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Impact of the Astanga Yoga Practices on General Health Status and Wellbeing of the Employees

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Abstract

The purpose of the present study is to find out the impact of the astanga yoga practices on general health status and wellbeing of the employees. The study is conducted on 40 employees. Totally two groups, namely, control & experimental group I, consisting of 20 employees underwent 12 weeks of practice in Yogic practices training whereas the control group did not under go any type of training. The systolic and diastolic blood pressure and attitude was measured before and after the experimentation using the standardized test to measure the with sphygmomanometer, stethoscope and standard questionnaire. The data were analyzed by Analysis of Covariance (ANCOVA) and it was concluded that the Yogic practices training had a significant (P < 0.05) effect on the wellbeing of employees.

Keywords: Yogic practices, systolic and diastolic blood pressure and attitude.

Introduction

The subtle anatomy of the humans is divided into five energetic sheaths known as the 'pancha kosha'. Pancha, meaning five and kosha, meaning layer or sheath. This ideology describes the human being "as all multi-dimensional, with the source or foundation in a spiritual dimension." The so-called 'spiritual dimension' is a pure consciousness which is hidden by the other four koshas, the outermost layer is the most dense, physical body. Each kosha can be thought of as an energy vibrating at a different frequencies. The physical body therefore vibrates at the slowest rate and the 'inner light of the consciousness' or 'atman' vibrates at the fastest rate or frequency. Although all the five layers interpenetrate one another (Bhavanani Anandha Balayogi, 2004).

Yoga is one of the six orthodox systems of Indian philosophy. Yoga is the union of the jivatma with the paramathma. It is collated, coordinated and systematized by Patanjali in his classical work, the Yoga Sutras, which consists of 195 terse aphorisms in which it is stated that yoga is a state where all the activities of the mind are channelized in one direction; or the mind is free from the distractions. The word Yoga is derived from the Sanskrit root Yuj meaning to bind, to unite, join, and attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means the union or communion. It means the disciplining of the mind, intellect, the emotions, the will, which that yoga presupposes; it means a poise of the soul which enables one to look the life in all its aspects evenly.

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Statement of the Problem

The purpose of the study is the "impact of the astanga yoga practices on general health status and wellbeing of the employees".

Methodology

The purpose of the study is to find out the, "impact of astanga yoga practices on the general health status and wellbeing of employees". 40 employees were chosen on random basis from the Chennai city only. Their age group ranged from 30 to 40. The subjects were divided into two group of twenty each The experimental group I would undergo the Yogic practices and second group is considered as a control group and it will not attend any practices, and the pre test and post tests would be conducted before and after the training. Training would be given for12 weeks. It would be found out finally the impact of astanga yoga practices on the general health status and wellbeing of employees" in the scientific method. To estimate the systolic and diastolic blood pressure and attitude level with the Equipment Attitude Questionnaire (Prof. N.S. Chausan. Dr. Saroj – Aurora – Meerut), The collected data were statistically analyzed by using Analysis of Covariance (ANCOVA).

Experimental Group: Yogic practices
Training Schedule

Table 1
Yogic Practices

S.No	Yogic practices	Duration	Repetition	Set	Rest between practice	Rest between set	Frequency per week
1	Sitilikarana vyayama (loosening exercises)	5 min	2	2	5 to 10 sec	30 – 60 sec	5 days in a week
2	Suryanamaskar	6 min	2	2	10 to 15 sec		
3	Padmasana	3 min	2	2	5 to 10 sec		
4	Ardha Katichakarasana	3 min	2	2	5 to 10 sec		
5	Padahastasana	3 min	2	2	5 to 10 sec		
6	Vipareetakarani	3 min	2	2	5 to 10 sec		
7	Bhujangasana	3 min	2	2	5 to 10 sec		
8	Chandra & surya anuloma & viloma	3 min	2	1	5 to 10 sec		
9	Nadishodana pranayama	3 min	2	1	5 to 10 sec		
10	Bhramari & pranayama	3 min	2	1	5 to 10 sec		
11	Savasana	10 min	1	1	-		

Group II: Control Group (No Practice)

The statistical analysis comparing initial and final means of systolic blood pressure due to Yogic practices of wellbeing of employees is presented in the Table II.

