

## **Chapter - II**

# **Review of Related Literature**

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2.1 Importance of Review of Related Literature

2.2 Review of Related Literature

## CHAPTER II

### REVIEW OF RELATED LIETARATURE

Research takes advantages of the knowledge which has accumulated in the past. It can never be undertaken in isolation of the work that has already been done on the problems which are directly or indirectly related to a study proposed by a researcher. The review of the literature in educational research provides us with the means of getting the frontier in our particular field of knowledge. Until we have learned what others have done and what remains till to be done in our area. We can't develop a research project that will contribute to furthering knowledge in our field. This, the literature in any field forms the foundation upon which all further work must be built. If we fail to build this foundation of knowledge provided by the review of literature, the work is likely to be often duplicate work that has already been done better by some one else. We however should make every effort to complete a through review before starting our research because the insight and knowledge gained by the review almost inevitably lead to a better designed project and greatly improve the chance of obtaining important and sufficient result.

#### **2.1 Importance of Review of Related Literature**

Review of the related literature, besides, allowing the researcher to help himself with current knowledge in the field or area in which he is going to conduct his research, serves the following specific purposes

- The review of related literature enables the researcher to define the limits of his field.
- By reviewing the related literature the researcher can avoid unfruitful and useless problem areas.

- Through the review of related literature, the researcher can avoid unintentional duplication of well establishment findings.
- The review of related literature gives the researcher an understanding of the research methodology, which refers to the way the study to be conducted.
- The final and important Specific reason for reviewing the related literature is to know about the recommendations of previous researches listed in their studies for further research.

## 2.1 Review of Related literature

*Srivastava and Varma<sup>[1]</sup>* Conducted a study entitle "Effect of yoga education on students: An experimental study." 411 students with age ranged 14-16 years of Vidya Bharati Schools of Delhi, UP, MP and Bihar were randomly selected as the sample. Two groups equated in age, academic achievement and controlled group. For this study Pandey's self confidence scale (1970) and Singh's state anxiety scale (1995) were administered. A two group pretest - Post test design was employed. The result indicate that the Yogic practices are extremely helpful in increasing self confidence. Also it's found that the non practicing yoga students had not shown any changes in their state of anxiety but a definite shift was found from higher state anxiety to lower state anxiety among yoga practicing students. The Superiority of yogic practices was also found helpful in increasing the level of adjustment. This study concluded that Yoga based education certainly helps in the all round development of the child.

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1. Srivastava, S.S. and Verma, D.P.(2001). *Effect of Yoga Education on Students : An Experimental Study*. Indian Journal of Educational Research. (Mar,2005); 18 (2).

*Kuldip*<sup>[2]</sup> conducted a study entitled "Effect of yoga on School students." A sample of 245 students of class VII, IX and X from central schools participated in the study. The tools used included Hindi adaptation of CPQ and HSPQ of Cattell, a non verbal test of creativity developed by Torrance, an attitude inventory and self rating to assess students alternatives in class. The sign test was used in data analysis. The main findings recorded were limited exposure of about 40 minutes of yoga teaching spread over 6 weeks could bring about the expected changes in the personality of students.

*Shukla*<sup>[3]</sup> conducted a Ph.D. study "Integration of yogic philosophy and practices in the modern system of Indian Education." It was a library study. The main exposition of the system of samkhya and yoga was based on the Samkhya Karika" the samkhya sutra" and the yoga sutra of patanjali with their commentaries and sub commentaries. Two questionnaires (one for principals, experienced teachers and administrators and the second for yoga instructors and spiritual leaders) were used. The findings recorded were

- (i) Yoga was important for the physical, mental and spiritual development of the human being.
- (ii) Yoga could be integrated with the educational system as a part of physical practices performed by students in daily school life.
- (iii) At the primary stage, some selected yogic practices could be performed by the students in school at the age of seven.
- (iv) Yoga should be introduced as a separate or an optional subject in the curriculum

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2. Kuldip, K. (1980). *Effects of Yoga on School Student*. Fifth Surrey of Educational Research Abstracts-II

3. Shukla, S.C. (1982). *Integration of Yogic Philosophy and Practices in the Modern System of Indian Education*. Ph.D., Kim University.

