Chapter III

PROCEDURE

In this chapter selection of subjects, selection of variables, and collection of data, criterion measures and statistical technique that was employed for the analysis of data has been described.

Selection of the subjects

A total of one hundred Gazetted Administrative Officers who are working in different Departments like Hon’ble High Court Allahabad, A.G.U.P, N.C.R, Police, Telephone, Directorate Higher Education, session Court, Member of Madhamik Shikha Chayan Board, Central Excise and Customs, Trade Tax (Vat Tax), Allahabad, Uttar Pradesh were selected for the purpose of the study.

Fifty subjects acted as experimental group who participated in scholars alternate therapy programs. Other fifty subjects acted as control group who continued with other usual program but not scholar yogic practice.
Selection of variables

Based on literary evidence, correspondence with the expert and the scholar’s own understanding the following variables was selected for this study

1. Occupational stress
2. Social Adjustment

Description and Administration of Experimental Programme

The exercise based on shavasana practice and om Chanting with different intensity and duration were finally prepared after 20 days of elaborate experimentation.

During this period various formats and combination of shavasana duration and om chanting were experimented. It was necessary to do so in order to find out the effective duration and the pitch of Shavasana and Omkara Chanting. Further repetitions of the same with different duration were also required to be identified.

Based on 20 days extensive experimentations of various combination and formats of Omkara and Shavasana, finally the frequency, module and the daily schedule for 8 weeks programmed was established in detail.
### ONE WEEK SHAVASANA AND OMKARA SCHEDULE

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**Administration of the test**

**Administration of Shavasana**

Lie on the back with hands extended along the body. Keep the feet 40 to 50cms, apart allowing the toes to point outsides? Close both the hands on the sides at about 15-20cms. Distance from the body. The fingers are in a semi-flexed condition. Keep the head in a most convenient position. Close the eyes. Breathe a little deeply allowing the abdomen to move up and down. Attend to the flow of breath at the nose.
Fig. 1 Shavasana

Administration of Omkara (Om Chanting)

Sit in padmasana pose or ardha padmasana pose with the hand on the knee, spine erect. Take a deep breath in and produce a low pitch sound of the word OM till the last breath and Repeat.

Fig. 2 OM
Only the Experimental group was exposed to 8 week Shavasana and omkara programme.

Control group did everything except participation in the experimental programme. The experimental training programme was conducted at company graden Allahabad.

The detail schedule of one hour Yogic practice from 6am to 7am were personally conducted by the research scholar. While Administering the daily schedule the research Scholar took individual consideration in term of their ability to perform shavasana and Omkara at initial stage. Research Scholar by active personal supervision ensured that the training programmed is administered perfectly according to the plan of training schedule in term of load intensity and duration. At the end of 4 weeks general assessment of training load parameters were evaluated and the Shavasana and Omkara schedule were re adjusted. Finally at the end of 8 weeks the training programmed were concluded

At the end of the programme all the subjects of control and experimental groups were post tested on the criterion parameters i.e. occupational stress and social adjustment on which the effect of Shavasana and omkara were supposed to be tested.
The data collected on two criterion parameters as pre and post test were subjected to further statistical analysis for meaningful research interpretation.

Procedure for administration of Test

In all the criterion test pre test before the start of experiment and post test after eight weeks of experiment was conducted.

Stress

This stress inventory contains twenty five question to be answered with two alternatives choice i.e. ‘yes’ and ‘no’.

The inventory provides information on a variety of stress indicators and in this report, would logical validity obviously the examinee who marks “Yes” to many items would be viewed as having a high level of stress. A low- stress individual would respond “No” to most of the items. It would be unusual for an individual to mark “No” to all items, since everyone function with a certain level of stress, for information on other aspects of this inventory, including reliability validity and scoring, refer to the original source.
Social Adjustment

Cowell developed twelve pairs of behavior "trends" representing good and poor adjustments. As a result of a factor analysis, ten of the pairs of positive and negative behaviour trends were retained as common denominators underlying good and poor adjustment. These positive and negative scales (forms A and B, respectively) appear in Social Adjustment Questionnaire.

Cowell recommends that three teachers rate each pupil on both forms at different times; a pupil's social adjustment score is the total of the ratings of the three teachers combining the two forms. Thus, a socially well-adjusted pupil would get a high positive score; a socially maladjusted pupil would receive a high negative score.

Each question contain four alternatives choice to be marked by student viz. markedly, somewhat, only slightly and not at all and the point allotted was +3, +2, +1 and +0 for form A and -3,-2,-1 and 0 for form B respectively.

Scoring:

The total index score is the sum of the points for the 10 items in form A minus the sum of the points for the 10 items in form B
Statistical Techniques Employed for the Analysis of Data

To determine the Effect of Shavasana and Om Kara on Occupational Stress and Social Adjustment of Gazetted Administrative Officers, analysis of co-variance was employed.

In addition to above mentioned statistics, the graphical representation was made to highlight and ready reference of prominence and dominance of variables. The level of significance was set at 0.05.