

Effects of Trataka and Trataka–Vipassana Practices on Anxiety Among Male College Students

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Abstract

The study was conducted to analyze the Anxiety level of male college students. Total thirty (N=30) respondents were selected as a sample for this study and divided into three different groups. The sample were collected purposively from the Panskura Banamali College, West Bengal, India. To measure the anxiety level, the standard 'ADSS-BSPSA' Scale by Pallavi Bhatnagar, Megha singh, Manoj pandey, Sandhya, Amitabh (2011) - questionnaire was used. The study was hypothesized that there would be no significance difference of anxiety on the college students. To critical analysis of the data, descriptive statistics and dependent 't' test were used to find out significance between Pre and Post-test. Further ANOVA was employed to examine whether significant differences among the groups existed. The result shown, there was no significance difference among the groups as F-ratio of anxiety was 0.310 and 0.465 which was smaller than the critical value. Thus it is inferred that, though significant decrease in anxiety was recorded between pre and post test scores in both experimental groups, no difference was obtained among the three groups.

Keywords: Trataka, Vipassana, Anxiety

Introduction

Facing anxiety are very common among college students (Mery V. Landow -2006). Unsuccessful coping often results in anxiety, and a host of other mental health problems. Yoga provides training of mind and body to bring emotional and mental balance as we as lead to alignment and harmony. (Lal Prasad Aryal 2022). According to the classical definition by Patanjali, yoga means controlling the modifications of mind. There are several styles of yoga, but the core idea of every style is controlling the mind.

Objective

The objective of this study is to evaluate the effect of trataka and combination of trataka and vipassana on anxiety of male college students.

Method

Selection of Subjects

For the purpose of the study Thirty (N=30) subjects were selected from the Department of Physical Education and Sports Science, Panskura Banamali College (Autonomous), West Bengal, India. Age of the Subjects was ranged between 21-30 years at the time of starting of the experiment. Only male students were selected.

Selection of variables

On the basis of literature available, expert's opinion the researcher selected variables as follows:

Dependent Variables:

Below mention variables for this research work has been chosen as dependent variable

a. Anxiety

Independent variables:

Below mention variables for this research work has been chosen as independent variable.

a. Jyoti Trataka

b. Vipassana

Design of study

The final selected 30 subjects were equally distributed into three groups: Experimental Group A (N=10) Received Trataka and Vipassana Practice for 6 weeks. Experimental Group B (N=10) Received Trataka Practice for 6 weeks. Control Group (N=10) did not receive any treatment, served as a Control.

Administration of Questionnaire and collection of data

For this study the scholar randomly selected thirty (30) sample from Panskura Banamali College. After sample selection pre-test was done on all selected subjects through Anxiety, Depression and Stress Scale (ADSS-BSPSA) Questionnaire and data were collected. Before post-test was taken treatment was given to two experimental group, whereas, the control group was not given any treatment. On the day of completion of six (6) week treatment programme again post-test was taken through Anxiety, Depression and Stress Scale (ADSS-BSPSA) Questionnaire on all selected sample.

Statistical technique for analysis data

All the statistical analysis was performed by using SPSS and Microsoft Excel Worksheet 2016. The scholar used descriptive statistic and dependent 't' test to find out significance between pre and post-test. Further analysis of variance (ANOVA) was employed to examine whether significant differences among the groups existed.