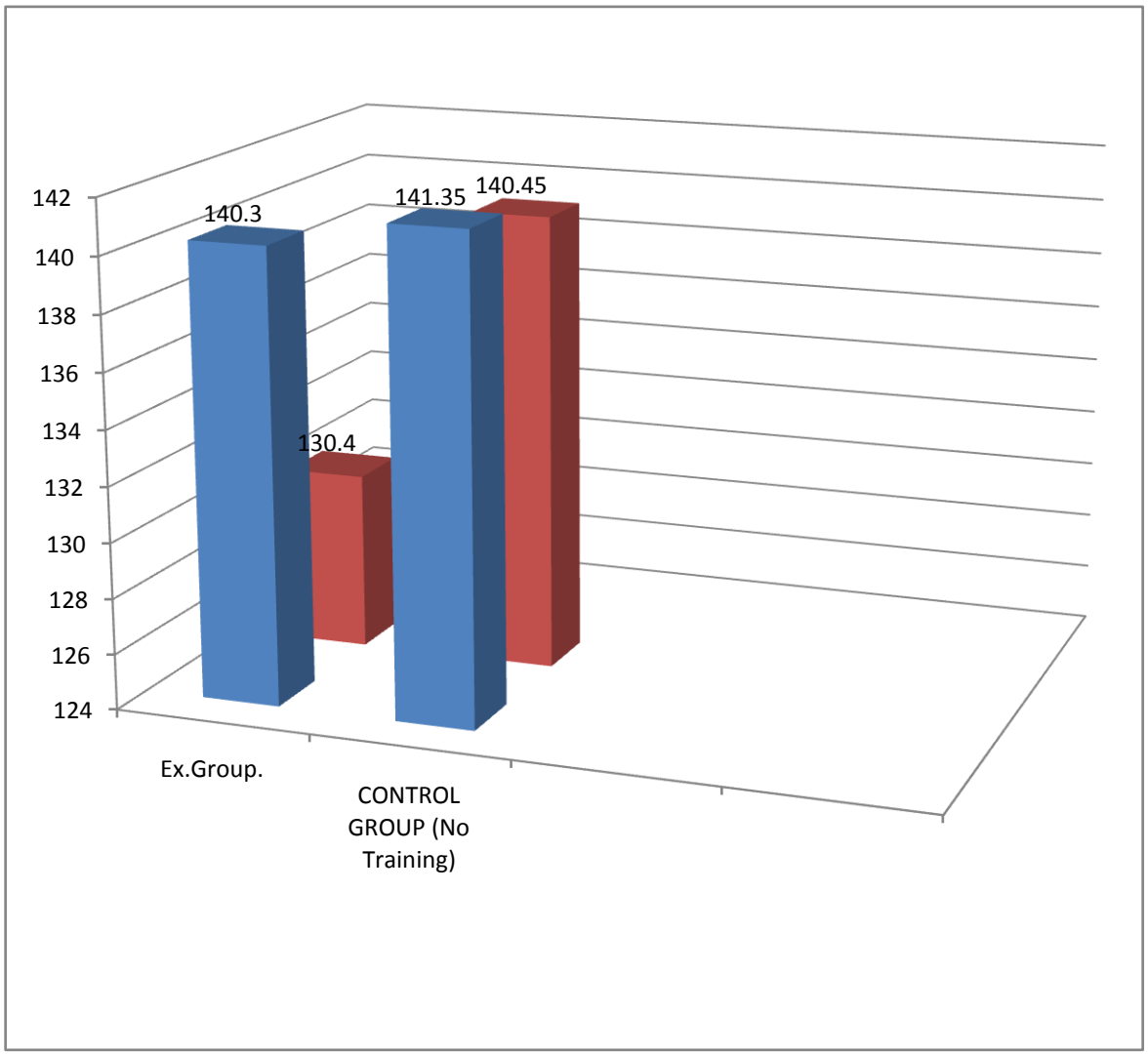
Table 2
Computation of mean and analysis of covariance of systolic blood pressure of experimental and control group

Test	Experimental group	Control group	Source of variance	Sum of square	df	Mean square	F
Pre-test mean	140.30	141.35	Between	11.03	1	11.03	0.83
			Within	506.75	38	13.34	
Post-test mean	130.40	140.45	Between	1010.03	1	1010.03	52.31*
			Within	733.75	38	19.31	
Adjusted mean	130.77	140.08	Between	848.19	1	848.19	65.16*
			Within	481.61	37	13.02	
Mean Diff	9.90	0.90					

*significant.
Table value for df 1 and 38 is 3.21 Table value for df 1and 37 is 3.22.

The obtained adjusted mean values are presented through the bar diagram in the figure I.

