

EFFECTS OF SIX MONTHS OF TRATAK TRAINING ON SELECTED PSYCHOLOGICAL VARIABLES AMONG MALE AND FEMALE STUDENTS OF HIGH SCHOOL

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ABSTRACT::

The subjects for this consideration were 100 (50 male and 50 female) Tall School Understudies of Bijnor Distt. All the subjects were separated into four bunches i.e. two exploratory and two control bunches in individual sex categories the ages of the subjects will be extended from 16 to 21 a long time. Mental Factors: State Uneasiness, Cognitive Uneasiness, Stretch, Concentration and Self Certainty. The specific plan utilized would single gather plan Tratak preparing sessions were held thrice a week, for a length of 2 hours. Preparing was conferred for 8 weeks to see critical changes within the mental factors of the subjects. The information on mental factors was collected by regulating taking after standard tests: State uneasiness was measured by SCAT survey., Cognitive uneasiness was measured by the CSCAT survey. To decide the impact of tratak on chosen mental factors matched T-Test will be utilized. 05 level of centrality. Pearson's item minute correlation coefficient was utilized to set up a relationship among the pre and post-test scores of the particular bunches.

Keywords: Tratak, Psychological Variables, State Anxiety, Cognitive Anxiety

INTRODUCTION

Physical instruction and sports have been a portion of human life nearly since time immemorial, they have been vital to mankind and become a portion of his culture, nowadays physical instruction and sports have developed as widespread social wonders. It may be a comprehensive concept and not constrained to the all-round advancement of people, It has possibilities not as it were to touch the lives of people but moreover to make an imperative and persevering portion of the culture in which they live. Yoga is an antiquated teaching planned to bring adjust and well-being to the physical, mental, enthusiastic, and otherworldly measurements of the individual. It is a long prevalent hone in India that has ended up progressively more common in Western society.

“Yoga” implies a union of our awareness with the All-inclusive Divine Consciousness in a super-conscious state known as Samadhi. Nowadays numerous individuals claim to hone yoga for its well-being benefits. Without deliberately embracing Hindu devout perspectives which underlies the hone and ordinarily ended up clear in more progressed stages of instruction. Rudimentary courses of trataka on physical works out comprising of different stances and breathing procedures. A developing body of inquiry about proof bolsters the conviction that certain yoga procedures may move forward physical and mental well-being through down-regulation of the hypothalamus pituitary adrenal (HPA) pivot and the thoughtful anxious framework.

Tratak contemplation strategy is one exceptionally effective antiquated hone that can offer assistance to an individual to form some very significant otherworldly progress. People moreover call it settled-looking reflection since this strategy is all approximately settling your eye and focus on outside objects so merely seem to utilize it as an instrument to end up more aware of your intellect exercises. This meditation requires you to be determined along with your endeavours for a long time some time recently you anticipate seeing any critical change in yourself. Different Shapes of Tratak Reflection As I have said, this strategy makes you gaze at an outside question so, you have numerous choices accessible to select from and four such well-known sorts of Tratak are:-

1. Tratak on fire Here the specialist puts his centre on the fire of a candle or oil light. (known as Diya Tratak in Hindi).
2. Tratak on a point on the divider or board – A professional here picks up a more prominent capacity to centre by looking at a dim spot drawn on the divider or board.(known as Bindu Tratak in Hindi).
3. Mirror Tratak Here the professional watches his reflection. (moreover known as Darpan Tratak in Hindi).
4. Tratak on a picture -This is done by concentrating on any specific picture, it could be a few pictures related to your faith or religion.

II.The targets of the consideration will be as follows:

- 1.To decide the impact of Tratak Training on chosen mental variables in connection to male tall school understudies of Bijnor Locale.
2. To decide the impact of Tratak Training on selected mental factors to female tall school understudies of Bijnor Locale.

