

## **Influence of Sky Yoga and Walking On Aggression Variable among Working Men**

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**Abstract:** The purpose of the study is to find that how Sky Yoga helps to reduce weight, maintain BMI level and its balancing the psychologically helps in reducing the aggression. For the study, 60 middle aged working men were picked randomly from in and around Coimbatore city as subjects. The subject's age ranged from 28 to 35 years. The subjects were distributed into 3 groups experimental group I, experimental group II and control group where experimental group I undergone SKY Yoga only & experimental group II went on walking exercise. The control group kept on rest till the training period ends. The training has been conducted for 5 days in a week for 10 weeks. The pre-test and post-test were conducted before and after the training for all three groups. The data gathered were statistically analysed using ANOVA to determine the substantial difference and tested at 0.05 level of significance. The result of the study showed that the weight has got reduced and there was significantly affect the aggression for the Experimental Group I as result SKY Yoga. And it has been concluded that the SKY Yoga helped in reducing the body weight without much affects and aggression of the middle aged working men got reduced.

**Key Words:** SKY yoga, psychological, aggression, body weight.

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### **I. INTRODUCTION**

Investments on health, education and development yield the greatest benefits. Investing in health affects not only the health of the man, their families and ultimately their communities. Research in health programs can guide choices in making investments in health, nutrition, education, and development. Consumers freely make the choice to smoke, eat junk food and forgo preventive care, all of which are highly likely to make them sick, force up their health care costs and lower their quality of life. Public health emphasizes on prevention and embrace collective, multifaceted action to respond to emerging challenges to health practitioners and researchers. It helps us to investigate the disease, determinants and risks, improve health care quality and delivery.

### **OBJECTIVES OF THE STUDY**

My objectives and goals are based to emphasize the need for greater participation of the obese working men and their family to cultivate healthy habits for the future of their children, but also at home. The aim of this research work is to promote the health and wellbeing of the mankind.

### **STATEMENT OF THE PROBLEM**

The imbalance among health, physically and psychologically all forgotten to give importance in the modern world. This creates a problem where obese comes into this picture, but it doesn't create problem only to body which also affects psychologically like depression, stress etc., and surrounding start comparing with other give advice which creates a aggression or frustration.

### **HYPOTHESIS**

For the purpose of study, it has been hypothesized that there would be a significant difference on selected variable of aggression between the subject's practices SKY yoga and Walking than the Control group.

**LIMITATIONS**

- 1) The habits like drinking, smoking etc., were not controlled.
- 2) The food timing, life style, sleep cycle etc., were not controlled.
- 3) The impulse of the subject affected the training were not considered for the study.

**SELECTION OF SUBJECTS**

For the study, 60 working middle age men from in and around Coimbatore were selected as subjects. Their age were in-between 28 to 35 years.

**II. METHODOLOGY**

For the purpose, 60 working men from Coimbatore were selected as subjects and they were undergone pre-test on psychological variable of aggression. Then the subjects were divided into three groups with equal number of subjects in each.

Experimental Group I went on SKY yoga; Experimental Group II went on only Walking exercise. Training has been conducted for six days in a week for 12 weeks. Controlled Group were not given any training during the training period for experiment group subjects.

**SELECTED VARIABLES FOR EXCREMENT**

**DEPENDENT VARIABLES:**

**Psychological variables:** Aggression

**Material used:** Aggression Questionnaire

**INDEPENDENT VARIABLES**

Yoga practices of SKY yoga & Walking

**III. RESULTS AND DISCUSSIONS ON AGGRESSION:**

For statistical analysis the data collected from the pre-test and the post test on aggression of subject in experimental groups and control group were presented in Table I

**Table I**

In Table I shows that the F value 2.731 of pretest less than able value 3.17 for df 2 and 57, the F value 98.253 of posttest greater than able value 3.17 for df 2 and 57, this show there significant in the posttest. The adjusted post-test means values of aggression for SKY yoga Group, Walking Group and Control Group are 57.21, 70.68 and 83.34 respectively. The obtained F-ratio of 101.96 for adjusted posttest mean is very much greater than the table value of 3.16 for df 2 and 56 required for significant at 0.05 level of confidence this indicate that there are significant differences among the adjusted post-test means of SKY yoga, Walking Group and Control Group on the aggression.

