

EFFECT OF YOGASANA PRACTICES ON DIFFERENTIATION ABILITY AND ORIENTATION ABILITY AMONG SPECIAL CHILDREN

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Abstract:

The purpose of the study was designed to examine the effect of Yogasana practices on differentiation ability and orientation ability among special children. For the purpose of the study, thirty special children studying in Sri Sivananda Balalaya IEU, Tamil Nadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent Yogasana practices for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely differentiation ability and orientation ability were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables namely differentiation ability and orientation ability by using stork stand and Visual Reaction Timer at prior to and immediately after the training programme. The analysis of covariance [ANCOVA] was used to analyze the significant difference, if any between the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed that there was a significant difference between Yogasana practices group and control group on differentiation ability and orientation ability. And also, it was found that there was a significant change on selected criterion variables such as differentiation ability and orientation ability due to Yogasana practices.

Key Words: Yogasana Practices, Differentiation Ability, Orientation Ability, Special Children

Introduction:

Yogasana, often simply referred to as "asana," is one of the eight limbs of yoga outlined in Patanjali's Yoga Sutras, and it refers to the practice of physical postures. Asanas are a fundamental aspect of yoga and have gained widespread recognition and popularity worldwide as a means to promote physical health, mental clarity, and spiritual well-being. Yogasana involves assuming various physical postures and poses with a specific purpose beyond mere physical exercise. Each asana is designed to balance and harmonize the body, mind, and spirit. The term "asana" signifies the union of the physical body (the external aspect) and the mental faculties (the internal aspect). Through the practice of asanas, individuals aim to cultivate a deep sense of awareness, concentration, and balance.

There is a vast and diverse range of asanas, each with its unique benefits. Some asanas focus on flexibility, while others emphasize strength, balance, or relaxation. Examples include the Downward-Facing Dog (Adho Mukha Svanasana), Lotus Pose (Padmasana), and Warrior Pose (Virabhadrasana). Practicing yogasana involves paying close attention to the body's alignment, breath, and sensations. Mindfulness and awareness are key elements of the practice, encouraging individuals to be fully present in the moment. The coordination of breath with movement is crucial in yogasana. In many styles of yoga, practitioners synchronize their breath with specific transitions between poses, promoting a state of flow and mindfulness.

Yogasana offers numerous physical benefits, including improved flexibility, increased strength, better posture, enhanced balance, and pain relief. Regular practice can also contribute to cardiovascular health, improved digestion, and a stronger immune system. Asanas can help reduce stress and anxiety by promoting relaxation and releasing physical tension. Certain poses are particularly effective in calming the nervous system. Yogasana is not just about achieving impressive physical feats; it is a profound tool for personal transformation and self-discovery. Through the regular practice of asanas, individuals can cultivate a healthier body, a calmer mind, and a deeper connection to their inner selves, ultimately leading to a more balanced and fulfilling life.

Methodology:

The purpose of the study was designed to examine the effect of Yogasana practices on differentiation ability and orientation ability among special children. For the purpose of the study, thirty special children studying in Sri Sivananda Balalaya IEU, Tamil Nadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent Yogasana practices for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The

following variables namely differentiation ability and orientation ability were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables namely differentiation ability and orientation ability by using stork stand and Visual Reaction Timer at prior to and immediately after the training programme. The analysis of covariance [ANCOVA] was used to analyze the significant difference, if any between the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate.

Analysis of the Data:

Differentiation Ability:

The analysis of covariance on differentiation ability of the pre and post test scores of Yogasana practices group and control group have been analyzed and presented in table 1.

Table 1: Analysis of Covariance of the Data on Differentiation Ability of Pre and Post Tests Scores of Yogasana Practices and Control Groups

Test	Yogasana Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	10.83	10.95	Between	0.108	1	0.108	0.53
S.D.	0.47	0.81	Within	5.666	28	0.202	
Post Test							
Mean	8.53	10.89	Between	41.536	1	41.536	21.55*
S.D.	0.40	0.42	Within	53.967	28	1.927	
Adjusted Post Test							
Mean	8.52	10.90	Between	41.447	1	41.447	91.15*
			Within	12.276	27	0.454	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

The table 1 shows that the adjusted post-test means of Yogasana practices group and control group are 8.52 and 10.90 respectively. The obtained "F" ratio of 91.15 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on differentiation ability.

The results of the study indicated that there was a significant difference between the adjusted post-test means of Yogasana practices group and control group on differentiation ability.

Orientation Ability:

The analysis of covariance on orientation ability of the pre and post test scores of Yogasana practices group and control group have been analyzed and presented in table 2.

Table 2: Analysis of Covariance of the Data on Orientation Ability of Pre and Post Tests Scores of Yogasana Practices and Control Groups

Test	Yogasana Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	7.70	7.77	Between	0.040	1	0.040	0.07
S.D.	0.73	0.60	Within	16.019	28	0.572	
Post Test							
Mean	8.46	7.79	Between	3.300	1	3.300	5.57*
S.D.	0.73	0.72	Within	16.582	28	0.592	
Adjusted Post Test							
Mean	8.49	7.76	Between	3.904	1	3.904	36.38*
			Within	2.898	27	0.107	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

The table 2 shows that the adjusted post-test means of Yogasana practices group and control group are 8.49 and 7.76 respectively. The obtained "F" ratio of 36.38 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on orientation ability.

The results of the study indicated that there was a significant difference between the adjusted post-test means of Yogasana practices group and control group on orientation ability.

Conclusions:

- There was a significant difference between Yogasana practices group and control group on differentiation ability and orientation ability.
- And also it was found that there was a significant change on selected criterion variables such as differentiation ability and orientation ability due to Yogasana practices.

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