



Effect of Hatha Yoga Practices on Selected Psychological Variable among Hyper and Hypo Thyroid's High School Girls

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Abstract

The purpose of the present study was to find out the effect of hatha yoga sadhana practices on selected psychological factors among hyper and hypo thyroids high school girls. The study was conducted on 45 thyroids high school girls. Totally three groups, namely, control & experimental group I & II, consisting or 30 subjects underwent twelve weeks practice in B.K.S. Iyengar and Bihar School of yoga programmed whereas the control group did not under go any type of programmed. The Stress level was checked before and after the experimentation. Analysis of Covariance (ANCOVA) analyzed the data and it was concluded that the B.K.S. Iyengar and Bihar School of yoga programmed had significant ($P < 0.05$) effect on the improvement level.

Keywords: Iyengar, Bihar School of Yoga, Stress.

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Introduction

The number of high school girls participating in organized health activities worldwide is increasing. However, physical activities levels among youth are lower today than in previous decades. The combination of increased exposure and decreased preparedness for yoga activities participation has helped for hypo thyroid girl's health will be better in this current period. The origin of yoga lies in antiquity. It was first expounded in the great shastras (texts), known as the Vedas. Four in numbers, these are the earliest scriptures known to mankind, extending back thousands of years. Vedas. Together, these texts explain and regulate every aspect of life, from supreme reality to all worldly affairs. Here, and in much classical literature to follow, is where one can see evidence of the origin of yoga. The exact birth of the Vedas is lost in the distant past. The Vedas themselves were ancient hymns, originally sung in the forests by Rishis (seers) who lived remote, ascetic lives and in this way were passed from guru to disciple for perhaps thousands of years before being put to writing, Hindu tradition itself puts the Vedas as far back as 10,000 years.

Methodology

The purpose of the study is the effect of hatha yoga sadhana practices on selected psychological factors among hyper and hypo thyroid's for high school girls.

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For the purpose of this study, forty-five hyper and hypo thyroid's for high school girls were chosen on random basis from Chennai only. Their age group ranges from 11 to 16 years old. The subjects were divided into three group of fifteen. The experimental group I would undergo B.K.S. Iyengar yoga and the experimental group II undergo Bihar school of yoga practices and third group consider as control group not attend any practices, and the pre test and posttests was conducted before and after the training. Training was given for twelve weeks. It would be found out finally the effect on hatha yoga practices on selected psychological variables among hyper and hypo thyroid's for high school girls in scientific method. To estimate the improvement level with the performance in regular practices. The collected data were statistically analysed by using analysis of covariance (ANCOVA).

Training Schedule

Experimental Group I: B.K.S. Iyengar(Surya Namaskar and Inverted Asanas)

The following mantras are pronounced in each Surya Namaskar

Inverted Asanas

- Vipareethakarani
- Sarvangasana
- Halasana
- Matsyasana

Experimental Group II : Bihar School of Yoga (Pranayama and Surya Namaskar)

Pranayama

- Nadi Shodhana

- Brahmari
- Ujjayi Pranayama

Group III: Control Group (No Training).

The statistical analysis comparing initial and final means of Stress due to B.K.S Iyengar and Bihar School of Yoga practices among hyper and hypo thyroid's for high school girls is presented in Table I.

Results

Table I. Computation of analysis of covariance of the two experimental groups and control group on stress

Test	Exp. Gr. I	Exp. Gr. II	Cont. Group	Source of Variance	Sum of Squares	Df	Means Squares	F Value
Pre-Test	70.8	70.20	75.13	B	217.38	2	108.689	1.32
				W	3454.53	42	82.25	
Post-Test	49.86667	51.47	73.87	B	5401.60	2	2700.80	17.47
				W	6491.20	42	154.55	
Adj. Post-Test	49.81	51.38	74.02	B	5188.45	2	2594.22	16.41
				W	6483.172	41	158.13	
Mean Gain	20.93333	18.73	1.27					

*Significant at 0.05 level of confidence the

Table value for significance at 0.05 level of confidence with df 2 and 42 was 3.21 and Table value for df 2 and 41 was 3.22. Since significant improvements