III. On the premise of consider checked on and possess understanding of the researcher around the problem, it is hypothesized that:

1. It may be hypothesized that Tratak will have a diverse degree of impact on chosen mental factors in connection to tall school male and female understudies of Bijnor Locale.
2. It may be hypothesized that Tratak will have a diverse degree of relationship on chosen mental factors in connection to tall school male and female students of Bijnor Area.

IV. METHODOLOGY

The subjects for this think about were 100 (50 male and 50 female) Tall School Understudies of Bijnor Distt. All the subjects were isolated into four bunches i.e. two exploratory and two control bunches in particular sex categories the age of the subjects will run from 16 to 21 years. The specific plan utilized would single group design Tratak preparing sessions was held thrice a week, for the term of 2 hours.

Preparing was conferred for 8 weeks to see significant changes within the mental factors of the subjects. The information on mental factors was collected by regulating taking after standard tests:

State uneasiness was measured by SCAT survey., Cognitive uneasiness was measured by the CSCAT survey, To decide the impact of tratak on chosen psychological variables combined T-Test will be utilized. 05 level of significance.

Pearson's product minute correlation coefficient was utilized to set up a relationship among the pre and post-test scores of the particular bunches.

V. ANALYSIS

This comes about relating to discovering the relationship and discovering the critical distinction in case any, between pre and post-information for uneasiness was found out with the offer assistance of 'T- Proportion. The examination of information relating to pre and post-information for uneasiness is displayed in Table 1

Table-1

MEAN AND STANDARD DEVIATION (PRE AND POST-TEST) OF STATE ANXIETY OF BIJNOR DISTRICT MALE SUBJECTS IN SCAT QUESTIONNAIRE

Nature of Test	N	Mean	Standard Deviation
PreTest	50	267.4	34.60
PostTest	50	269.78	34.64

The implies and standard deviations for pre and post-test pre and post information for state uneasiness it was found that the score of the subjects was ordinary as per the national benchmarks in the pre-test, contrast is exceptionally critical as the score is in focuses and higher the score superior to the score, consequently it may well be said that the yogic hone has progressed the state uneasiness level of the subjects. The standard deviation in pre and post-test was more or less the same which proposes that the scores did not vary much among the subjects in pre as well as post-test being from the same age bunch and sex. To discover the critical contrast on the off chance that any, between pre and post-test of uneasiness of Bijnor District in SCAT Survey, were found out with the assistance of "Paired T-Test". The examination of information relating to is displayed in Table 2.

TABLE-2

PAIREDT-TEST FOR PRE AND POST TEST CONCERNING STATE ANXIETY OF BIJNOR DISTRICT MALE SUBJECTS IN SCAT QUESTIONNAIRE

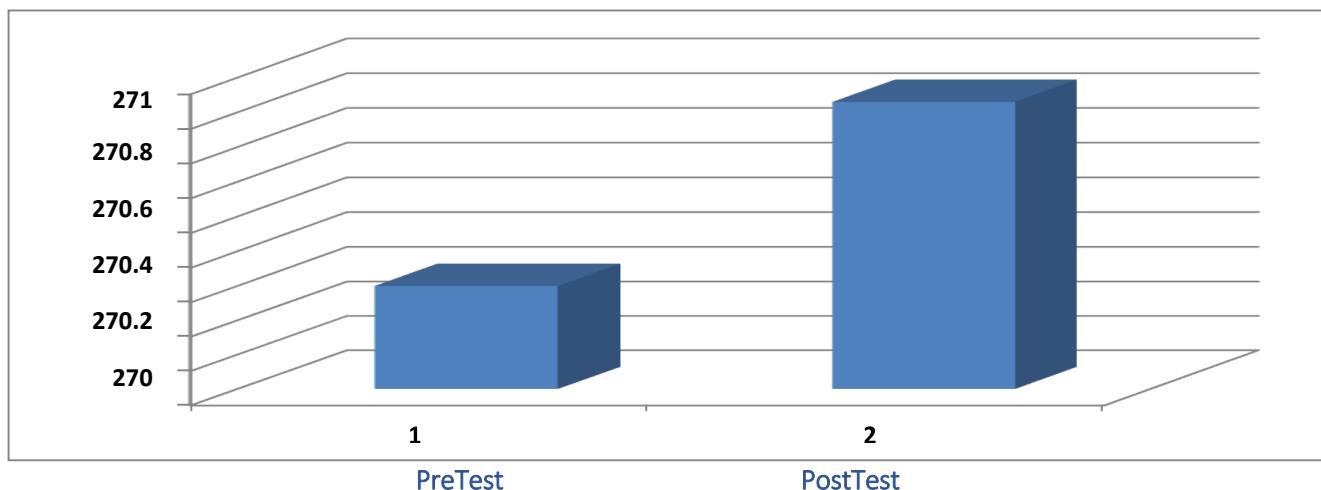
Variable	Groups	df	T-Ratio
Score in SCAT Questionnaire	2	49	12.67*