Ray, Mukhopadhyaya, Purkayastha, Asnani, Tomer, Prashad<sup>[4]</sup> conducted a study entitle "Effect of Yogic Practices on Physical and Mental Health of Young Fellowship Course Trainees." A study was undertaken to observe any beneficial effect of yogic practices during training period on the young trainees. 54 trainees of 20-25 years age group were divided randomly in two groups i.e. yoga and control group. Yoga group (23 males and 5 females) was administered yogic practices for the first five months of the course while control group (21 males and 5 females) did not perform yogic practices during this period. From the 6th to 10th month of training both the groups performed the yogic practices.

Physiological parameters like heart rate, blood pressure, oral temperature, skin temperature in resting condition, responses to maximal and sub maximal practices, body flexibility were recorded. Psychological parameters like personality, learning, arithmetic and psychomotor ability, mental well being were also recorded. Various parameters were taken before and during the 5th and 10th month of training period. Initially there was relatively higher sympathetic activity in both the groups due to the new work/training environment but gradually it subsided. Later on at the 5th and 10th month, yoga group had relatively lower sympathetic activity than the control group. There was improvement in performance at sub maximal level of practices and in anaerobic threshold in the yoga group. Shoulder, hip, trunk and neck flexibility improved in the yoga group. There was improvement in various psychological parameters like reduction in anxiety and depression and a better mental function after yogic practices.

Mehta<sup>[5]</sup> conducted a research study entitle "Effect of Some Yogic Practice on Human Subjects (Physiological & Psychological)". The present work is aimed to study the impact of Kapalbhathi, Vaman and Bhramari Pranayama on college going

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4. Ray, U.S.; Mukhopadhyaya, S. and Purkayastha, S.S. (2001). Effect of Yogic Practices on Physical and Mental Health of Young Fellowship Course Trainee. *Indian J Physiol Pharmacol* .45 (1)(Jan,2001): 25 - 46.
  5. Mehta, S. (2006). Yoga Intervention to Reduce Anxiety. *Indian Journal of Physiological Pharmacology*. 5(1) (Jan-March, 2006); 121 - 138.

students(age group 18-25 years ) of J.S. Sanskrit Mahavidyalaya, Saptrishi Ashrama, Haridwar. Total samples were 40 males. They belonged to 12<sup>th</sup> standard and practice Yoga daily for one hour in the morning, in which I included Kapalbhathi, Vaman, Bhramari Pranayam for two months. All the Psychological and Physiological tests were measured in Brahmavarchas Research center Shanti Kunj Hardwar.By statistical analysis it has been observed that there is a significant relationship between the practice of Kapalbhathi, Vaman and Bhramari on Haemoglobin, E.S.R., F.V.C., Physical and mental health.

*Hassmen, Koivula, and Uutela*<sup>[6]</sup> conducted a study entitle "Yogic Practices and Psychological Well-Being: A Population Study in Finland". A total of 3403 participants (1856 women and 1547 men) of the Finnish cardiovascular risk factor survey, ranging in age between 20 and 30, completed questionnaires. Besides answering questions concerning their practices habits and perceived health and fitness, the participants also completed the Beck Depression Inventory, the State-Trait Anger Scale, the Cynical Distrust Scale, and the Sense of Coherence inventory. The results of this cross-sectional study suggest that individuals who practices at least two to three times a week experienced significantly less depression, anger, cynical distrust, and stress than those exercising less frequently or not at all. Furthermore, regular practices perceived their health and fitness to be better than less frequent practices did. Finally, those who practices d at least twice a week reported higher levels of sense of coherence and a stronger feeling of social integration than their less frequently exercising counterparts. The results indicate a consistent association between enhanced psychological well-being, as measured using a variety of psychological inventories, and regular Yogic practices.

