

Chapter - IV

Analysis of Data and Interpretation of Result

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- 4.1 Presentation, and Analysis of data and Interpretation of results.
- 4.2 Testing of Hypotheses.



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Analysis of data and Interpretation of results

After discussing the need and importance of yogic practices in the school health programme and taking a brief review of researches conducted in this area to support the rationale of the present study, detailed methodology including activity selected of the study was presented in the third chapter. The variables involved, sample selected, tools employed, the manner in which the relevant data was collected and other methodological details are discussed in that chapter. The data thus collected was subjected to appropriate statistical techniques to test the hypotheses. Statistical techniques are used for organizing, analyzing and interpreting numerical data. Statistics is a basic tool of measurement and evaluation, when research has quantifiable data. Statistical method goes to the fundamental purposes of description and analysis. By statistics we can analyze and interpret the data and can draw conclusions.

4.1 Presentation and Analysis of data and Interpretation of result

If the collected data are systematically arrange, and analyze through appropriate scientific and statistical techniques, the results obtained are scientific and correct.

Interpretation of data refers to that important part of the investigation, which is associated with the drawing of the inference from the collected facts after an analytical study. It is the interpretation that makes it possible for us to utilize collected data in various fields.

Since the main objective of the study is to find out the impact of yogic practices on level of anxiety and mental health of students, quantitative analysis of the data was done by the researcher to derive

meaningful conclusions. For this the descriptive statistics like mean, standard deviation (SD) and 't' test were used ..

4.2 Testing of Hypotheses

According to the hypotheses of the study the data collected were analysed on the basis of the scores of post test of experimental and controlled group students.

Hypothesis Ho1

There will be no significant difference in level of anxiety of students who are undergoing yogic practices and who do not undergoing yogic practices .

Table 4.2.1

Difference between mean scores of post test of level of anxiety of two groups.

Group	No. of Students N	Mean m	SD σ	df	t
Experimental	35	77.28	15.09	68	3.52
Controlled	35	72.62	14.37		P<0.01 2.65

(Significant at 0.01 level of significance)

Table 4.2.1 shows that for the 68 degree of freedom, computed value of 't' is 3.52 and the table value of 't' is 2.65 at 0.01 level of significance. The computed value of 't' is greater than the table value of 't' and hence the null hypothesis Ho1 "There will be no significant difference in level of anxiety of students who are undergoing yogic practices and who do not undergoing yogic practices." is rejected. This indicates that there is a significant difference in level of anxiety of students who are undergoing yogic practices and who do not undergoing yogic practices .

Hypothesis Ho2

There will be no significant change in level of anxiety of boys and girls after undergoing yogic practices.

Table 4.2.2

Difference between mean scores of post test of experimental group with respect to level of anxiety.

Group	No. of Students N	Mean m	SD σ	df	t
Experimental	22 (G)	73.09	13.91	43	5.09
Experimental	13(B)	84.38	14.92		P<0.01 2.69

(Significant at 0.01 level of significance)

Table 4.2.2 show that for the 43 degree of freedom, the computed value of 't' is 5.09 and the table value of 't' is 2.69 at 0.01 level of significance. The computed value of 't' is greater than the table value of 't' and hence the null hypothesis Ho2 "There will be no significant change in level of anxiety of boys and girls after undergoing yogic practices" is rejected. This indicates that there is a significant change in level of anxiety of boys and girls after undergoing yogic practices .

This is interpreted that the level of anxiety of boys and girls is affected by the yogic practices. The yogic practices is effective to decreased the level of anxiety of students.

Hypothesis Ho3

There will be no significant difference in level of anxiety of girl who are undergoing yogic practices and who do not undergoing yogic practices .

Tables 4.2.3

Difference between mean scores of post test of two groups with respect to level of anxiety of girls.

Group	No. of Students N	Mean m	SD σ	df	t
Experimental	22	73.09	13.91	41	3.92
Controlled	21	73.00	11.75		P<0.01 2.71

(Significant at 0.01 level of significance)

Table 4.2.3 Shows that for 41 degree of freedom, the computed value of 't' is 3.92 and the table value of 't' is 2.71 at 0.01 level of significance. The computed value of 't' is greater than the table value of 't' and hence the null hypothesis Ho3 "There will be no significant difference in level of anxiety of girls who are undergoing yogic practices and who do not undergoing yogic practices" is rejected. It indicates that there is a significant change in level of anxiety of girls who are under going yogic practices and who do not undergoing yogic practices.

When means are compared it is found that the level of anxiety of experimental group girls is decreased as compared with the girls of the controlled group. This result that the regular yogic practices help to decreased the level of anxiety.

Hypothesis Ho4

There will be no significant change in level of anxiety of boys who are undergoing yogic practices and who do not undergoing yogic practices.

Table 4.2.4

Difference between mean scores of post test of two groups with respect to level of anxiety of boys.

