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Effect of Viniyoga Practices on Selected Psychological Variables among College Women with Excessive Social Media Usage

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Abstract: The purpose of the random group experimental study was to investigate the effect of Viniyoga practices on selected psychological variables among college women with excessive social media usage. The study employed a pre-test-post-test random group design, consisting of a control group and an experimental group. Initially, 200 college women aged between 18 and 22 years were randomly assessed using the Social Media Addiction Scale—Student form, developed by Sahin (2018). 30 female students with excessive social media use were randomly selected from the student population. The subjects were then randomly assigned to two equal groups, each comprising 15 individuals, named Group 'A' and Group 'B'. Group 'A' underwent Viniyoga practices, while Group 'B' did not receive any training. The Depression Anxiety Stress Scale (DASS-21) was used to assess depression and anxiety. Data were collected before and after 12 weeks of training and analyzed using Analysis of Covariance (ANCOVA) with a significance level set at 0.05. The findings indicated that Viniyoga practices had a positive impact on depression and anxiety among college women with excessive social media usage.

Keywords: Viniyoga, Anxiety, Depression, College Women, Social Media Usage

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Introduction

Yogic practices, rooted in ancient traditions, serve as a holistic approach promoting both physical health and self-awareness. With a history spanning thousands of years, yoga is grounded in ancient mind-body theories, observations, and principles. The extensive study of yoga postures (asanas), breathing techniques (pranayama), and meditation underscores their profound health

benefits. Yoga practices are believed to engage with diverse somatic and neuro-endocrine mechanisms, leading to therapeutic effects (Chen, 2009). Within the rich tapestry of yogic teachings, Viniyoga practices emerges as a comprehensive and authentic transmission. Viniyoga practices encompasses various elements, including asana, pranayama, bandha, sound, chanting, meditation,

personal ritual, and text study. According to Desikachar (1999), Viniyoga, an ancient Sanskrit term, signifies differentiation, adaptation, and appropriate application.

In contemporary society, individuals often find themselves more connected to others through social media platforms than with their own family members and relatives. Particularly among the younger generation, this heightened connectivity has been linked to increased levels, contributing significantly to anxiety and depression. It has had a significant impact on their mental health and well-being (Heather, 2013), as well as making them more vulnerable to future health issues. The constant use of computers and the internet may lead to a phenomenon often described as “brain rewiring”, resulting in shortened attention spans, a preference for instant gratification, and a diminished capacity for empathy. These changes give rise to a spectrum of stress-related ailments and psychological problems, posing threats and challenges to both physical and mental well-being (Monk-Turner and Turner, 2010).

Eastman-Mueller *et al.* (2013) conducted a study on iRest yoga-nidra on the college campus: changes in stress, depression, worry, and mindfulness. This study evaluated whether iRest yoga-nidra practice was associated with reduced perceived stress, worry, and depression, and increased mindfulness in a sample of college students. Sixty-six students age 18-56 completed an 8-week iRest yoga-nidra intervention that was offered for 8 semesters. Assessment occurred 1 week before intervention onset and during the class period following the intervention. Qualitative data were collected at Weeks 4 and 8. The results of the study were found as Statistically significant pre- to post-test improvements in perceived stress, worry, and depression. Pre-existing depression accounted for most of the change in worry and perceived stress scores. Pre- to post-test improvements in mindfulness-based skills were also detected. This study concluded that iRest yoga-nidra practice may reduce symptoms of perceived stress, worry,

and depression and increase mindfulness-based skills.

Parthasarathy *et al.* (2014) have done a study on effect of integrated yoga module on selected psychological variables among women with anxiety problem. In this study Forty-five women with anxiety selected by a random sampling method were divided into three groups. Experimental group I was subjected to asanas, relaxation and pranayama while Experimental group II was subjected to an integrated yoga module. The control group did not receive any intervention. Anxiety was measured by Taylor's Manifest Anxiety Scale before and after treatment. Frustration was measured through Reaction to Frustration Scale. All data were spread in an Excel sheet to be analysed with SPSS 16 software using analysis of covariance (ANCOVA). Selected yoga and asanas decreased anxiety and frustration scores but treatment with an integrated yoga module resulted in significant reduction of anxiety and frustration. This study concluded, that the practice of asanas and yoga decreased anxiety in women, and yoga as an integrated module significantly improved anxiety scores in young women with proven anxiety without any ill effects. The purpose of the study was to investigate the effect of Viniyoga practices on selected psychological variables among college women with excessive social media usage. It was hypothesized that there would be significant differences in selected psychological variables due to the effect of Viniyoga practices among college women.

