METHODOLOGY

RESEARCH METHODOLOGY:

The present study was undertaken with a purpose to evaluate the effect of pranayama training programme on stress of gymnasts of secondary and higher secondary level. The hypothesis formulated for the purpose of this study was to be tested by collecting relevant data steps taken in this direction.

EXPERIMENTAL DESIGN OF THE STUDY:

This research study experimental method is to be used to collect data. For this research the Solomon four Group Design is to be used to see the effect of pranayama training programme on stress of gymnast.

The design of the experiment has been planned in three phases:

Phase I: Pre test,

Phase II: Training or Treatment, and

Phase III: Post test

TOOLS AND MEANS:

Design of treatment is to be through pranayama training programme contains prayer, changing of Omkar, Pranayamic breathing technique and yognidra.

STATISTICAL METHODS:

For this research study the statistical tools to be used for analysis of data are as follows:

(1) Mean

(2) Standard Deviation (SD)

(3) Analysis of Variance (ANOVA)