Figure I
Bar diagram on ordered pre and post means of the systolic blood pressure



Discussions on the Findings of the Systolic Blood Pressure

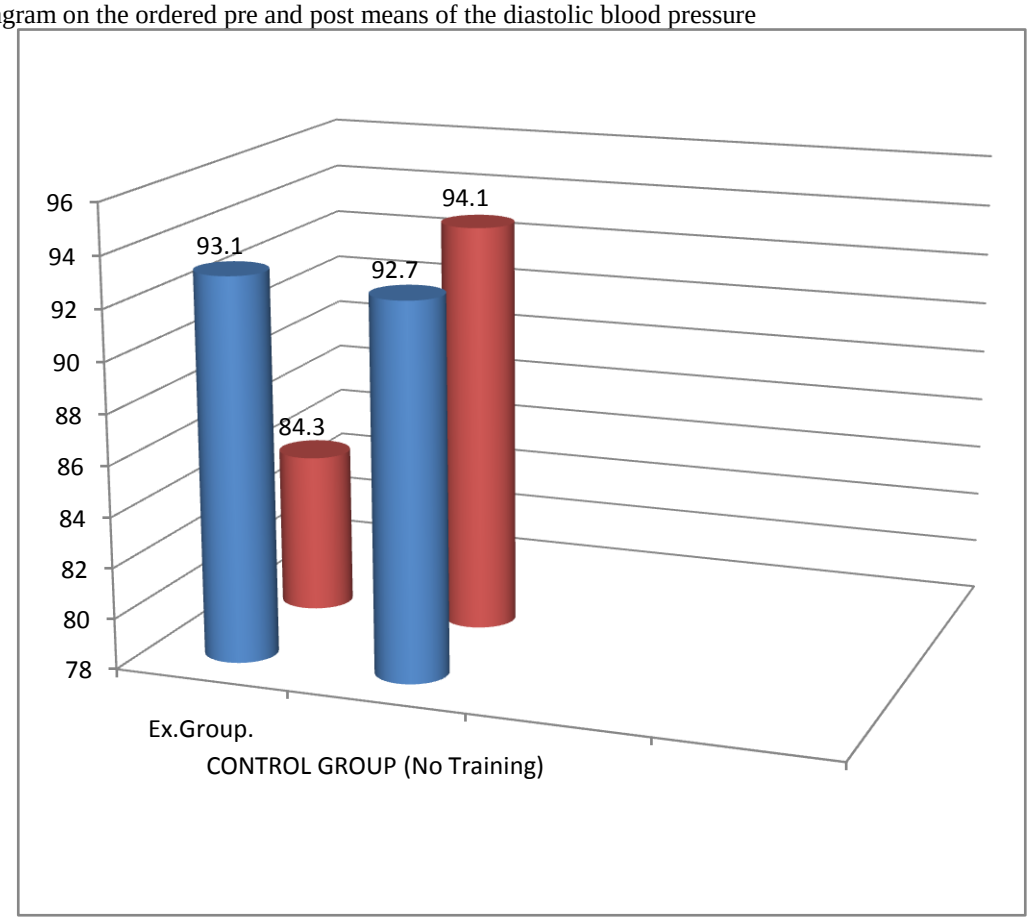
Taking into consideration of the pretest means and posttest means, the adjusted posttest means are determined and analysis of covariance is done and the obtained F value 65.16 is greater than the required value of 3.22. And hence it is accepted that the Yogic practices training significantly improve or decrease the systolic blood pressure level of the employees. The post hoc analysis of the obtained ordered adjusted means prove that there is significant differences exist between the Yogic practices group and control group on the systolic blood pressure level. This prove that due to the twelve weeks of Yogic practices of the systolic blood pressure level is significantly improve decrease the wellbeing of the employees. The statistical analysis comparing the initial and final means of the diastolic blood pressure due to the Yogic practices Training and Wellbeing of the employees are presented in the Table 3.

Table 3
Computation of mean and analysis of covariance of the diastolic blood pressure of the experimental and control group

Test	Experimental group	Control group	Source of variance	Sum of square	df	Mean square	F
Pre-test mean	93.10	92.70	Between	1.60	1.00	1.60	0.19
			Within	328.00	38.00	8.63	
Post-test mean	84.30	94.10	Between	960.40	1.00	960.40	121.65*
			Within	300.00	38.00	7.89	
Adjusted mean	84.26	94.14	Between	970.78	1.00	970.78	124.76*
			Within	287.90	37.00	7.78	
Mean Gain	8.80	1.40					

*significant. Table value for df 1 and 38 is 3.21 Table value for df 1and 37 is 3.22.
The obtained adjusted mean values are presented through the bar diagram in the figure II.

Figure II
Bar diagram on the ordered pre and post means of the diastolic blood pressure



Discussions on the Findings of the Diastolic Blood Pressure

Taking into consideration of the pretest means and posttest means, the adjusted posttest means are determined and analysis of covariance is done and the obtained F value 124.76.is greater than the required value of 3.22. Hence it is accepted that the Yogic practices training significantly improve or decrease the diastolic blood pressure level of the employees. The post hoc analysis of the obtained ordered adjusted means are proved that there is significant differences exist between the yogic practices group and control group on the diastolic blood pressure level. This proved that due to twelve weeks of yogic practices the diastolic blood pressure level is significantly improved the wellbeing of employees. The statistical analysis comparing the initial and final means of attitude due to the Yogic practices of wellbeing of the employees is presented in the Table 4.

