



Training Significance of Varied Yogic Practices on Anxiety among Hyperthyroid Affected Women

Dr. C. Johnson Premkumar

Guest Lecturer, Department of Physical Education and Sports, University of Madras, Chennai, Tamilnadu, India.

Received 8th October 2014, Accepted 10th December 2014

Abstract

The purpose of the study was to find out the training significance of varied yogic practices on anxiety among hyperthyroid affected women. The selected 30 subjects were divided into two equal groups of fifteen subjects each, such as experimental group and control group. In this study the experimental group underwent yoga practice for 5 days per week for Six weeks. The control group did not participate in any special training programme or strenuous physical activities apart from their day to day activities. Anxiety was selected as criterion variable. The age of the subjects were ranged between 30 to 45 years. Taylor's Manifest Anxiety Scale was used as a data collection tool. The data collected from the subject were treated statistically to find out the significant difference by using analysis of co-variances (ANCOVA) to find out the significant difference in values of the selected variable. Within limitations of the present study, it is concluded that, the anxiety level has been reduced due to influence of six weeks training of varied yogic practices. As a result, yogic practices given to group B is better than given to group A.

Keywords: Anxiety, Yoga, Suryanamaskar, ANCOVA.

© Copy Right, IJRRAS, 2014. All Rights Reserved.

Introduction

Many of the modest gains in women's health realized in recent decades are now threatened or have been reversed due to war, economic instability and the HIV/AIDS pandemic. Basic health care, family planning and obstetric services are essential for women – yet they remain unavailable to millions. Women's health issues have attained higher international visibility and renewed political commitment in recent decades. While targeted policies and programs have enabled women to lead healthier lives, significant gender-based health disparities remain in many countries. With limited access to education or employment, high illiteracy rates and increasing poverty levels are making health improvements for women exceedingly difficult. Health-related challenges continue. Gender-equitable approaches to health are needed to enable women's full participation in the planning and delivery of health services. The health of families and communities are tied to the health of women – the illness or death of a woman has serious and far-reaching consequences for the health of her children, family and community. The slogan, “Healthy Women, Healthy World” embodies the fact that as custodians of family health, women play a critical role in maintaining the health and well being of their communities.

The key to all styles of yoga is to get the fundamentals and form correct; this is where the props aid the student. There is more focus on symmetry and alignment and also meditation. Each pose is held for a longer amount of time than in most other yoga styles, developing a state of focused calm. Iyengar Yoga is meditation in action. Benefits include toning muscles, eliminating tension and easing chronic pain. When we strengthen weak areas of ourselves and open and stretch tight ones, our bodies return to their correct alignment. Practicing Iyengar yoga will give you a good knowledge of classic yoga poses so that whatever other style you practice, you will have the basic fundamentals of how to do each posture. The teacher focuses on alignment and inner awareness. Awareness starts with the body and expands to other parts of the self as one continues with the regularity of practice.

Methodology

The purpose of the study was to find out the training significance of varied yogic practices on anxiety among hyperthyroid affected women. To achieve the purpose of the study, only thirty women subjects were selected at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as experimental group and control group. In this study the experimental group underwent yoga practice for 5 days per week for Six weeks. On every day of the training session the yoga practice and followed by relaxation techniques were practices approximately 1½ hours. The

Correspondence

Dr. C. Johnson Premkumar,
E-mail: jopremkumar@yahoo.co.in. Ph: +9198657 54923

control group did not participate in any special training programme or strenuous physical activities apart from their day to day activities. The experimental group underwent their meditation practice under the instruction and supervision of the investigator as in Table-I. Anxiety was selected as criterion variable. The age of the subjects

were ranged between 30 to 45 years. Taylor's Manifest Anxiety Scale was used as a data collection tool. The data collected from the subject were treated statistically to find out the significant difference by using analysis of co-variances (ANCOVA) to find out the significant difference in values of the selected variable.

Table I. Training Programme

S.No.	Practice	Duration
1	SURYANAMASKAR	40 min(with rest)
2	INVERTED ASANAS i) Vipareeta karani asana ii) Sarvangasana iii) Halasana iv) Matsyasana	40 min(with rest)
3	RELAXATION – Yoga Nidra	10 min
Total		90 Minutes

Results

Table II. Analysis of covariance of the data on anxiety of control group and experimental group

Test	Control Group	Experimental Group	Source of Variance	Sum of Squares	Df	Mean Squares	‘F’ ratio
Pre – Test							
Mean	71.2	72.35	Between	1.10	1	1.10	0.21
S.D	1.34	1.99	Within	251.23	28	5.23	
Post – Test							
Mean	71.68	70.45	Between	23.29	1	23.29	4.36
S.D	1.63	1.28	Within	256.23	28	5.34	
Adjusted Post – Test							
Mean	71.49	69.68	Between	89.67	1	89.67	23.11*
			Within	182.33	27	3.88	

* Significant at 0.05 level of confidence. (The table values required for significance at 0.05 level of confidence for 1 and 28 and 1 and 27 are 7.28 and 7.25 respectively).

The Table II shows that the pre-test mean values on hyperthyroid women with anxiety of control group and experimental group were 71.12 ± 1.34 , 72.35 ± 1.99 . The obtained "F" ratio of 0.21 for pre-test scores is less than the table value of 7.28 for df 1 and 28 required for significance at 0.05 level of confidence on hyperthyroid women with anxiety. The post-test mean values on hyperthyroid women with anxiety of control group and experimental group 71.68 ± 1.63 , 70.45 ± 1.28 respectively. The obtained "F" ratio of 4.36 for post test scores is less than the table value 7.28 for df 1 and 28 required for significance at 0.05 level of confidence on menstrual disorder with anxiety. The adjusted post-test means of control group and experimental group 69.68 respectively. The obtained "F" ratio of 23.11 for adjusted post-test means is more than the table value of 7.25 for df 1 and 27 required for significance at 0.05 level of confidence on hyperthyroid women with anxiety. The

results of the study indicated that there was a significant difference between the adjusted post-test means of control group and experimental group hyperthyroid women with anxiety. In this research, the investigator framed the following hypotheses to test the results of this study; It was hypothesized that there would be significant differences due to yogic practices on anxiety. The formulated hypothesis of yogic practices being significant in anxiety at 0.05 levels.

Conclusions

Within limitations of the present study, it is concluded that, the anxiety level has been reduced due to influence of six weeks training of varied yogic practices. As a result, yogic practices given to group B is better than given to group A.

References

1. Anxiety symptoms - Fear of dying. Retrieved March 3, 2009, from Anxiety Centre Web site: <http://www.anxietycentre.com/anxiety-symptoms/fear-of-dying.shtml>, (1987-2008).
2. Anxiety symptoms - Fear of dying. Retrieved March 3, 2009, from Symptoms), Symptoms of Anxiety. Retrieved March 3, 2009, from Anxiety Centre Web site: <http://www.anxietycentre.com/anxiety-symptoms.shtml>, (1987-2008).
3. Barlow, David H. (November 2002). "Unraveling the mysteries of anxiety and its disorders from the perspective of emotion theory". *American Psychologist*: 1247–63. <http://psycnet.apa.org/journals/amp/55/11/1247.pdf>.
4. Dale J, Sorour E, Milner G. Do psychiatrists perform appropriate physical investigations for their patients? A review of current practices in a general psychiatric inpatient and outpatient setting. *Journal of Mental Health*. 2008;17 (3):293–98.
5. Vasudevan, A., Kumariah, V., Mishra, H., and Balodhi, J. p (1994) Yogic meditation in tension headache. *NIMHANS Journal* 12(1), PP 69-73.