*Significant at .05 level of confidence. $T_{0.05} (2.49) = 0.996$

It is clear from Table 2 that changeability exists among the pre and post-test of state uneasiness of Bijnor Area in the SCAT Survey. The distinction is exceptionally noteworthy as the score is in focus and the higher the timing better the score, subsequently it may well be said that the yogic hone has moved forward the uneasiness of the subjects. The contrast between the implies of the pre and post-test of uneasiness of Bijnor Locale in SCAT Survey, is appeared in Fig.- 1.

FIG.1

BAR DIAGRAM REPRESENTING MEANS OF STATE ANXIETY OF BIJNOR DISTRICT IN SCAT QUESTIONNAIRE



The results of finding the relationship and to find out the significant difference if any, between pre and post-data for state anxiety were found out with the help of 'T- Ratio. The analysis of data of pre and post-data for anxiety is presented in Table 3.

MEAN AND STANDARD DEVIATION (PRE AND POST-TEST) OF STATE ANXIETY OF BIJNOR DISTRICT FEMALE SUBJECTS IN SCAT QUESTIONNAIRE

Nature of Test	N	Mean	Standard Deviation
PreTest	50	269.80	34.64
PostTest	50	273.85	35.65

The implies and standard deviations for pre and post-test pre and post information for state uneasiness it was found that the score of the subjects was typical as per the national guidelines in pre-test, contrast is exceptionally critical as the score is in focuses and higher the score way better the score, subsequently it can be said that the yogic hone has made strides the state uneasiness level of the subjects. The standard deviation in pre and post-tests was more or less the same which proposes that the scores did not vary much among the subjects in pre as well as post-tests being from the same age gather and sex. To discover the noteworthy contrast in case any, between the pre and post-test of uneasiness of Bijnor District in SCAT Survey was found with the assistance of "Paired T-Test". The investigation of information relating to is displayed in Table 2.

