



Effect of Yogic Practices with and without Laughing Therapy on Flexibility among Geriatric Diabetic Women

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Abstract

Many believe that it is an incremental phase in the life span and others associate it with health problems or disease (Choudhry, D. Paul, 1992). This debate aside, ageing is a universal phenomenon. At the collective level old age poses a challenge to policy makers in developing and developed countries (Irudayarajan, 2005). This challenge is accentuated by rapid growth of science and technology. Better nutrition, sanitation and health facilities have decreased mortality rates and increased expectancy of life. The study was undertaken with the aim to observe the effect of yogic practices with and without laughing therapy on flexibility among Geriatric diabetic women. For this study totally 45 Geriatric diabetic women were selected as subjects from Chennai. Their age ranged between 60 to 70 years. They were divided into three groups. Experimental group I –yogic practices with laughing therapy, Experimental group II- yogic practices without laughing therapy and group III –control group (no intervention). The data was collected from three groups prior to training and after 6 weeks of yogic practices with and without laughing therapy. Analysis of covariance was used to find out the significant difference between the three groups. The level of significance at 0.05%. The results proved that the regular yogic practices and laughing therapy helped to significantly reduce the physical variable flexibility.

Keywords: Yogic Practices, Laughing Therapy, Flexibility, Geriatric Women.

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Introduction

Yogiraj Shri Vethathiri Maharishi (1911–2006) was a spiritual leader and founder-trustee of the World Community Service Center in 1958 in Chennai. He had founded over 300 yoga centers around the world and wrote about 80 books, many of which became academic textbooks. He was declared the 19th Siddha by the Dravidian University. Vethathiri Maharishi claimed to synthesize a complete science of living for the betterment of humanity through: Simplified Kundalini Yoga meditation, Physical Exercises, Kaya Kalpa Yoga and Introspections.] Vethathiri's lifetime works are called Vethathiriyam], which literally translates as a roadmap to the mountain of knowledge. He claimed that a deep understanding of nature is essential for living in harmony with the law of nature, while balancing material well-being with spiritual progress.

Vethathiri proposes that the primordial state of the universe, which he called Absolute Space, has two inherent attributes that are latent: Force or Gravity: Inexhaustible self-compressive force, the source of all forces, which acts everywhere Consciousness: The omniscient order of function in everything. According to

Vethathiri, as a result of the self-compressive nature of the absolute space, an infinitesimal volume of space begins to spin in a whirling motion, called a fundamental energy particle. He believed that the spinning action propels an outward repulsive force, and that the co-joining of the two forces, attractive and repulsive, is defined as Universal Magnetism. Vethathiri maintained that this fills the universe as a wave, and that it is the first phase of self-transformation of the absolute space from being to becoming.

The system of physical exercises developed by Shri Vethathiri Maharishi after years of intense research fulfils the need of maintaining the proper circulation of blood, heat, air, energy and bio-magnetism, ensuring maintenance of health and prevention of disease in a gentle way. It develops the immunity system and thus acts as a preventive and as a curative to various diseases.

Aim of the Study

The present study was designed to find out the effect of yogic practices with and without laughing therapy on selected physical variable as flexibility among Geriatric diabetic women.

Review of Related Literature

Kawade (2011) she studied girls aged 18 to 20 years on development of flexibility in college girls. She

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studied 60 college girls in Navi Mumbai. She gave the experimental group selected yoga asanas as per the following: Dhanurasana, Paschimatanasana, Halasana, Ardha Matsyendrasana, Sarvangasana, Yoga mudra and Vakrasana. She came to the conclusion that daily yoga practice resulted in improvement of flexibility in college girls aged between 18 to 20 years. In 2002, Ummuhan Bas Aslan et al did a study on “Effect of hatha yoga training on aerobic power and anaerobic power in healthy young adults. He chose 33 young healthy adults aged 18 to 26 years and divided them according to age, sex and activity levels. After conducting pre test, one group was given training one hour per day four days per week on hatha yoga practices while the second group was given training in aerobic exercises. It was found that their aerobic and anaerobic power increased by 9.8% and 5.5% respectively in the group practicing hatha yoga practice. The group that practiced aerobic exercises the aerobic and anaerobic power increased by 6.6% and 2.3% respectively. They used the Iyengar system for hatha yoga training. The asanas consisted of surya namaskar, uthita trikonasana, vrksasana, parvottanasana, parivottanasana, salamba sarvangasana, salabhasana, pascimotanasana, upavista konasana, baddha konasana and savasana. In the aerobic training calisthenics with isotonic strength and stretch exercises were practised.