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6. Hassmen,P., Koivula,N.and Uvtela, A. (2000).Yogic Practices and Psychological Well -Being: A Population Study in Finland. *Prev Med.Jan* ; 30(1)(Jan,2000): 17-25.

Gura<sup>[7]</sup> conducted a study entitled "Yoga for stress reduction and injury prevention at work." At work employees face numerous psychological stressors that can undermine their work performance. These stressors, stemming from a variety of possible causes, have enormous health and financial impacts on employees as well as employers. Stress has been shown to be one of the factors leading to musculo-skeletal disorders (MSDs) such as: include back pain, carpal tunnel syndrome, shoulder or neck tension, eye strain, or headaches. Yoga is an ancient form of practices that can reduce stress and relieve muscular tension or pain. Practicing yoga at the workplace teaches employees to use relaxation techniques to reduce stress and risks of injury on the job. Yoga at the workplace is a convenient and practical outlet that improves work performance by relieving tension and job stress.

Richard , Brown, Patricia and Gerbarg<sup>[8]</sup> conducted a study entitled "Yogic Breathing in the Treatment of Stress, Anxiety, and Depression." Yogic breathing is a unique method for balancing the autonomic nervous system and influencing psychological and stress-related disorders. Part I of this series presented a neurophysiologic theory of the effects of *Yoga* (SKY). Part II will review clinical studies, our own clinical observations, and guidelines for the safe and effective use of yoga breath techniques in a wide range of clinical conditions. Although more clinical studies are needed to document the benefits of programs that combine *pranayama* (yogic breathing) *asanas* (yoga postures), and meditation, there is sufficient evidence to consider Yoga to be a beneficial, low-risk, low-cost adjunct to the treatment of stress, anxiety, post-traumatic stress disorder (PTSD), depression, stress-related medical illnesses, substance abuse, and rehabilitation of criminal offenders. SKY has been used as a public health intervention to alleviate PTSD in survivors of mass disasters. Yoga techniques enhance well-being, mood, attention, mental focus, and stress tolerance. Proper training by a skilled teacher and a 30-minute practice every

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7. Gura,S.T. (2003).Yoga for Stress Reduction and Injury Prevention at Work. *The Journal Of Psychology* . 20 (2)(Mar,2003) : 15-22.

8 Brown,R.P. and Grebarg,P.L.(2005). Yogic Breating in The Treatment of Stress, Anxiety and Depression. *The Journal Alterternative and Complimentary Medicine* . 11 (4)(Aug,2005): 711-717.



day will maximize the benefits. Health care providers play a crucial role in encouraging patients to maintain their yoga practices.

Lavey, Sherman, Kim and Mueser<sup>[9]</sup> conducted a study entitled "The effects of yoga on mood in psychiatric inpatients." The effects of yoga on mood were examined in 113 psychiatric inpatients at New Hampshire Hospital. Participants completed the Profile of Mood States (POMS) prior to and following participation in a yoga class. Analyses indicated that participants reported significant improvements on all five of the negative emotion factors on the POMS, including tension-anxiety, depression-dejection, anger-hostility, fatigue-inertia, and confusion-bewilderment. There was no significant change on the sixth POMS factor, vigor-activity. Improvements in mood were not related to gender or diagnosis. The results suggest that yoga was associated with improved mood, and may be a useful way of reducing stress during inpatient psychiatric treatment.

Jennifer Chodzinski<sup>[10]</sup> conducted a research study entitled "The Effect of Rhythmic Breathing on Blood Pressure in Hypertensive Adults" The study group consisted of a convenience sample of six hypertensive adults from the North Florida area. The sample consisted of six white female hypertensive volunteers. Their mean age was 51 (range 30-61), weight 167lbs. (121-224), height 65 inches (range 61-67). Five of the six were taking antihypertensive medications. All were working full time in moderate to high stress jobs. Only four reported exercising regularly. The first time the subjects did the breathing exercise, SBP, DBP, MAP, and HR did not decrease significantly (see table 1). Trial 2 was not analyzed because it was a practice session in an uncontrolled environment at home. MAP and HR decreased significantly; SBP and DBP did not.