TABLE-4

PAIRED T-TEST FOR PRE AND POST-TEST CONCERNING STATE ANXIETY OF BIJNOR DISTRICT FEMALE SUBJECTS IN SCAT QUESTIONNAIRE

Variable	Groups	df	T-Ratio
Score in SCAT Questionnaire	2	49	14.67*

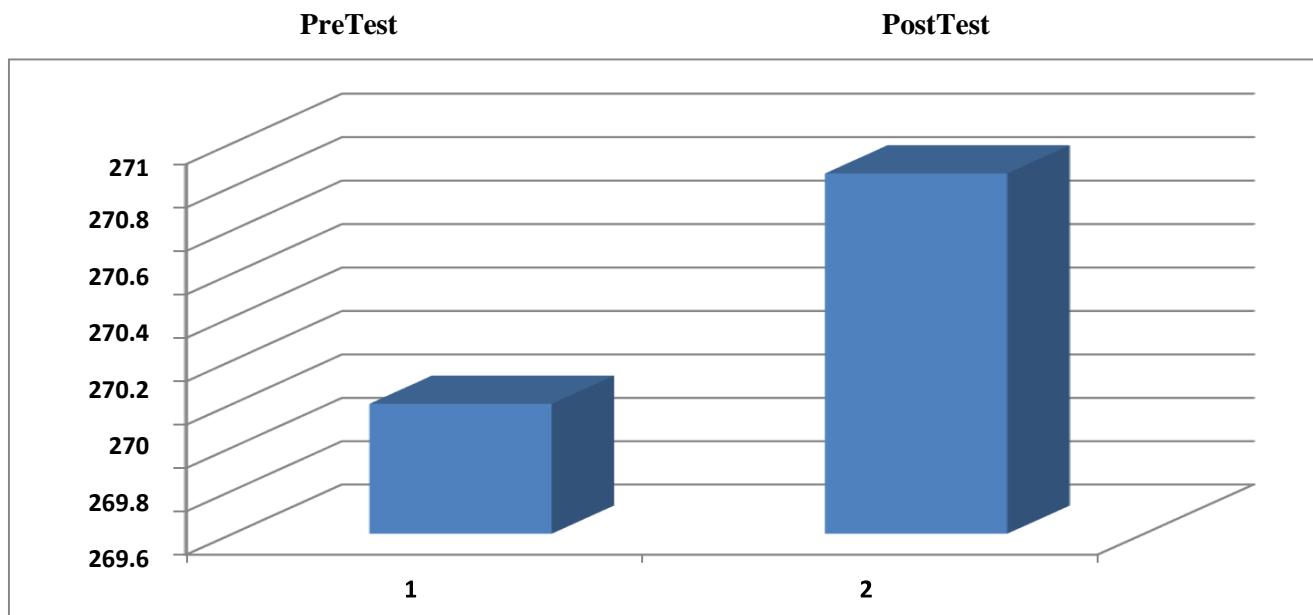
*Significant at .05 level of confidence. $T_{0.05} (2.49) = 0.996$

It is clear from Table 2 that inconstancy exists among the pre and post-test of uneasiness of Bijnor Locale in the SCAT Survey. The distinction is exceptionally noteworthy as the score is in focus and the higher the timing betters the score, consequently, it might be said that the yogic hone has progressed the uneasiness of the subjects.

The distinction between the implies of the pre and post-test of uneasiness of Bijnor Locale in SCAT Survey, is appeared in Fig. - 2.

FIG.2

BAR DIAGRAM REPRESENTING MEANS OF STATE ANXIETY OF BIJNOR DISTRICT IN SCAT QUESTIONNAIRE



The results of finding the relationship and to find out the significant difference if any, between pre and post data for cognitive anxiety were found out with the help of 'T- Ratio. The analysis of data of pre and post data for cognitive anxiety is presented in Table 5.

MEAN AND STANDARD DEVIATION (PRE AND POST-TEST) OF COGNITIVE ANXIETY OF BIJNOR DISTRICT MALE SUBJECTS IN CS CAT QUESTIONNAIRE

Nature of Test	N	Mean	Standard Deviation
PreTest	50	268.80	35.68
PostTest	50	270.86	35.65

The implies and standard deviations for pre and post-test pre and post information for cognitive uneasiness it was found that the score of the subjects was typical as per the national measures in a pre-test, a distinction is exceptionally noteworthy as the score is in focuses and higher the score superior the score, consequently it can be said that the yogic hone has progressed the cognitive uneasiness level of the subjects. The standard deviation in pre and post-tests was more or less the same which proposes that the scores did not vary much among the subjects in pre as well as post-tests being from the same age gather and sex. To discover the critical contrast in case any, between the pre and post-test of uneasiness of Bijnor District in the CSCAT Survey was found with the assistance of "Paired T-Test". The examination of information relating to is displayed in Table 6.

