ABSTRACT
The main objective of the present study was to find the effects of Pranayama on Stimulus Response of high school students. Two hundred boy’s age group of 13 to 16 years from Govt. High School, Karala, S.A.S Nagar, Punjab and S.B.W.S.M.P. School, Banur, S.A.S Nagar, Punjab were selected as the research subjects. The Pranayama training duration was of 10 weeks. The subjects were divided into two groups as experimental (Group A) and control (Group B). The experimental group underwent Pranayama training for 10 weeks and control group did not receive the Pranayama training. The ‘t’ test was used to compare pre and post-training values. After 10 weeks Pranayama training, there was a significant ($P< 0.001$) difference between pre and post-testing of experimental group for the stimulus response ($pre =24.81\pm0.40$, $post =23.55\pm0.43$) as well as control group for the stimulus response ($pre =25.90\pm0.50$, $post =25.83\pm0.52$). The experimental group had a significant improvement on Stimulus Response than the control group.

Keywords: Stimulus Response; Pranayama

INTRODUCTION
Pranayama is a scientific way of life. It is an easier way of understanding and realizing the dimensions of consciousness. The word ‘prana’ is a combination of two syllables pra, and na and denotes constancy, being a force in constant motion. Whereas prana is the vital force, Pranayama is the process by which the internal pranic store is increased. Some people split the word ‘pranayama’ into prana and yama and define it as ‘breath control’. However, it comprises the words prana and ayama which means ‘pranic capacity or length’.

Pranayama is a technique through which the quantity of prana in the body is activated to a higher frequency. By practicing Pranayama certain amount of heat or creative force is generated throughout the entire body, influencing the existing quantum or prana. The science of Pranayama is based on retention of prana or kumbhaka towards this end. Due to fear of death even Brahma, the Lord of creation, keeps practicing Pranayama and so do many Yogis and Munis. Hence, it is recommended always to control the breath. “Even Brahma and other Gods in heaven devote themselves to practising Pranayama because it ends the fear of death.” (Svatmarama, 1985). The mortals should follow the same path and control the breath.

Available online on www.abhinavjournal.com
MATERIAL AND METHODS

This study was designed to evaluate the effects of 10 weeks daily practice. Effects of Pranayama on Stimulus Response of high school students. Two hundred students, aged 13 to 16 years, studying in 6th to 10th class high school students were included. Groups of healthy students with no history of present and past illness were selected. Student ‘t’ test was used to see the significant of mean differences between pre-test and post-test values.

RESULTS

Computed ‘t’ Ratio to see the Significance of Differences between Pre-Test and Post-Test Means of Experimental Group and the Control Group with regard to Stimulus Response has been in table .

<table>
<thead>
<tr>
<th>Group</th>
<th>Number</th>
<th>Mean</th>
<th>S.D.</th>
<th>SEM</th>
<th>‘t’ Value</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experiment (Pre-test)</td>
<td>100</td>
<td>24.81</td>
<td>0.40</td>
<td>0.04</td>
<td>12.66*</td>
<td>0.0001</td>
</tr>
<tr>
<td>Experimental (Post-test)</td>
<td>100</td>
<td>23.55</td>
<td>0.43</td>
<td>0.04</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Control (Pre-test)</td>
<td>100</td>
<td>25.90</td>
<td>0.50</td>
<td>0.05</td>
<td>1.51</td>
<td>0.1345</td>
</tr>
<tr>
<td>Control (Post-test)</td>
<td>100</td>
<td>25.83</td>
<td>0.52</td>
<td>0.05</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: t.05 (99) =1.65

Table presents the results of experimental group and the control group with regard to the variable Stimulus Response. The descriptive statistics shows the Mean and SD values of Stimulus Response of pre-test and post-test of experimental group was 24.81±0.40 and 23.55±0.43 respectively, whereas the Mean and SD values of Stimulus Response of pre-test and post-test of control group was 25.90±0.50 and 25.83±0.52. The “t” value in case of experimental group was 12.66* and for control group it was 1.51. The “t”-value in case of experimental group 12.66* as shown in the table was found statistically significant as it was greater than the table value of t=1.65, which shows that Stimulus Response of the experimental group decreased due to 10-weeks training of Pranayama. But in case of control group there was no decrease in the Stimulus Response as the calculated value of t =1.51 was less than the table value required to be significant at .05 level of significance.

DISCUSSION

The study was aimed to find out the effects of pranayama on Stimulus Response of high school students in Punjab. The results pertaining to the stimulus response showed that there was a significant
difference between pre and post-test for experimental group, and for control group it was found insignificant, which indicates that there was a significant role of Pranayama on Stimulus Response of high school students, the findings are supported by the findings of Thombre et al. (1992) who worked to find out the effects of Yoga Training on Reaction Time, they documented in their findings that there was significant relation of Yoga training with the Reaction Time. This finding is in line with the findings of our study. Udupa et al. (2005) also conducted a study to find out the effects of different Pranayama techniques on Reaction Time, they reported that there was a significant effect of Pranayama technique on Reaction Time and supports our findings.

CONCLUSIONS

On the basis of the obtained results the following conclusions were drawn:-

It is further concluded that training programme of 10 weeks of Pranayama decrease Stimulus Response of high school students.

On the final note, it can conclude that regular practice of Pranayama is helpful to Stimulus Response. Thus it is suggested that to be in good shape of health status, one must regularly practice yogic asanas and pranayams.

REFERENCES