SUMMARY, CONCLUSION AND RECOMMANDATION

Summary

"Inhalation and breathing are controlled by regulation of breath or control of life, which occurs after the continuation of the posture or asana."

Pranayama is the definition of Yoga Sutras in Patanjali.

'Swiss' means to breathe. 'Pyaves' means breathing. After attaining continuity in your asana (practice) you can practice pranayama. If you can sit posture for 3 hours, on a stretch constantly, you have gained dominance at Esana. If you can sit for half an hour, you can practice Pranayama. Without practicing pranayama you can hardly make any spiritual progress.

Life is essential when the person is anxious. The sum of the universe energy or the cosmic life is the heroine that is known as 'golden-egg' floating. The deer is the soul of the world. One match is Steak Wasisha (alone). The full match box is in sync. Vashishtha is a common tree. Whole Mars is health. Body is body energy. By controlling the movement of the lungs or respiratory organs, we can control the life that is shaking inside. By controlling the soul, the mind can be controlled easily, as the mind is elevated to life, as is the wire to the wire. As a bird is bound by a wire to a post, after flying there, it looks for a place of rest in the post, so this man-bird walks here, then resting in various erotic objects, you get deep sleep in the rest of the place.

Control of control is a term in psychology, which causes good or bad results in a person about his or her life, either in the general or specific field such as health or pedagogy. This concept, which was published in 1954 by Julian B. Was. Developed by rotor, personality has become an important aspect of study.

Control means that individuals believe that they can control events that affect them. People with high internal control control believe that events are mainly due to their own behavior and actions. People with a higher degree of
control believe that another powerful, fortune or opportunity mainly determines the events. People with high internal control of control have more control over their behavior and show more political behavior than outsiders, and others try to impress them; They are more likely to believe that their efforts will succeed. They are more active in obtaining information and knowledge than external conditions. The tendency of being involved in political behavior is stronger for individuals, who have more internal control than control over the higher external controls of control. One can be either internal to "locks" (Latin for "place" or "place") (which means that a person believes that they control their life) or outsiders (they believe) have their environment, Some high power, or other control) their decisions and their lives) Control of control is defined as the normalized generalization of internal or external control reinforcement.

Worst is the most widely spread disorder. In any form, there is concern in the root of health. We can know the cause of general concern. For example, if the answers in the question papers are not satisfactory and you are likely to fail the exam, then it is only natural to worry. When we are lost or stuck in the woods, we are concerned about encountering wild animals. Human exercises are not very easy. Every moment, have any kind of worry. Modern age is the age of concern. No one is free from stress and conflict. It is natural to worry about any hazardous situation. Common anxiety is the common cause. When the reason is removed, a person is released from such kind of worry. But uncomfortable anxiety is different from this kind of worry. Whatever the reason or not, at any event the mind is uncomfortable and the person does not get rid of it, when he wants and tries a lot.

In the 21st century, any stress-free person is rarely seen. People spend day and night, morning and evening and think about work on the second night of the night. Concern over day increases. Every man or woman, young or old, educated or illiterate, everyone feels this position. Farmers worry about the rain over time. The businessman is about the changing policies of the government.
Officers sitting on a high reputation are too stressed to finish their work one day, so worry. In growing inflation, the common man and wife are eager to run the house. Students emphasize the burden of studying and adjusting to the school climate.

Self-belief is belief in one's knowledge, and it is in one's ability. It's such a belief: "I can do this". "I have the ability to do this". Faith is more important than many other abilities and features. Confidence is essentially an approach that allows for a positive and realistic perception of capabilities. This is the virtue of the alleged self. Self confidence refers to the person's perceived abilities, without leading a tendency, leads successfully to situations and creates positive self-evaluation (Breckridge and Vincent, 1965). Confidence demonstrates the ability to overcome obstacles and to work effectively in a situation to receive things correctly.

Biologists oppose change and give external reactions to growing responses to maintaining their balance. Equivalent to many levels: On the cellular level, retaining homestracy is the role of the immune system; At the organ level, endocrine and personal systems are involved; There are various combat procedures while maintaining order levels and social restrictions at the level of psychological and behavioral level.

Copying can be defined as ideas or actions designed to solve or minimize problematic situations. Copying manages our responses, not excitement in excitement. It usually suggests operating taxpayer tax, management of more than one person; We usually do not copy to make our bed or brush our teeth. Copying is not a specific feature, but the dynamic ability to apply the appropriate methods to avoid or save the crisis. It's a process that includes evaluation and feedback: We do not use the same responses in every situation.