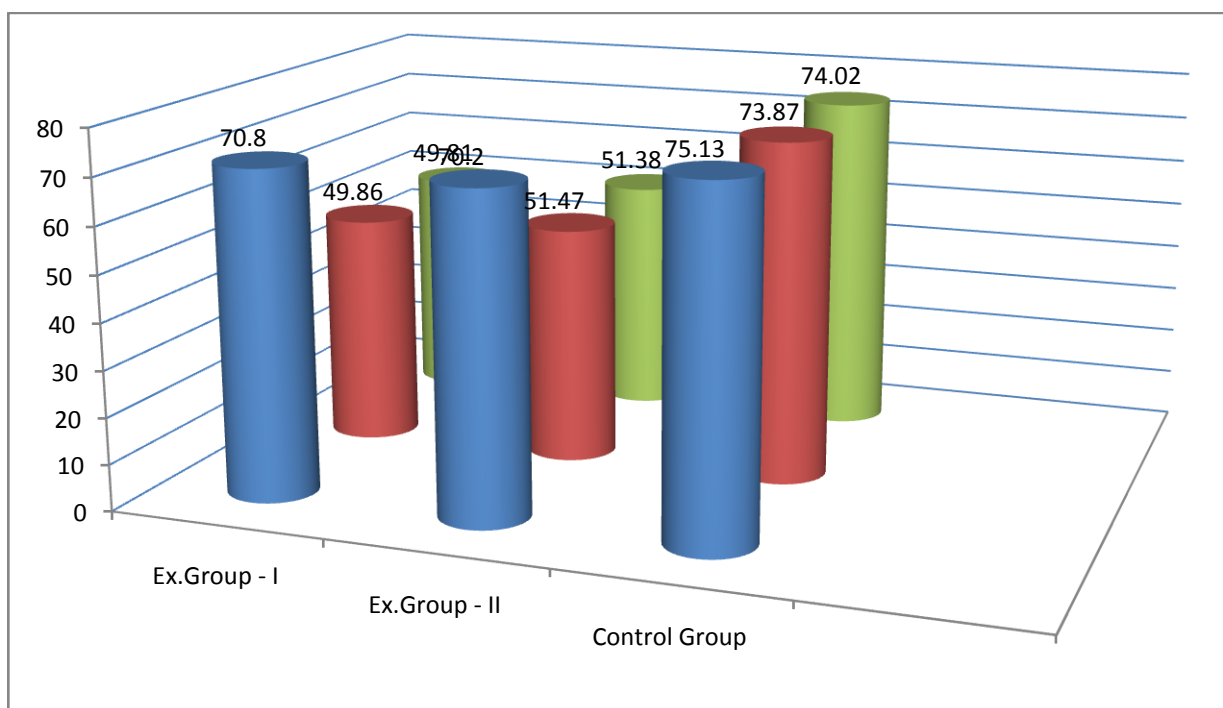
were recorded, the results were subjected to post hoc analysis using scheffe's confidence interval test. The results were presented in table II.

Table II. Scheffe's post-hoc test for stress

Exp.Group-I	Exp.Group-II	Control Group	MD	C.I
49.81	51.38	-	1.57	11.43
49.81	-	74.02	24.21*	11.43
-	51.38	74.02	22.64*	11.43

*significant

Figure I. Bar diagram on ordered pre and post means of stress



Discussions on Findings

Taking into consideration of the pre test means and post test means adjusted post test means were determined and analysis of covariance was done and the obtained F value 16.41 was greater than the required value of 3.21 and hence it was accepted that the B.K.S. Iyengar yoga and Bihar School of Yoga significantly improved (decrease) the Stress level of the hypo thyroidism girls. The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between B.K.S. Iyengar group and control group and Bihar School of Yoga group and control group on Stress. This proved that due to twelve weeks practices B.K.S. Iyengar and Bihar School of Yoga the Stress level was significantly improved (decrease) among hypo thyroidism girls.

Conclusion

The analysis of co-variance of Stress indicated that experimental group I (B.K.S. Iyengar yoga), experimental group II (Bihar School Of Yoga Practices), and group III (Control group), were significantly improved (decrease) on the Stress level. It may be due to the effect of B.K.S. Iyengar yoga and Bihar School of Yoga Practices.

The findings of the study showed that the experimental group II (Bihar School Of Yoga) had improvement Stress level more than the experimental group I (B.K.S Iyengar). Nearly everything in life requires balance. B.K.S. Iyengar yoga and Bihar School

of Yoga practices on its own is a good step toward a healthy life style. However, as individual, it is important to analyze that we need to work on our body as well as our mind.

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