



Effect of Yogic Practices on Selected Physiological Variables among Middle Aged Women

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Abstract

The purpose of the study was to find out the effect of yogic practices on selected physiological variables among middle aged women. To achieve the purpose of the present study, forty middle aged women patients from Tiruvannamalai district, Tamilnadu were chosen as the subjects and their age shall ranged from 25 to 35 years. The subjects were divided into two equal groups of fifteen subjects each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=40) were randomly assigned to two equal groups of twenty middle aged women each. The groups were assigned as yoga group (YG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. Analysis of covariance (ANCOVA) was applied because the subjects were selected random, but the groups were not equated in relation to the factors to be examined. The yoga group (YG) had shown significant improvement in all the selected physiological variables.

Keywords: Yoga, Women, Physiological, Training.

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Introduction

Yoga provides one of the best means of self-improvement and attaining one's full potential. In the advanced stages of yoga, super conscious states are attained which result in a feeling of bliss, deep peace and the emergence of psychic powers. All the wonders of modern science will not bring happiness, peace of mind, health or a long life. Although wonders have been achieved in our external environment – space travel, computers, etc.- our internal environment has been neglected. Thousands of years ago the ancient yogis turned their minds inwards and discovered their true nature. This allowed them to work out a system of body and breathing exercises which results in vitality, rejuvenation and peace of mind (Hema, 2003).

Yoga is the oldest system of personal development encompassing body, mind, and spirit. The origin of Yoga goes back more than 5000 years. This valuable science developed by the ancient sages of India, and modified through generations, took many years to spread around the world. In the modern times, the value of Yoga is being increasingly recognized for general health, and its preventive and curative effects. Yoga, a Sanskrit word for 'union', means an experience of oneness or union with your inner being (self). This union is the mind uniting with the body and breath to attain a higher level of

consciousness. The integrated approach of mind and body control leads to ultimate physical health and happiness together with the achievement of mental peace and tranquility. Yoga is a Sanskrit word. It means linking or union. The science that deals with the co-ordination of the three components, namely body, mind and soul in a proper manner with a definite purpose is called yoga. Yoga is a science of life to develop the potential attributes to its fullness and to enable and equip man to enjoy peaceful and blissful life. It is the art of understanding all about the soul which is the life-force and realizing its relationship with the body, the world and the universe. It is the art of maintaining the harmony with one another and finally merging with the universal soul. Yoga is a systematic spiritual practice to improve awareness to develop will power and to realize the self.

Methodology

The purpose of the study was to find out the effect of yogic practices on selected physiological variables among middle aged women. To achieve the purpose of the present study, forty middle aged women patients from Tiruvannamalai district, Tamilnadu were chosen as the subjects and their age shall ranged from 25 to 35 years. The subjects were divided into two equal groups of fifteen subjects each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=40) were randomly assigned to two equal groups of twenty middle aged women each. The groups were assigned as yoga group (YG) and control group (CG) in an equivalent manner. The experimental group were participated the

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training for a period of six weeks to find out the outcome of the training package. Analysis of covariance (ANCOVA) was applied because the subjects were

selected random, but the groups were not equated in relation to the factors to be examined.

Results

Table I. Computation of analysis of covariance of mean of yogic practices and control groups on vital capacity

	YG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	1.57	1.60	BG	0.008	1	0.008	0.54
			WG	0.57	38	0.01	
Post-Test Means	2.41	1.54	BG	7.54	1	7.54	869.33*
			WG	0.33	38	0.009	
Adjusted Post-Test Means	2.41	1.54	BG	7.54	1	7.54	925.79*
			WG	0.302	37	0.008	

An examination of table - I indicated that the pretest means of yoga and control groups were 1.57 and 1.60 respectively. The obtained F-ratio for the pre-test was 0.54 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. The post-test means of the yoga and control groups were 2.41 and 1.54 respectively. The obtained F-ratio for the post-test was 869.33 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was significant at 0.05 level of

confidence for the degree of freedom 1 and 38. The adjusted post-test means of the yoga and control groups were 2.41 and 1.54 respectively. The obtained F-ratio for the adjusted post-test means was 925.79 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37. The pre, post and adjusted post test mean values of yoga and control groups, on vital capacity are graphically represented in the figure - I.