Group	No. of Students N	Mean m	SD σ	df	t
Experimental	13	84.38	14.92	25	6.39
Controlled	14	72.07	18.23		P < 0.01 2.79

(Significant at 0.01 level of significance)

Table 4.2.4 shows that for the 25 degree of freedom, the computed value of 't' is 6.39 and the table value of 't' is 2.79 at 0.01 level of significance. The computed value of the 't' is greater than the table value and hence the null hypothesis Ho4 "There will be no significant change in level of anxiety of boys who are undergoing yogic practices and who do not undergoing yogic practices" is rejected. It indicates that there is significant change in level of anxiety of boys who are undergoing yogic practices and who do not undergoing yogic practices. When means are compared it is found that the level of anxiety of experimental group boys is decreased as compared with boys of controlled group who do not under going yogic practices . That means the yogic practices certainly impact on the level of anxiety of students. It help to reduce the anxiety level.

Hypothesis Ho5

There will be no significant difference in mental health of students who are undergoing yogic practices and who do not undergoing yogic practices .

Table 4.2.5

Difference between mean scores of post test of two groups with respect to mental health.

Group	No. of Students N	Mean m	SD σ	df	t
Experimental	35	14.54	6.47	68	2.58
Controlled	35	12.74	6.76		P<0.05 2.00

(Significant at 0.05 level of significance)

Table 4.4.5 shows that for the 68 degree of freedom, at the 0.05 level of significance, the computed value of 't' is 2.58 and the table value of 't' is 2.00 The computed value of the 't' is greater than the table value and hence the null hypothesis Ho5 "There will be no significant change in level of anxiety of boys who are undergoing yogic practices and who do not undergoing yogic practices" is rejected. This indicates that there is a significant difference in mental health of students who are undergoing yogic practices and who do not undergoing yogic practices

Hypothesis Ho6

There will be no significant change in mental health of boys and girls after undergoing yogic practices .

Table 4.2.6

Difference between mean scores of post test of experimental group with respect to mental health.

Group	No. of Students N	Mean m	SD σ	df	t
Experimental	22 (G)	16.77	6.13	33	2.31
Experimental	13 (B)	10.76	5.14		P < 0.05 2.03

(Significant at 0.05 level of significance)

Table 4.2.6 shows that for the 33 degree of freedom, at the 0.05 level of significance, the computed value of 't' is 2.31 and the table value of 't' is 2.03. The computed value of 't' is greater than the table value and hence the null hypothesis Ho6 "There will be no significant change in mental health of boys and girls after undergoing yogic practices" is rejected. It indicates that there is significant change in mental health of boys and girls after undergoing yogic practices .

Thus it is interpreted that the mental health of boys and girls is affected by the yogic practices.

Hypothesis Ho7

There will be no significant difference in mental health of girls who are undergoing yogic practices and who do not undergoing yogic practices .

Table 4.2.7

Difference between mean scores of post test of two groups with respect to mental health of girls.

Group	No. of Students N	Mean m	SD σ	df	t
Experimental	22	16.77	6.13	41	2.73
Controlled	21	13.33	5.18		P < 0.01 2.71

(Significant at 0.01 level of significance)

Table 4.2.7 shows that for the 41 degree of freedom. At the 0.01 level of significance the computed value of 't' is 2.73 and the table value of 't' is 2.71 The computed value of 't' is greater than the table value of 't' and hence the null hypothesis Ho7 "There will be no significant difference in mental health of girls who are undergoing yogic practices and who do not undergoing yogic practices" is rejected. It indicates that there is a significant difference in mental health of girls who undergoing yogic practices and who do not undergoing yogic practices .

When means are compared it is found that mean of experimental group girls (16.77) who undergoing yogic practices is better than the controlled group girls (13.33) who do not undergoing yogic practices . It is inferred that the mental health level of the girls who are undergoing yogic practices is certainly improved as compared with controlled group girls.

Hypothesis Ho8

There will be no significant difference in mental health of boys who are undergoing yogic practices and who do not undergoing yogic practices .

Table 4.2.8

Difference between mean scores of post test of experimental group with respect to mental health of boys.

Group	No. of Students N	Mean m	SD σ	df	t
Experimental	13	16.76	7.14	25	2.69
Controlled	14	11.86	6.53		P < 0.05 2.06

(Significant at 0.05 level of significance)

Table 4.3.8 shows that for the 25 degree of freedom, at 0.05 level of significance the computed value of 't' is 2.69 and the table value of 't' test is 2.06. The computed value of 't' is greater than the table value of 't' and hence the hypothesis Ho8 "There will be no significant difference in mental health of boys who are undergoing yogic practices and who do not undergoing yogic practices" is rejected. This indicates that there is significant difference in mental health of boys who are undergoing yogic practices and who do not undergoing yogic practices .