In the context of social pandemics, how much of our interests can use strategies to assess the safety of the individual, obviously can explain the difference in response to similar stressful situations. The second goal is to assess whether various effective responses to distress vary in their
effectiveness. The third part is evaluating whether we can teach people more effective coping strategies.

Statement of Problem:

The purpose of this study was to examine the Effect of Nadishodhan Pranayama and Bhashrika Pranayama Training on Psychological Variables of Agriculture school students.

Selection of Subjects:

For this research, the students of Polytechnic in Agriculture, Bharuch and Waghai campus run by Navsari Agricultural University were selected as subjects. As per the rules of Gujarat State Agriculture University and Navsari Agriculture University Polytechnic College of Agriculture is nomenclature as Agriculture School. For this research, the subjects of the 16 to 20 years of age were selected. For this research studies keeping in view the objective, total 90 subjects were selected and were equally divided into three groups of 30 each. Group A of 30 subjects for Nadishodhan Pranayam Training, Group B of 30 subjects for Bhashrika Pranayam Training and Group C of 30 subjects treated as a control group for the study. Twelve weeks of training was imparted for various selected subjects.

Criterion Measures:

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name of Variable</th>
<th>Questioner/Test Used</th>
<th>Unit</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Locus of Control</td>
<td>Rotters Internal – External Locus of Control Scale</td>
<td>Score</td>
</tr>
<tr>
<td>2.</td>
<td>Anxiety</td>
<td>HAM – A</td>
<td>Score</td>
</tr>
<tr>
<td>3.</td>
<td>Self Confidence</td>
<td>Agnihotri’s Self Confidence Inventory (ASCI)</td>
<td>Score</td>
</tr>
<tr>
<td>4.</td>
<td>Coping</td>
<td>Coping styles questioner developed by P. B. Sreenivas and B. S. Kumar (1999)</td>
<td>Score</td>
</tr>
</tbody>
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Design of the Study:

For the purpose of this study, two experimental group and one control group pre and post test design was used.

Statistical Technique for Analysis of Data:
For the analysis of collected data, Analysis of Co-Variance (ANCOVA). LSD was used as post hoc test to compare the means of various altitude. The level of significance was set at 0.05.

**Result of the Study:**

The analysis of data shows that the two experimental groups and one control group in Locus of Control indicates insignificant \( F \)-ratio 0.919 for the pre-test means. Thereby indicating insignificant difference in the initial means for the groups. Therefore, the random assignment of the subjects has been successfully completed. \( F \)-ratio for the post test means indicates a value of 0.559, which is insignificant as it is less than the tabulated \( F \)-value of 3.101 required to be significant at 0.05 level. Thereby indicating insignificant difference in the post test means of the groups. \( F \)-ratio for the adjusted mean indicates a value of 1.338, which is insignificant as it is less than the tabulated \( F \)-value of 3.102 required to be significant at 0.05 level. This indicates that there is insignificant difference from pre to post means among the groups in Locus of Control.

The analysis of data shows that the two experimental groups and one control group in Anxiety indicates insignificant \( F \)-ratio 0.619 for the pre-test means. Thereby indicating insignificant difference in the initial means for the groups. Therefore, the random assignment of the subjects has been successfully completed. \( F \)-ratio for the post test means indicates a value of 3.219, which is significant as it is greater than the tabulated \( F \)-value of 3.101 required to be significant at 0.05 level. Thereby indicating significant difference in the post test means of the groups. \( F \)-ratio for the adjusted mean indicates a value of 7.714, which is significant as it is greater than the tabulated \( F \)-value of 3.102 required to be significant at 0.05 level. This indicates that there is significant difference from pre to post means among the groups in Anxiety. The paired adjusted final means following the post-hoc analysis and the differences between the means among the two experimental groups and one control groups shows that significant differences for both of the experimental groups when compared with the control group. However, the differences among any of the experimental groups are insignificant as the mean difference values are lesser than the critical difference value of 0.751.
The analysis of data shows that the two experimental groups and one control group in self-confidence indicates insignificant $F$-ratio 0.577 for the pre-test means. Thereby indicating insignificant difference in the initial means for the groups. Therefore, the random assignment of the subjects has been successfully completed. $F$-ratio for the post test means indicates a value of 1.048, which is insignificant as it is less than the tabulated $F$-value of 3.101 required to be significant at 0.05 level. Thereby indicating insignificant difference in the post test means of the groups. $F$-ratio for the adjusted mean indicates a value of 1.062, which is insignificant as it is less than the tabulated $F$-value of 3.102 required to be significant at 0.05 level. This indicates that there is insignificant difference from pre to post means among the groups in self confidence.