Figure I. Pre and post test differences of the yoga and control groups on vital capacity

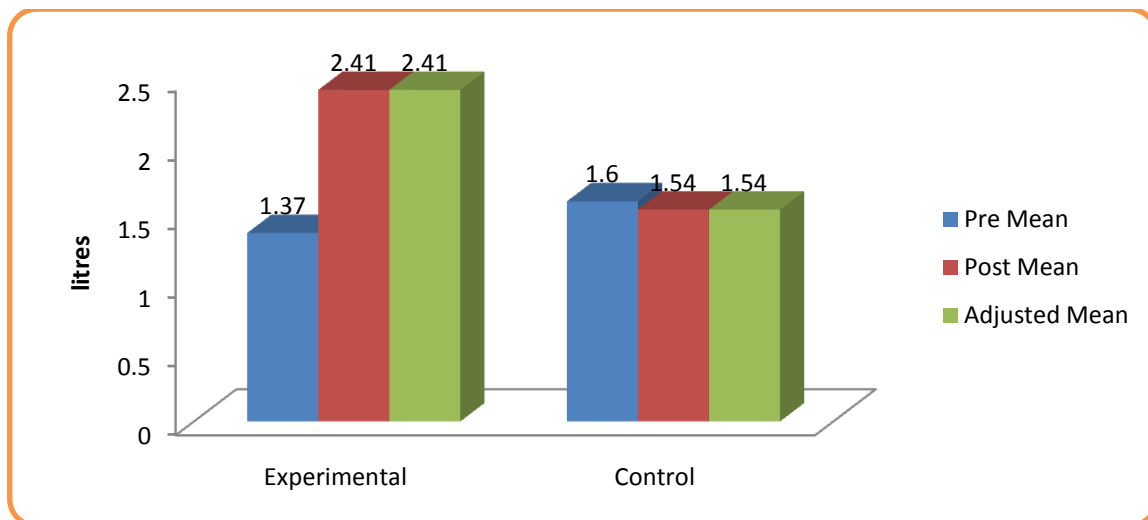
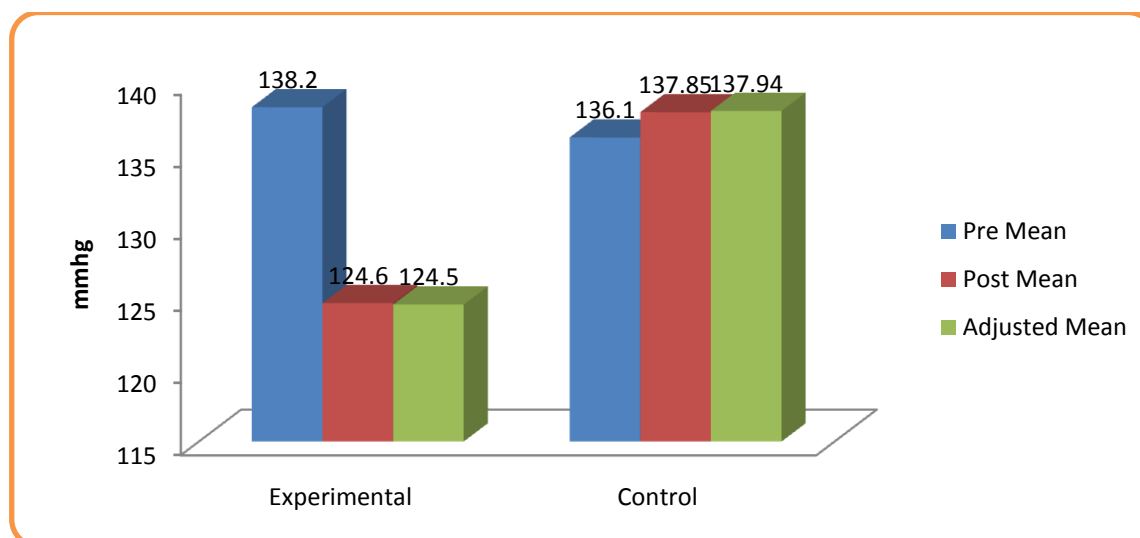


Table II. Computation of analysis of covariance of mean of yogic practices and control groups on systolic blood pressure

	YG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	138.20	136.10	BG	44.10	1	44.10	2.20
			WG	761.00	38	20.02	
Post-Test Means	124.60	137.85	BG	1755.62	1	1755.62	108.76*
			WG	613.35	38	16.14	
Adjusted Post-Test Means	124.50	137.94	BG	1709.53	1	1709.53	104.28*
			WG	606.55	37	16.39	