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9. Lavey,R., Sherman,T. and Mueser ,K.T. (2000). The Effect of Yoga on Mood in Psychiatric Inpatients. *Journal Of Medicine*. 18 (1)(Nov,2000) : 101-110.
  - 10 Chodzinski,J.(2000). The Effect of Rhythmic Breathing on Blood Pressure in Hypertensive Adults. *Journal Of Undergraduate Research*. Mar, 1(6)(Mar,2000);85-101.

Lenith<sup>[11]</sup> conducted a research study entitle "A study of the affect of stress on society and how it can be managed through yog" This paper discusses the causes and consequences of stress and the problems faced by managing the stress of everyday living. The author believes that through yoga and meditation one can divert his/her focus away from the worldly happenings outside and therefore significantly reduce day to day stress. According to a study about forty three percent of the adult population is suffering from stress related problems that is adversely affecting their health. The main consequences that are considered to be the most threatening to an individual's health are heart disease, cancer, lung diseases, accidents, liver problems and suicide. Even though, stress is considered to be harmful for health and ruins an individual's health, abilities to perform work, productivity and mental health, stress is sometimes desirable or even necessary. Some pleasing and exciting events like getting a new job, moving to a new home, getting married, birth of a child may cause more stress as compared to the tragic events.

Telles and Desiraju<sup>[12]</sup> conducted a research study entitle "Autonomic changes in yoga meditation." This report presents the changes in various autonomic and respiratory variables during the practice of Raja yoga meditation. This practice requires considerable commitment and involves concentrated thinking. 18 males in the age range of 20 to 52 years (mean  $34.1 \pm 8.1$ ), with 5-25 years experience in meditation (mean  $10.1 \pm 6.2$ ), participated in the study. Each subject was assessed in three test sessions which included a period of meditation, and also in three control (non-meditation) sessions, which included a period of random thinking. Group analysis showed that the heart rate during the meditation period was increased compared to the preceding baseline period, as well as compared to the value during the non- meditation period of control

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11. Lenith S. (2002).Yoga As a Stress Management Tool. *Journal Of Research Papers* .2(5)(Aug,2002)125 - 135
  12. Telles,S.and Desiraju,T. (1993). Autonomic Changes in Yoga Meditation. Bangalore: National Institute Of Mental Health and Neurosciences.

sessions. In contrast to the change in the heart rate, there was no significant change during meditation, for the group as a whole, in palmer GSR and respiratory rate. On an individual basis, changes which met the following criteria were noted: (1) changes which were greater during meditation (compared to its preceding baseline) than changes during post meditation or non- meditation periods (also compared to their preceding baseline); (2) Changes which occurred consistently during the three repeat sessions of a subject and (3) changes which exceeded arbitrarily chosen cut- off points (described at length below). This individual level analysis revealed that changes in autonomic variables suggestive of both activation and relaxation occurred simultaneously in different subdivisions of the autonomic nervous system in a subject. Apart from this, there were differences in patterns of change among the subjects who practiced the same meditation. Hence, a single model of sympathetic activation or overall relaxation may be inadequate to describe the physiological effects of a meditation technique.

Sten. <sup>[13]</sup> conducted a research study entitle "Slow Pranayama Breathing and its Effects." The researcher propose a hypothesis that explains the physiological process of how long pranayama breathing works to decrease oxygen consumption, decrease heart rate, decrease blood pressure, as well as increase theta wave amplitude in EEG recordings, increase parasympathetic activity accompanied by the experience of alertness and reinvigoration. Voluntary slow deep breathing functionally resets the autonomic nervous system, say the authors, synchronizing neural elements in the heart, lungs, limbic system, and cortex.

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13. Stel. A .(2006). Slow Pranayma Breating and its Effects. *Med Hypotheses*. May, 67 (3): 566-571