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Effect of Yogic Practices on Stress among Dysmenoria Adolescent Girls

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Abstract

The present study was designed to find out the effect of yogic practices on stress among dysmenoria adolescent girls. It was hypothesized that there would be significant differences in psychological variables among dysmenoria adolescent girls due to the influences of yogic practices. To achieve the purpose of the study, 40 dysmenoria adolescent girls from chennai, their aged between 14 to 19 years were selected subjects were divided into experimental group and control group with 15 subjects each in a group. Experimental group I – yogic practices and for the period of 6 weeks of an hour in the morning. The control group was not exposed to any specific training but they participated in the regular activities. The pre-test and post-test were conduct before and after the training for three groups. The Psychological variable stress was measured by Dr. latha Sathish Questionnaire. The data pertaining to the variables collected from the two groups before and after the training period were statistically analyzed by using Analysis of Covariance (ANCOVA) to determine the significant difference and tested at0.05 level of significance. The results of the study showed that stress decreased significantly as a result of yogic practices . Hence, the hypothesis was accepted at 0.05 level of confidence. The conclusion is that the Yogic practices helped to reduce the stress among the dysmenoria adolescent girls.

Keywords: Yogic Practices, Dysmenoria.

Introduction

The menstrual cycle is the cycle of natural changes that occurs in the uterus and ovary as an essential part of making reproduction possible. Its timing is governed by endogenous (internal) biological cycles. The menstrual cycle is essential for the production of eggs, and for the preparation of the uterus for pregnancy. The cycle occurs only in fertile female humans and other female primates. In human females, the menstrual cycle occurs repeatedly between the age of menarche, when cycling begins, until menopause, when it ends. A periodic discharge of a bloody fluid from the uterus occurring at more or less at regular interval of 28 days in woman from the age of puberty to menopause is known as menstruation. The flow of altered blood along with endometrial and stoma cells, glandular secretion and occasional blood clots occurs for 3 to 5 days through a vaginal passage. Menstruation ceases during pregnancy. Its failure to occur may result from some abnormalities, physical disorders and emotional and hormonal disturbances.

In humans, the length of a menstrual cycle varies greatly among women (ranging from 21 to 35 days), with 28 days designated as the average length. Each cycle can be divided into three phases based on events in the ovary (ovarian cycle) or in the uterus (uterine cycle). The ovarian cycle consists of the follicular phase, ovulation, and luteal phase whereas the uterine cycle is divided into menstruation, proliferative phase, and secretory phase. Both cycles are controlled by the endocrine system and the normal hormonal changes that occur can be interfered with using hormonal contraception to prevent reproduction.

The word Yoga is derived from the Sanskrit root Yuj. The meaning is to bind, join, and attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union or communion. It means the disciplining of the mind, intellect, the emotions, the will, which yoga presupposes, it means a poise of the soul which enables one to look at life in all its aspects evenly. (B.K.S. Iyengar). Yoga is one of the six orthodox systems of Indian philosophy. It was 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 activities of the mind are channalized in one direction or the mind is free from distractions. (B.K.S. Iyengar,2001)

Statement of the Problem

The purpose of the study was to determine the effect of yogic practices on stress among dysmenorrhea adolescent girls.

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Review of Related Literature

Woolery A,et al. (2004) examined the effects of a short-term Iyengar yoga course on mood in mildly depressed young adults. Young adults pre-screened for mild levels of depression were randomly assigned to a yoga course or wait-list control group. Twenty-eight volunteers ages 18 to 29. At intake, all participants were experiencing mild levels of depression, but had received no current psychiatric diagnoses or treatments. None had significant yoga experience. Subjects in the yoga group attended two 1-hour Iyengar yoga classes each week for 5 consecutive weeks. Beck Depression Inventory, State-Trait Anxiety Inventory, State Trait Anger Expression Inventory, Profile of Mood States, morning cortisol levels were used. Subjects who participated in the yoga course demonstrated significant decreases in self-reported symptoms of depression and trait anxiety. The findings provide suggestive evidence of the utility of yoga asanas in improving mood and expression of anger in the subjects.