An examination of table - II indicated that the pretest means of yoga and control groups were 138.20 and 136.10 respectively. The obtained F-ratio for the pre-test was 2.20 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. The post-test means of the yoga and control groups were 124.60 and 137.85 respectively. The obtained F-ratio for the post-test was 108.76 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was significant at 0.05

level of confidence for the degree of freedom 1 and 38. The adjusted post-test means of the yoga and control groups were 124.50 and 137.94 respectively. The obtained F-ratio for the adjusted post-test means was 104.28 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37. The pre, post and adjusted post test mean values of yoga and control groups, on systolic blood pressure are graphically represented in the figure - II.

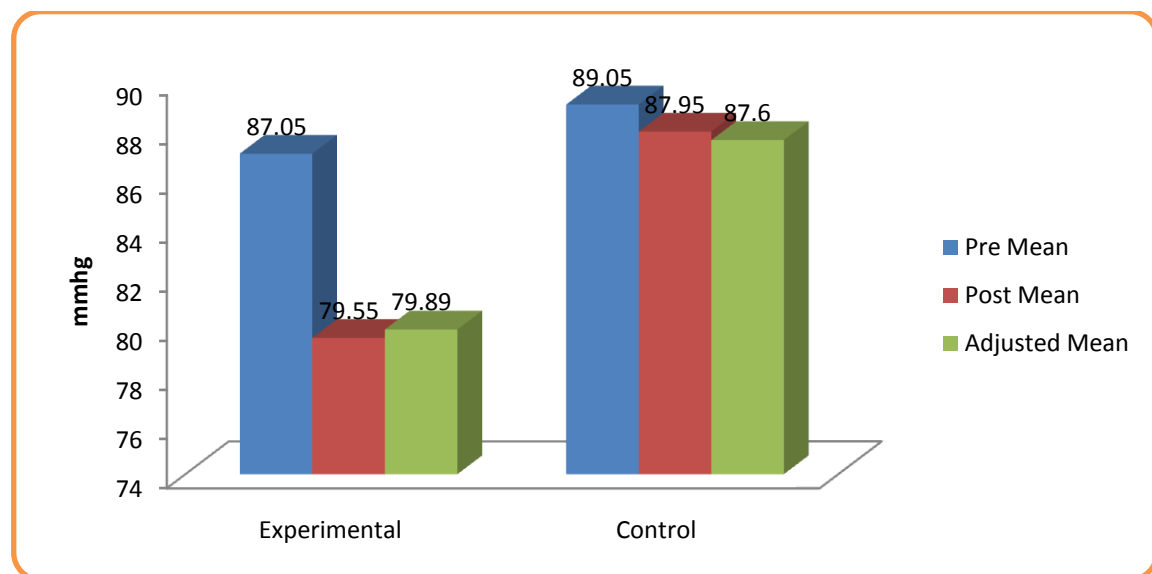
Figure II. Pre and post test differences of the yoga and control groups on systolic blood pressure**Table III.** Computation of analysis of covariance of mean of yogic practices and control groups on diastolic blood pressure

	YG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	87.05	89.05	BG	40.00	1	40.00	1.53
			WG	989.90	38	26.05	
Post-Test Means	79.55	87.95	BG	705.60	1	705.60	57.06*
			WG	469.90	38	12.36	
Adjusted Post-Test Means	79.89	87.60	BG	571.05	1	571.05	60.12*
			WG	351.39	37	9.49	

An examination of table - III indicated that the pretest means of yoga and control groups were 87.05 and 89.05 respectively. The obtained F-ratio for the pre-test was 1.53 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. The post-test means of the yoga and control groups were 79.55 and 87.95 respectively. The obtained F-ratio for the post-test was 57.06 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was significant at 0.05 level of

confidence for the degree of freedom 1 and 38. The adjusted post-test means of the yoga and control groups were 79.89 and 87.60 respectively. The obtained F-ratio for the adjusted post-test means was 60.12 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37. The pre, post and adjusted post test mean values of yoga and control groups, on diastolic blood pressure are graphically represented in the figure - III.

Figure III. Pre and post test differences of the yoga and control groups on diastolic blood pressure



Conclusion

The yoga group (YG) had shown significant improvement in all the selected physiological variables.

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