**Table I:** Analysis of Covariance for the pre and post test data on aggression

TEST	GROUP1	GROUP2	GROUP3	df	SS	MOS	F Value
<b>Pre</b>	85.2	83.55	84.05	2	28.633	14.316	2.731*
				57	2229.1	39.107	
<b>Post</b>	57.4	70.55	83.3	2	6708.633	3354.317	98.253*
				57	1945.95	34.139	
<b>Adjusted</b>	57.21	70.68	83.34	2	6784.192	3392.096	101.96*
				56	1862.982	33.267	

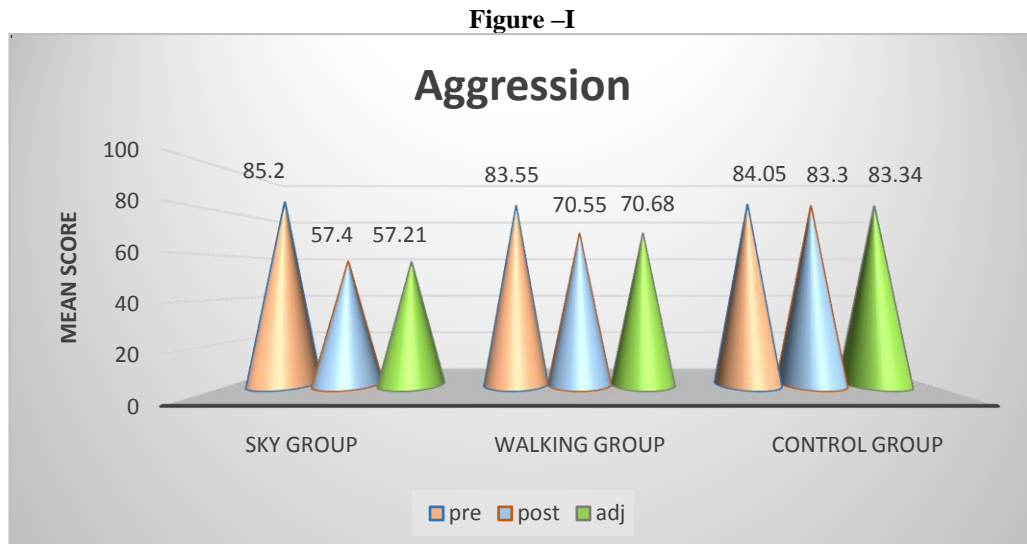
To determine which of the paired means has a significant difference, the Scheffe’s test was applied as Post hoc test and the results are presented in Table II.

**Table II:** Scheffe’s test for the differences between the adjusted post-test paired means on aggression

Groups			Mean	CD
SKY GROUP	WALKING GROUP	CONTROL GROUP		
57.21	70.68		13.46	8.027
57.21		83.34	26.12	
	70.68	83.34	12.65	

Table II shows that the adjusted post-test means differences on SKY yoga and Walking, SKY yoga and Control Group, Walking and Control Group are 13.46, 26.12 and 12.65 respectively. The value 8.027 which shows significant differences at 0.05 level of confidence.

From the Scheffe's test result on aggression were SKY yoga impacted more than Walking and Control Group subject. The mean and adjusted values of pre and posttest of SKY yoga Group, Walking Group and Control Group on aggression are graphically represented in the Figure -I.



#### IV. CONCLUSIONS

Within the limitations the present study results were obtained and the following conclusion were drawn too. For the purpose of this study it was hypothesized that the SKY yoga group, Walking Group would impact significantly more on the selected psychological variable of aggression when compared to control group.

The psychological variables aggression had impact highly by practice of SKY yoga for 12 weeks to Experimental Group- I than Walking exercise which has been given to Experimental Group-II when comparing to the control group.

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