TABLE-6

PAIRED T-TEST FOR PRE AND POST-TEST CONCERNING COGNITIVE ANXIETY OF BIJNOR DISTRICT MALE SUBJECTS IN CSCAT QUESTIONNAIRE

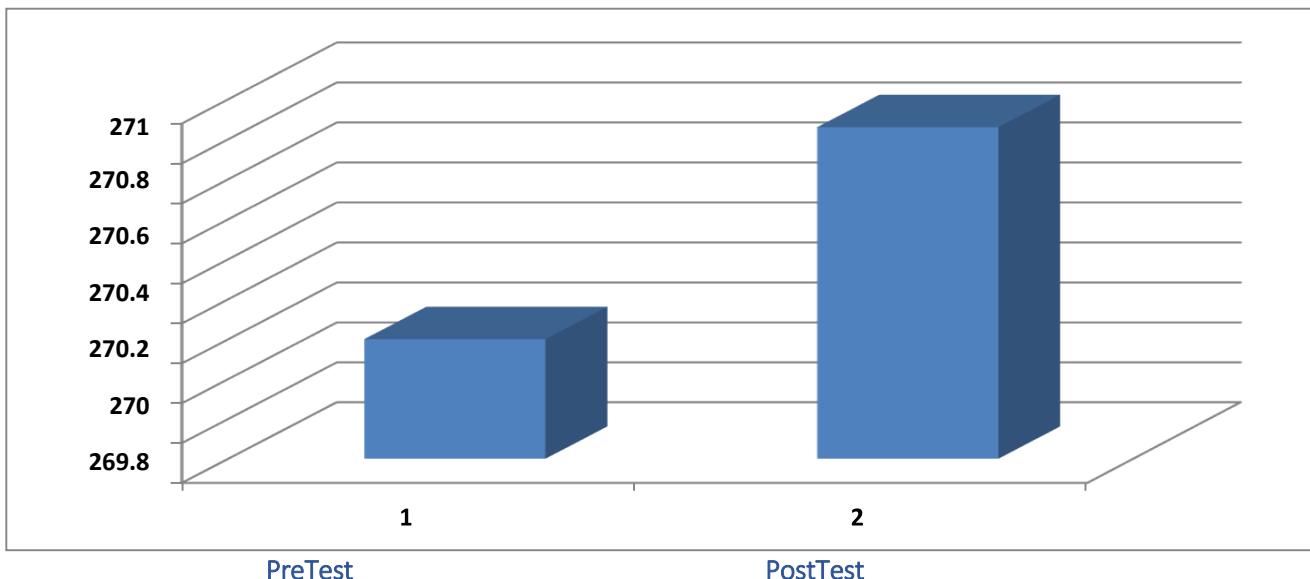
Variable	Groups	df	T-Ratio
ScoreinCSCATQuestionnaire	2	49	13.67*

*Significant at .05 level of confidence. $T.05 = (2.49) = 0.996$

It is evident from Table 6 that variability exists among the pre and post-test of cognitive anxiety of Bijnor District in the CSCAT Questionnaire. The difference is very significant as the score is in points and the higher the timing better the score, hence it could be said that the yogic practice has improved the anxiety of the subjects. The difference between the means of the pre and post- test of cognitive anxiety of Bijnor District in the CSCAT Questionnaire is shown in Fig.-3.

FIG.3

BAR DIAGRAM REPRESENTING MEANS OF COGNITIVE ANXIETY OF BIJNOR DISTRICT IN CSCAT QUESTIONNAIRE



The results of finding the relationship and to find out the significant difference if any, between pre and post- data for anxiety were found out with the help of 'T- Ratio. The analysis of data of pre and post-data for cognitive anxiety is presented in Table 7.