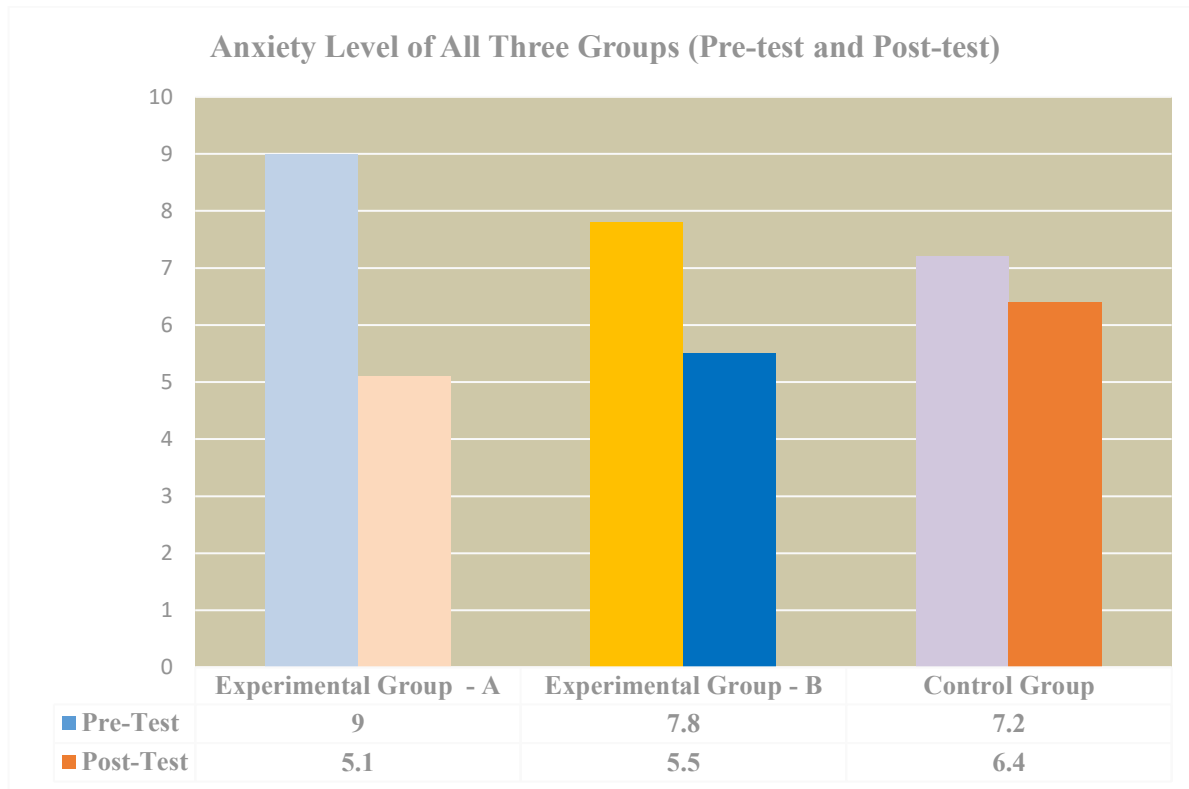
Result

After collection of the data statistical analysis were used.

Table – 1: Comparison of Anxiety between Pre-test and Post-test of all the Groups

Group	Pre test	Post test	Mean difference	SE	't' value
Experimental Group A	9.00 ± 0.45	5.10 ± 0.57	3.90	0.567	6.882*
Experimental Group B	7.80 ± 1.03	5.50 ± 0.72	2.30	0.616	3.737*
Control Group	7.20 ± 0.89	6.40 ± 0.92	0.80	0.416	1.922

Table-1 showed that The pre-test means of anxiety under experimental group A and B were 9.00 ± 0.45 and 7.80 ± 1.03 , respectively. Post-test estimates were 5.10 ± 0.57 and 5.50 ± 0.72 . The two experimental groups yielded 't' ratio of 6.882 and 3.737 Control group pre-test and post-test were 7.20 ± 0.89 and 6.40 ± 0.92 , 't' value of 1.922 comparing the pre and posttest means.



As, the experimental groups under study registered significant decrease in anxiety, further analysis of variance (ANOVA) was employed to examine whether significant differences among the groups existed and the results thus obtained on anxiety is presented in Table 2.

Table 2: Analysis of Variance in Anxiety across Groups

Means	Experimental Group A	Experimental Group B	Control Group	Sum of square	df	Mean square	'F' ratio
Pre test	9.00 ± 0.45	7.80±1.03	7.20±0.89	B 16.800 W 185.200	2 27	8.400 6.859	0.310
Post test	5.10 ± 0.57	5.50±0.72	6.40±0.92	B 8.867 W 151.800	2 27	4.433 5.622	0.465

ANOVA for anxiety revealed that non-significant 'F' ratio of 0.310 was obtained in comparison of average pretest scores of three groups. This justifies the randomization of subjects in three groups. Corresponding estimate for scores after experiment period was 0.465, showing its non-significance too. However, numerically higher estimate of anxiety was recorded in control group than both the experimental groups. Critical 'F' ratio for significance at $p < 0.05$ (df 2, 27) was 3.35.

Thus it is inferred that, though significant decrease in anxiety was recorded between pre and post test scores in both experimental groups, no difference was obtained among the three post test scores as there was initial numerical differences in pre test scores. This might have happened due to less number of subjects in the sample.

Findings:

The pretest means of anxiety under experimental group A and B were 9.00 ± 0.45 and 7.80 ± 1.03 , respectively. Respective posttest estimates were 5.10 ± 0.57 and 5.50 ± 0.72 , respectively. The two experimental groups yielded 't' ratio of 6.882 and 3.737, respectively in comparing pretest and posttest estimates and registered significant ($p < 0.05$) decline over initial estimates, whereas, control group could not achieve significant decrease on anxiety of subjects with estimated 't' value of 1.922 comparing the pre and posttest means. The 't' value needed for significance at $p < 0.05$ with 9 degree of freedom was 2.262. The experimental groups under study registered significant decrease in anxiety after 6 weeks' experimentation. ANOVA for anxiety revealed that non-significant 'F' ratio of 0.310 was obtained in comparison of average pretest scores of three groups. This justifies the randomization of subjects in three groups. Corresponding estimate for scores after experiment period was 0.465, showing its non-significance too. However, numerically higher estimate of anxiety was recorded in control group than both the experimental groups. Critical 'F' ratio for significance at $p < 0.05$ (df 2, 27) was 3.35. Thus it is inferred that, though significant decrease in anxiety was recorded between pre and post test scores in both experimental groups, no difference was obtained among the three post test scores as there was initial numerical differences in pretest scores. This might have happened due to less number of subjects in the sample.

Conclusion

Based on the findings, it can be concluded that both experimental interventions were effective in significantly reducing anxiety levels among the participants after six weeks of training. The significant decline in anxiety observed within Experimental Group A and Experimental Group B indicates the positive impact of the respective interventions on the psychological state of the subjects. In contrast, the control group did not demonstrate a significant reduction in anxiety.

Although the post-test anxiety scores of the experimental groups were numerically lower than those of the control group, the between-group analysis did not reveal statistically significant differences. This may be attributed to the initial variations in pre-test scores and the relatively small sample size, which could have limited the statistical power of the study. Therefore, it may be inferred that the interventions were beneficial in reducing anxiety within the groups; however, further studies with larger sample sizes are recommended to establish clearer differences between intervention methods and to confirm the effectiveness of the treatments.

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