The analysis of data shows that the two experimental groups and one control group in Appraisal Focused Coping Style indicates insignificant $F$-ratio 0.059 for the pre-test means. Thereby indicating insignificant difference in the initial means for the groups. Therefore, the random assignment of the subjects has been successfully completed. $F$-ratio for the post test means indicates a value 0.333, which is insignificant as it is less than the tabulated $F$-value of 3.101 required to be significant at 0.05 level. Thereby indicating insignificant difference in the post test means of the groups. $F$-ratio for the adjusted mean indicates a value of 0.310, which is insignificant as it is less than the tabulated $F$-value of 3.102 required to be significant at 0.05 level. This indicates that there is insignificant difference from pre to post means among the groups in Appraisal Focused Coping Style.

The analysis of data shows that the two experimental groups and one control group in Emotional Focused Coping Style indicates insignificant $F$-ratio 0.151 for the pre-test means. Thereby indicating insignificant differences in the initial means for the groups. Therefore, the random assignment of the subjects has been successfully completed. $F$-ratio for the post test means indicates a value of 0.661, which is insignificant as it is less than the tabulated $F$-value of 3.101 required to be significant at 0.05 level. Thereby indicating significant difference in the post test means of the groups. $F$-ratio for the adjusted mean indicates a value of 0.732, which is insignificant as it is less
than the tabulated $F$-value of 3.102 required to be significant at 0.05 level. This indicates that there is insignificant difference from pre to post means among the groups in Emotional Focused Coping Style.

The analysis of data shows that the two experimental groups and one control groups in Problem Focused Coping Style indicates insignificant $F$-ratio 0.518 for the pre-test means. Thereby indicating insignificant difference in the initial means for the groups. Therefore, the random assignment of the subjects has been successfully completed. $F$-ratio for the post test means indicates a value of 0.543, which is insignificant as it is less than the tabulated $F$-value of 3.101 required to be significant at 0.05 level. Thereby indicating insignificant difference in the post test means of the groups. $F$-ratio for the adjusted mean indicates a value of 0.550, which is insignificant as it is less than the tabulated $F$-value of 3.102 required to be significant at 0.05 level. This indicates that there is insignificant difference from pre to post means among the groups in Problem Focused Coping Style.

**Conclusion**

- The finding of the study shows that there is insignificant difference from pre to post means among the two experimental groups and one control groups in Locus of Control. From the finding of the study it has been concluded that the prescribed twelve weeks of Nadisodhan Pranayama Training and Bhashrika Pranayama Training has insignificant effect on Locus of Control.

- The finding of the study shows that there is significant difference from pre to post means among the two experimental groups and one control groups however there is insignificant difference between the two experimental groups in anxiety. From the finding of the study it has been concluded that the prescribed twelve weeks of Nadisodhan Pranayama Training and Bhashrika Pranayama Training has significant effect on anxiety.

- The finding of the study shows that there is insignificant difference from pre to post means among the two experimental groups and one control groups in self-confidence. From the finding of the study it has
been concluded that the prescribed twelve weeks of Nadisodhan Pranayama Training and Bhastrika Pranayama Training has insignificant effect on self-confidence.

- The finding of the study shows that there is insignificant difference from pre to post means among the two experimental groups and one control groups in appraisal focused coping style. From the finding of the study it has been concluded that the prescribed twelve weeks of Nadisodhan Pranayama Training and Bhastrika Pranayama Training has insignificant effect on appraisal focused coping style.

- The finding of the study shows that there is insignificant difference from pre to post means among the two experimental groups and one control groups in emotional focused coping style. From the finding of the study it has been concluded that the prescribed twelve weeks of Nadisodhan Pranayama Training and Bhastrika Pranayama Training has insignificant effect on emotional focused coping style.

- The finding of the study shows that there is insignificant difference from pre to post means among the two experimental groups and one control groups in problem focused coping style. From the finding of the study it has been concluded that the prescribed twelve weeks of Nadisodhan Pranayama Training and Bhastrika Pranayama Training has insignificant effect on problem focused coping style.

**Recommendations**

- The same type of study can be taken selecting female student as the subjects for the study.

- The same type of study can be taken selecting other psychological variables.

- The same type of study can be taken selecting other Yogic Training Program.

- The same type of study can be taken selecting other age group as the subjects for the study.
Appendix