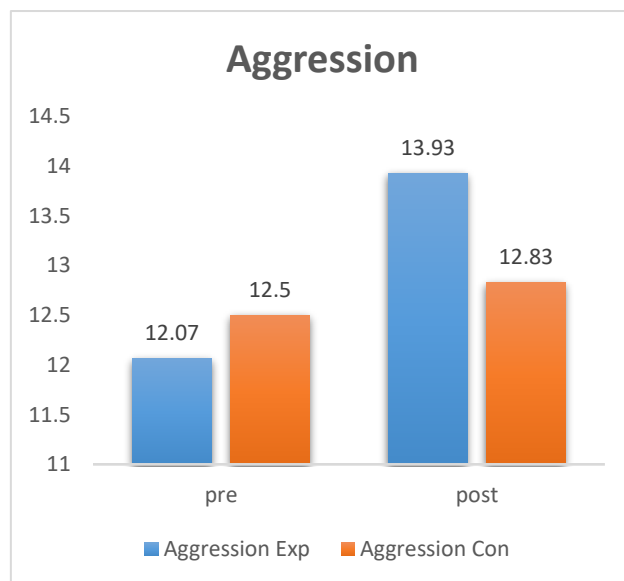
*significant level 0.05 level (degree of freedom 2.14, 1 and 14)

Table II reveals the computation of mean, standard deviation and 't' ratio on aggression of experimental. The obtained 't' ratio on aggression were 15.00 and 1.90 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the experimental group 't' values were greater than the table value of 2.14,

it was found to be statistically significant. The control group 't' value is less than table value of 2.14 it was found to be statistically insignificant.

FIGURE- II

BAR DIAGRAM SHOWING THE MEAN VALUE ON AGGRESSION OF COLLEGE STUDENTS ON EXPERIMENTAL GROUP AND CONTROL GROUP



DISCUSSION ON FINDINGS

The present study experimented the effect of Super Brain Yoga on Selected parameters of college students. The result of the study shows that the Super Brain Yoga improved the pulse rate and aggression. The findings of the present study had similarity with the findings of the investigations referred in this study. However, there was a significant change of subjects in the present study the pulse rate and aggression was significantly improved of subject in the group may be due to the in Super Brain Yoga. Gurupriya, R., et al., (2020). Effect of super brain yoga on heart rate variability among undergraduate medical students. Aniruddha, G., et al., (2020). Effect of Super-Brain Yoga on the Concentrating Ability of Students. International Journal of Physiology, 8(3), 32-36. According to these results; it can be said that regular, structured and planned Super Brain Yoga for 12 weeks of college students who

have a positive effect on improving their body changes.

Conclusion

From the results of the study and discussion the following conclusions were drawn.

The results of the present study demonstrated that 12 weeks of super brain yoga increased the pulse rate and aggression of college students. Therefore, it is suggested that super brain yoga should be used as an effective strategy to promote improvements in the functional fitness of apparently college students. Its low operational cost, easy applicability, high attendance rate, and the fact that it can be performed by many individuals of different fitness levels at the same time make this modality viable to be implemented in any community center. Physiological competency appears to be a better predictor of college students super brain yoga during physical activity opportunities than breathing competency. Findings from the current study substantially contribute to the understanding of super brain yoga practice in college students and will assist in evidence-based intervention design to increase pulse rate and aggression

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