Table-7

MEAN AND STANDARD DEVIATION (PRE AND POST-TEST) OF COGNITIVE ANXIETY OF BIJNOR DISTRICT FEMALE SUBJECTS IN CSCAT QUESTIONNAIRE

Nature of Test	N	Mean	Standard Deviation
PreTest	50	258.80	36.68
PostTest	50	275.86	30.65

The implies and standard deviations for pre and post-test pre and post information for cognitive uneasiness it was found that the score of the subjects was ordinary as per the national measures in a pre-test, contrast is exceptionally noteworthy as the score is in focus and higher the score superior to the score, consequently it can be said that the yogic hone has progressed the cognitive uneasiness level of the subjects. The standard deviation in pre and post-tests was more or less the same which proposes that the scores did not vary much among the subjects in pre as well as post-tests being from the same age, gender and sex. To discover the critical contrast on the off chance that any, between pre and post-test of uneasiness of Bijnor District in the CSCAT Survey, was found out with the assistance of a "Paired T-Test". The investigation of information relating to is displayed in Table 8.

TABLE-8

PAIRED T-TEST FOR PRE AND POST-TEST CONCERNING COGNITIVE ANXIETY OF BIJNOR DISTRICT FEMALE SUBJECTS IN CSCAT QUESTIONNAIRE

Variable	Groups	df	T-Ratio
Score in CSCAT Questionnaire	2	49	11.67*

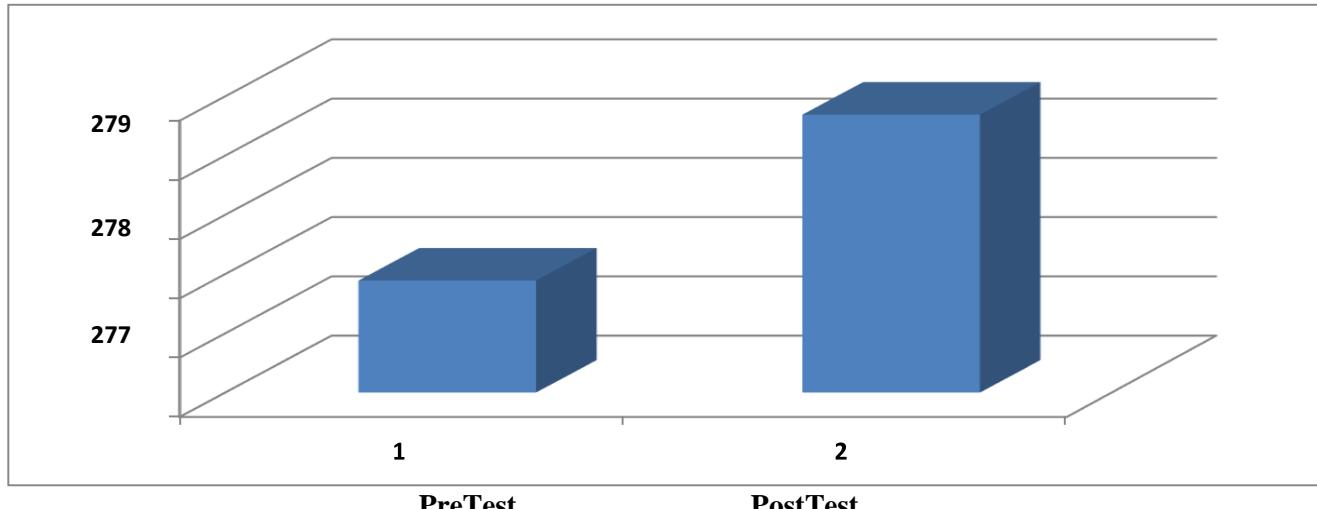
*Significant at .05 level of confidence. $T_{0.05} (2.49) = 0.996$

It is obvious from Table 8 that inconstancy exists among the pre and post-test of cognitive uneasiness of Bijnor Locale in the CSCAT Survey. The distinction is exceptionally noteworthy as the score is in focus and the higher the timing betters the score, thus it can be said that the yogic hone has progressed the uneasiness of the subjects.

