

## **EFFECT OF HATHA YOGA AND SURYA NAMASKAR ON SELECTED PSYCHOLOGICAL VARIABLE AMONG AIR-FORCE MALE POLICE**

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### **ABSTRACT**

The purpose of the study was to find out the effect of hatha yoga and surya namaskar on selected psychological variable among air-force male police in virudhunagar. To this purpose of the study, sixty air-force male police in Virudhunagar, Tamilnadu, India were selected as subjects a random. The age of the subjects were ranged 35 to 40 years. The selected subjects were divided into three equal groups of twenty subjects each such as hatha yoga group (Group I), surya namaskar group (Group II) and control group (Group III). The hatha yoga group (Group I) underwent selected asanas. The surya namaskar group (Group II) underwent 12 postures purpose for five days per week for twelve weeks. Group III acted as control in which they did not undergo any special training programme apart from their regular activities. All the subjects of three groups were tested on selected criterion variable such as job satisfaction at prior to and immediately after the training programme by questionnaire for job satisfaction method respectively. The analysis of covariance (ANCOVA) was used to analysis the significant difference, if any between the groups separately for each variable. The level of significance to test the 'F' ratio obtained by the analysis of covariance was tested at 0.05 level of confidence, which was considered as an appropriate. The results of the job satisfaction. Significant changes on selected criterion variables were also noticed due to job satisfaction.

### **INTRODUCTION**

Job satisfaction describes how content and individual is with his or her job. The happier people are within their job, the more satisfied they are said to be. Every human being wants joy, peace, happiness and love. For this they are blindly and desperately running after money and power. They will probably obtain the last two, but on the way unknowingly sacrifice the first four. That is why despite power and money they face sorrow, stress, disappointment and ill health. To maintain a perfect equilibrium between the body and mind is called "the science and art of living" with the required amount of stress called eustress. In our police people have lot of work pressure, poor concentration of health and family attachment, lack of sleeping and stressful mind.