Materials and Methods

Utilizing a pre-test-post-test random group design with both control and experimental group, 200 college women aged 18 to 22 were randomly assessed using the Social Media Addiction Scale--Student form developed by Sahin (2018). 30 females with excessive social media usage were randomly selected from this group. Subjects were then assigned to two equal groups, named Group 'A' and Group 'B', each comprising 15 participants. Group 'A' underwent Viniyoga

Table 1: Viniyoga Practices

➤ SUKSHMA- VYAYAMA	• Apanasanam
➤ ASANAS	• Paschimottasanam
• Tadasanam	➤ RELAXATION
• Virabhadrasanam	➤ PRANAYAMA
• Trikonasanam	• Sitali Pranayama
• Uttanasanam	• Ujjyai pranayama
• Suryanamaskar	• Nadi Shodana pranayama
• Dvipadapitham	• Brahmari Pranayama
• Urdhva prasrita padasanam	➤ CHANTING
• Sarvangasanam	• Pranava mantra Chanting
• Bhujangasana	➤ MEDITATION
• Janusirasasanam	• Mindfulness meditation

Table 2: Analysis of covariance of the means of experimental group and the control group on depression (scores in marks)

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	20.93	21.06	BG	0.13	1	0.13	0.14
			WG	25.86	28	0.92	
Post Test Mean	17.20	21.00	BG	108.30	1	108.30	93.59*
			WG	32.40	28	1.15	
Adjusted Post Mean	17.21	20.98	BG	105.94	1	105.94	92.52*
			WG	30.91	27	1.14	

*Significant at 0.05 level of confidence. (The table value with df 1 and 28 is 4.20, and the table value for df 1 and 27 is 4.21.)

practice training (Table 1), while Group 'B' received no training. The Depression Anxiety Stress Scale (DASS-21) was used to assess depression and anxiety. Data were collected before and after twelve weeks of training and analyzed using Analysis of Covariance (ANCOVA) with a significance level set at 0.05.

Results and Discussion

The findings of the analysis of co-variance between the experimental group and control group on selected psychological variables among college women for pre and post-tests have been presented in Tables 2 and 3, respectively.

Table 2 revealed that the corresponding post-test F value of 93.59 was greater than the required F value of 4.20. The F value derived from the adjusted mean of 92.52 at 0.05 levels was greater than the required F value of 4.21. The table indicated that there was a significant difference in adjusted means of depression of college women between the experimental group and the control group. The graphical representation of data is presented in Figure 1.

Table 3 revealed that the corresponding post-test F value of 176.60 was greater than the required F value of 4.20 and the F value derived from the adjusted mean of 167.14 at 0.05 levels