Methodology

To achieve the purpose of study, 40 dysmenoria adolescent girls from chennai, their aged between 14 to 19 years were selected randomly into experimental and control groups of 20 subjects each. The selected subjects were divided into experimental group and a control group (CG) with 20 subjects each in a experimental group. I underwent yogic practices and for the period of 6 weeks, five days per week for the maximum of one hour in the morning. The control group (CG) was not exposed to any specific training but they participated in the regular activities.

Training Schedule

Experimental Group I - Yogic Practices.
Group III – Control Group (No Training).

Results and Discussion

The analysis of Covariance on the data obtained for Stress of Pre and Post-test of EXPGI, and CG have been presented in Table 1.

Table 1. *Analysis of covariance of data on stress among exp.gr and control group*

Test	Experimental Group - I	Control Group	Source of Variance	Sum of Square	DF	Mean Squares	"F" Ratio
Pre Test	70.70	68.75	B	38.02	1	38.02	0.27
			W	5383.95	38	141.68	
Post Test	65.85	45.80	B	4020.02	1	4020.02	24.71*
			W	6181.75	38	162.68	
Adjusted Post Test	65.59	46.06	B	3790.78	1	3790.78	24.14*
			W	5811.39	37	157.06	

*significant.

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

The obtained F-ratio values were higher than the table value; it indicates that there was significant difference among the post test and adjusted post-test means of the Experimental Group – I (Yogic practices), and the Control group (No Practices) on Stress.

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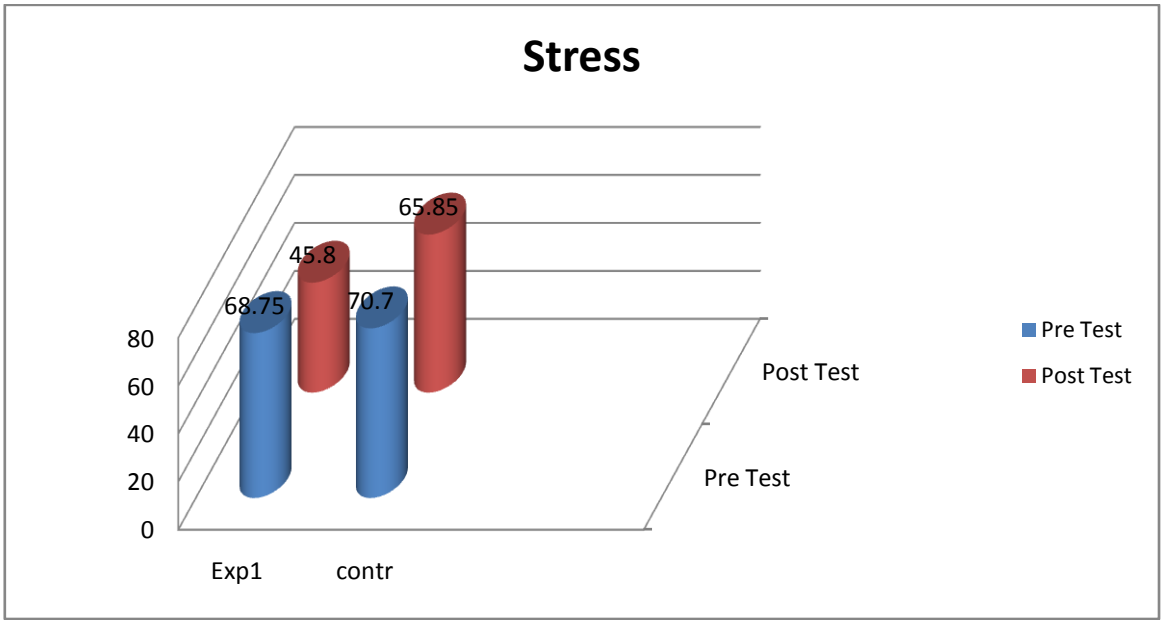

Figure I. The Adjusted Post Test Mean Value On Stress Of Expgr And Control Group

The results of the study showed that stress reduced significantly as a result of yogic practices. Hence, the hypothesis was accepted at 0.05 level of confidence. Systematic Yogic practices reduce the stress. The above findings can also be substantiated by observation made by renowned expert.

Conclusion

Yogic practices help to reduce the stress among the dysmenoria adolescent girls to compare the control group.

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