The contrast between the implies of the pre and post-test of cognitive uneasiness of Bijnor Locale in the CSCAT Survey appeared in Fig - 4.

FIG.4

**BAR DIAGRAM REPRESENTING MEANS OF COGNITIVE ANXIETY OF BIJNOR DISTRICT
IN CSCAT QUESTIONNAIRE**



I. DISCUSSION OF FINDINGS

1. A paired T-Test was connected for testing the contrast between the pre and post-test in terms of pre and post-test of state uneasiness of male subjects Bijnor Area in SCAT Survey. The bunches appeared noteworthy contrast as the lower the timing way better the execution. This delineates that yogic hones move forward the uneasiness of the subjects and yogic asanas. A combined T-Test was connected for testing the contrast between the pre and post-test in terms of energetic pre and post-test of state uneasiness of female subjects Bijnor Area in SCAT Survey. The bunches appeared noteworthy distinction as lower the timing superior to the execution. This delineates that yogic hones move forward the uneasiness of the subjects and yogic asanas.
2. A paired T-Test was connected for testing the contrast between the pre and post-test in terms of energetic pre and post-test of cognitive uneasiness of male subjects Bijnor Area in CSCAT Survey. The bunches appeared noteworthy distinction as the timing was better than the execution. This portrays that yogic hones make strides in the uneasiness of the subjects and yogic asanas.
3. A paired T-Test was connected for testing the distinction between the pre and post-test in terms of energetic pre and post-test of cognitive uneasiness of male subjects Bijnor Locale in CSCAT Survey. The bunches appeared noteworthy contrast as lower the timing superior to the execution. This delineates that yogic hones progress the uneasiness of the subjects and yogic asanas.

II. CONCLUSIONS

1. A paired T-Test was connected for testing the contrast between the pre and post-test in terms of pre and post-test of state uneasiness of male subjects Bijnor Area in SCAT Survey. The bunches appeared in critical contrast as lower the timing way better the execution. This portrays that yogic hones move forward the uneasiness of the subjects and yogic asanas.
2. A paired T-Test was connected for testing the distinction between the pre and post-test in terms of energetic pre and post-test of state uneasiness of female subjects Bijnor Locale in SCAT Survey. The bunches appeared noteworthy contrast as the lower the timing way better the execution. This delineates that yogic hones move forward the uneasiness of the subjects and yogic asanas.
3. A paired T-Test was connected for testing the distinction between the pre and post-test in terms of energetic pre and post-test of cognitive uneasiness of male subjects Bijnor Area in CSCAT Survey. The bunches appeared noteworthy contrast as lower the timing superior to the execution. This delineates that yogic hones move forward the uneasiness of the subjects and yogic asanas.

4. A paired T-Test was connected for testing the contrast between the pre and post-test in terms of energetic pre and post-test of cognitive uneasiness of male subjects Bijnor Locale in CSCAT Survey. The bunches appeared in critical contrast as lower timing superior to the execution. This portrays that yogic hones make strides in the uneasiness of the subjects and yogic asanas. contrast as lower timing superior to the execution. This delineates that yogic hones make strides in the uneasiness of the subjects and yogic asanas.
5. A paired T-Test was connected for testing the contrast between the pre and post-test in terms of energetic pre and post-test of cognitive uneasiness of male subjects Bijnor Locale in CSCAT Survey. The bunches appeared noteworthy contrast as lower the timing superior to the execution. This delineates that yogic hones make strides in the uneasiness of the subjects and yogic asanas.

III. DISCUSSION OF HYPOTHESIS

1. It was hypothesized that Tratak will not have a different degree of effect on selected psychological variables to highschoolmaleandfemale studentsof BijnorDistrictmayberejected.
2. It was hypothesized that Tratak will not have a different degree of relationship on selected psychologicalvariables to high school male andfemale studentsof BijnorDistrictmaybe rejected.

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