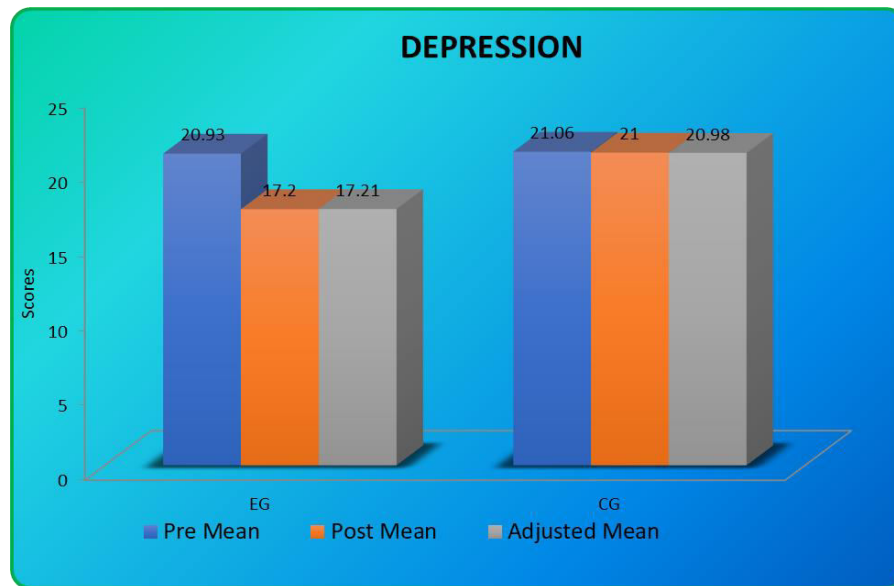


Fig. 1: Mean differences between the control and experimental groups on Depression levels (scores in marks).

Table 3: Analysis of covariance of the means of experimental group and the control group on anxiety (scores in marks)

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre-Test Mean	16.66	17.00	BG	0.83	1	0.83	0.66
			WG	35.33	28	1.26	
Post-Test Mean	11.80	16.93	BG	197.63	1	197.63	176.60*
			WG	31.33	28	1.11	
Adjusted Post-Mean	11.79	16.93	BG	193.79	1	193.79	167.14*
			WG	31.30	27	1.15	

*Significant at 0.05 level of confidence. (The table value with df 1 and 28 is 4.20, and the table value for df 1 and 27 is 4.21.)

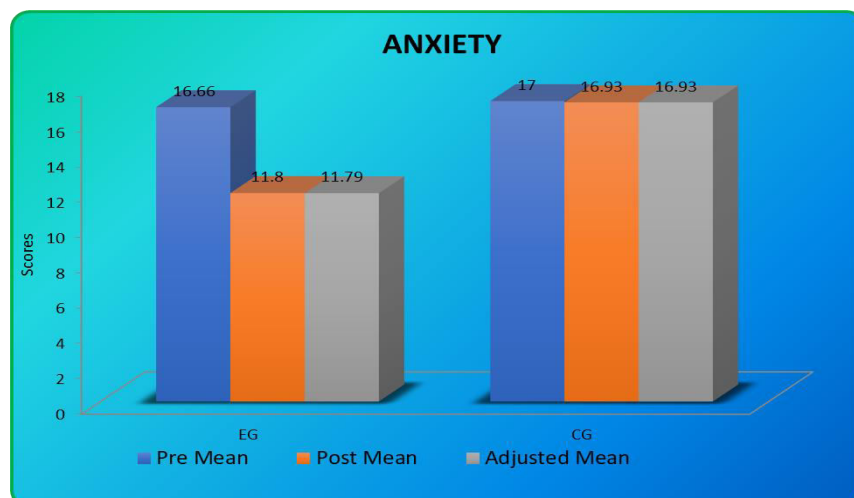


Fig.2: Mean differences between the control and experimental groups on Anxiety levels (scores in marks).

was greater than the required F value of 4.21. The table indicated that there was a significant difference in adjusted means of anxiety of college women between the experimental group and the control group. The graphical representation of data is presented in Figure 2.

The above results can also be substantiated by the statements of Eastman-Mueller *et al.* (2013) and Parthasarathy *et al.* (2014).

In the case of psychological variables such as depression and anxiety, the results between the pre and post (12 weeks) tests were significantly better in the experimental group compared to the control group. This improvement is attributed to regular Viniyoga practices, which may also lead to continuous enhancements in psychological variables among college women with excessive social media usage. The findings of the present study strongly indicate that 12 weeks of Viniyoga practices have a significant effect on selected psychological variables, specifically depression and anxiety, in college women with excessive social media usage. Hence, the study's findings supported the hypothesis that Viniyoga practices have a significant impact on selected psychological variables.

Conclusion

Based on findings and within the limitations of the study the following conclusions were drawn: (i) The Viniyoga practices had positive impact on depression among college women with excessive social media usage; (ii) The Viniyoga practices had positive impact on anxiety among college women with excessive social media usage. In summary, the study suggests that the regular practice of Viniyoga practices over a 12-week period can significantly improve mental health, particularly by reducing depression and anxiety in college women with excessive usage of social media.

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