Table 4

Computation of mean and analysis of covariance of attitude of the experimental and control group

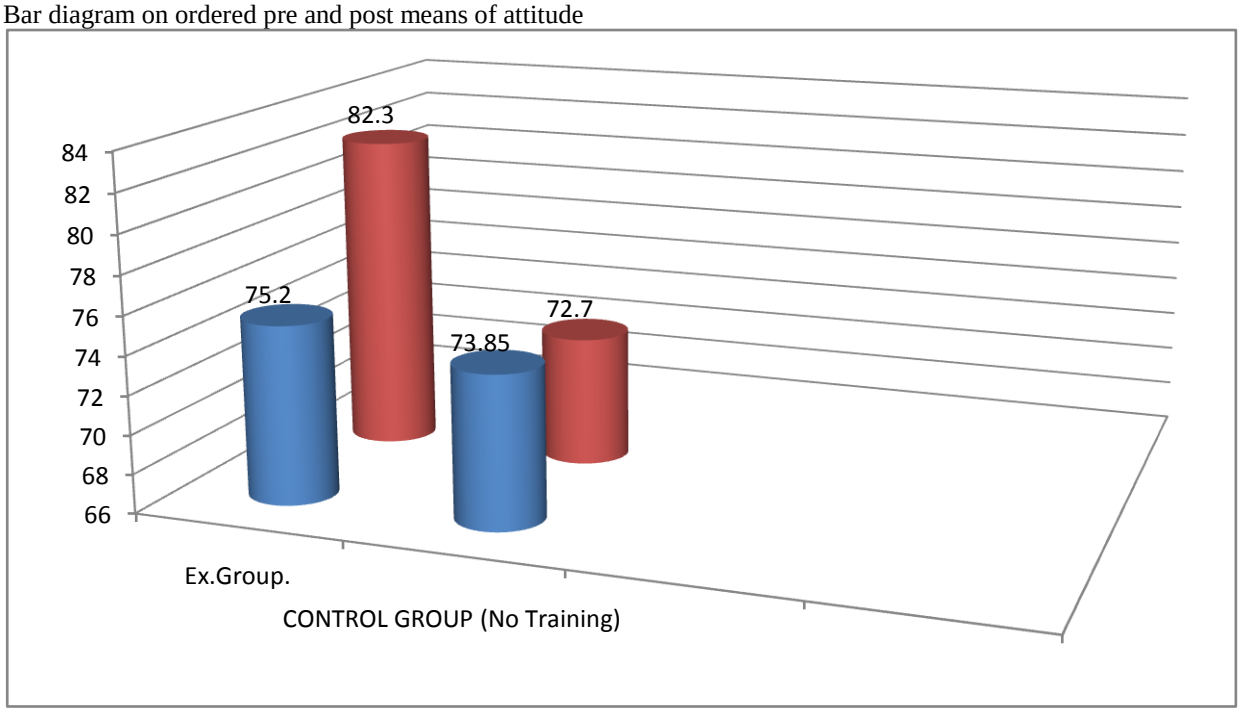
Test	Experimental group	Control group	Source of variance	Sum of square	df	Mean square	F
Pre-test mean	75.20	73.85	Between	18.23	1.00	18.23	0.86
			Within	809.75	38.00	21.31	
Post-test mean	82.30	72.70	Between	921.60	1.00	921.60	59.93*
			Within	584.40	38.00	15.38	
Adjusted mean	81.99	73.01	Between	787.19	1.00	787.19	71.22*
			Within	408.97	37.00	11.05	
Mean gain	7.10	1.15					

*significant.

Table value for df 1 and 38 is 3.21 Table value for df 1and 37 is 3.22.

Figure III

Bar diagram on ordered pre and post means of attitude



Discussions on the Findings of Attitude

Taking into consideration of the pretest means and posttest means the adjusted posttest means are determined and the analysis of covariance is done and the obtained F value 71.22 is greater than the required value of 3.22. Hence it is accepted that the Yogic practices training significantly improve the attitude level of the employees. The post hoc analysis of the obtained ordered adjusted means prove that there is significant differences existed between the Yogic practices group and control group on the attitude level. This prove that due to twelve weeks of yogic practices, the attitude level is significantly improved the wellbeing of the employees.

Conclusion of the Research

The analysis of co-variance of the systolic and diastolic blood pressure and attitude level indicated that the experimental group I (yogic practices), and group II (Control group), were significantly improved in the systolic and diastolic blood pressure and attitude level. It may be due to the effect of the yogic practices.

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