Methodology

For the purpose of the study, 45 Geriatric

diabetic women from Chennai aged between 60 to 70 years were selected. They were equally divided into three groups: experimental group I (yogic practices with laughing therapy), Experimental group II (yogic practices without laughing therapy) and control group (no intervention). The experimental group I was involved in yogic practices with laughing therapy for the duration of six weeks, experimental group II was involved in yogic practices without laughing therapy. The control group was in active rest during the period of the study. This study employed the experimental random group design, with yogic practices with and without laughing therapy as the independent variable and flexibility as the dependent variable. The data were collected before training as pre-test from three groups. After six weeks of yogic practices and laughing therapy, data were again collected from all the experimental groups and control group. The equipment used to measure the level of flexibility through sit and reach test. Analysis of covariance (ANCOVA) was used to find out the significant differences among the groups. The level of significance was fixed at 0.05%.

Result and Discussion

The flexibility was measured through sit and reach test. The pre and post test means of the experimental groups and control group statistically analyzed to find out the significance.

Table 1. Computation of analysis of covariance of the two experimental groups and control group on flexibility (scores in cm)

Test	Exp. Gr. I	Exp. Gr. II	Cont. Group	Source of variance	Sum of squares	Degree of freedom	Means squares	Obtained F value
PRE TEST	25.66	26.00	25.60	between	1.38	2	0.689	0.04
				within	654.93	42	15.59	
POST TEST	28.8	28.27	25.00	between	126.98	2	63.49	7.50*
				within	355.33	42	8.46	
ADJUSTED POST TEST	28.83	28.19	25.05	between	122.82	2	61.41	8.56*
				within	294.258	41	7.18	
MEAN GAIN	-3.13	2.27	0.60					

*significant.

*Significant at 0.05 level of confidence. * $F(0.05) (2,42 \text{ and } 2, 41) = 3.23$.

Since significant improvements were recorded, the confidence interval test. results were subjected to post hoc analysis using scheffe's

Table 2. Scheffe's post-hoc test for flexibility

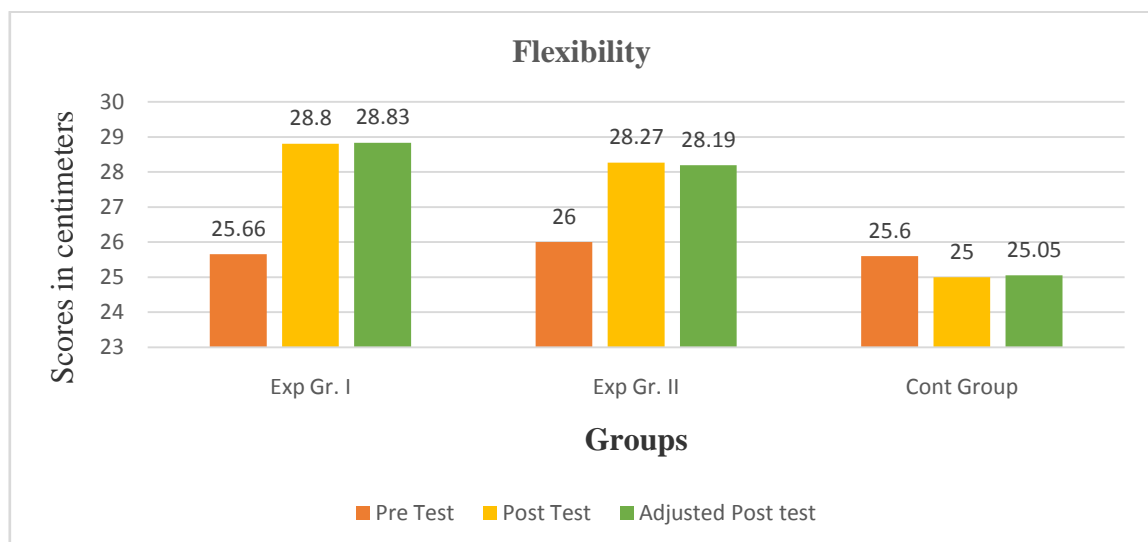
Control Group	Exp. Gr. I	Exp. Gr. II	Mean difference	C.I
25.05	28.83	-	3.78	2.44
-	28.83	28.19	0.64	2.44
25.05	-	28.19	3.14	2.44

*significant

The pre test, post test mean values of EX.GR-I (yogic practices with laughing therapy), EX.GR-II (yogic

practices without laughing therapy) and control group on flexibility are graphically presented.

Figure 1. Bar diagram showing the mean difference among experimental group i, experimental group ii and control group of flexibility (scores in centimeters)



The results of the study indicated that the experimental groups namely yogic practices with and without laughing therapy had significantly on the selected dependent variables such as flexibility.

The results of the study showed that flexibility increased significantly as a result of yogic practices with and without laughing therapy. Hence, the hypothesis was accepted at 0.05 level of confidence.

Conclusion

1. During pre and post tests, both the experimental groups exhibited a significant increase on flexibility immediately after the practices than the control group.
2. The comparing experimental groups , Experimental group – I (yogic practices with laughing therapy) significant increase on flexibility immediately after the practices than the Experimental group – II (yogic practices without laughing therapy).

among Geriatric diabetic women .

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