



## Effect of Yogic Practices on Physiological Variable among Dysmenoria Adolescent Girls

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### Abstract

The present study was designed to find out the effect of yogic practices on Physiological Variable among dysmenoria adolescent girls. It was hypothesized that there would be significant differences in Physiological Variable 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 and 19 years were selected subjects were divided into experimental group and control group with 20 subjects each in a group. Experimental group I – (yogic practices) group 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 conducted before and after the training for two groups. The Physiological Variable was measured by stethoscope and stop watch. 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 at 0.05 level of significance. The results of the study showed that Physiological Variable 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 Physiological Variable among the dysmenoria adolescent girls.

**Keywords:** Yogic Practices, Dysmenoria.

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### Introduction

In the modern era, the origin of yoga is not usually given much importance. While „yoga“ has now become a veritable household word, knowledge of its roots escapes most people, even many of those practising it with regularity. "Historically yoga was more than a particular teaching. Yoga, a way of life, a culture and a lifestyle which encompassed not just techniques, practices or ideas, but also eating habits, bathing habits, prayer, social interaction, and work. Yoga included a vast body of „attitudes toward being“, an ingrained sense of morality and ethic and it was the bedrock of the personal – social – cosmic order which developed in that part of the earth known as India. Therefore it is in the ancient Samskrithi (culture) of Bharata that origin of yoga is to be found."- Smt. Meenakshi Devi Bhavanani, "Returning to the Roots; Classical Yoga".

Characterized by menstrual cramps or painful periods, dysmenorrhea, which is greek for "painful menstruation," affects nearly every woman at some point in her life. It's the most common reproductive problem in women, resulting in numerous days absent from school, work and other activities. There are two types: primary

and secondary. Tenseness, the symptoms typically start a day or two before menstruation, usually ending when menstruation actually begins.

Secondary dysmenorrhea has an underlying physical cause and primarily affects older women, although it may also occur immediately after a woman begins menstruation, however.

Dysmenorrhea is a greek word which literally means "painful menstruation". These are abdominal and pelvic pains experienced before and during menstruation. Menstrual cramps may last for hours or up to three days. The cramps may be mildly or severely painful and can be debilitating and can interfere in regular activities, sometimes leading to absences from work, school or other functions. dysmenorrhea is caused by uterine contractions and can be aggravated by emotional stress. dysmenorrhea can be classified into primary dysmenorrhea and secondary dysmenorrhea. (www.pubmed.com)

### Statement of the Problem

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

### Review of Related Literature

Nandi, et.al., (2004) studied the effects of Aerobic

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exercise, Yogic Practice and the combination of both on Cardio respiratory endurance. Eighty school boys (9th and 10th grade) were randomly selected and then sub divided into four equal groups (n=20 in each group). Three training programmes viz., aerobic exercise, Yogic practice and combination of aerobic exercise and yogic practice were randomly allotted to three groups, where the remaining one group was the control. The performance on cooper's test (12 minutes run or walk ) of all the three groups were recorded before and after 12 weeks training programmes. Result of ANCOVA reveals that the aerobic group showed greater cardio respiratory endurance ability. However the yogic practices group as well as the combination of aerobic exercises and yogic practice also have a significant improvement on the development of greater cardio respiratory endurance (post test f value=3.785.2.73 at .05 level)

### Methodology

To achieve the purpose of study, 40 dysmenoria adolescent girls from chennai, their aged between 14

and 19 years were selected randomly into experimental and control group 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. underwent yogic practices 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 - Yogic Practices.**  
**Group III – Control Group ( No Training).**

### Results and Discussion

The analysis of Covariance on the data obtained for Physiological Variable in resting pulse rate of Pre and Post-test of EXP. GR and CG have been presented in Table 1.

Table 1. Analysis of covariance of data on resting pulse rate among exp.gr and control group

Test	Experimenta l Group - I	Control Group	Source of Variance	Sum of Square	DF	Mean Squares	"F" Ratio
Pre Test	80.85	80.25	B	3.60	1.00	3.60	0.69
			W	198.30	38.00	5.22	
Post Test	80.25	75.10	B	265.23	1.00	265.23	50.51*
			W	199.55	38.00	5.25	
Adjusted Post Test	80.19	75.16	B	249.22	1.00	249.22	47.89*
			W	192.55	37.00	5.20	

\*significant.

Table value for df 1 and 38 was 3.21 Table value for df 1 and 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 resting pulse rate.

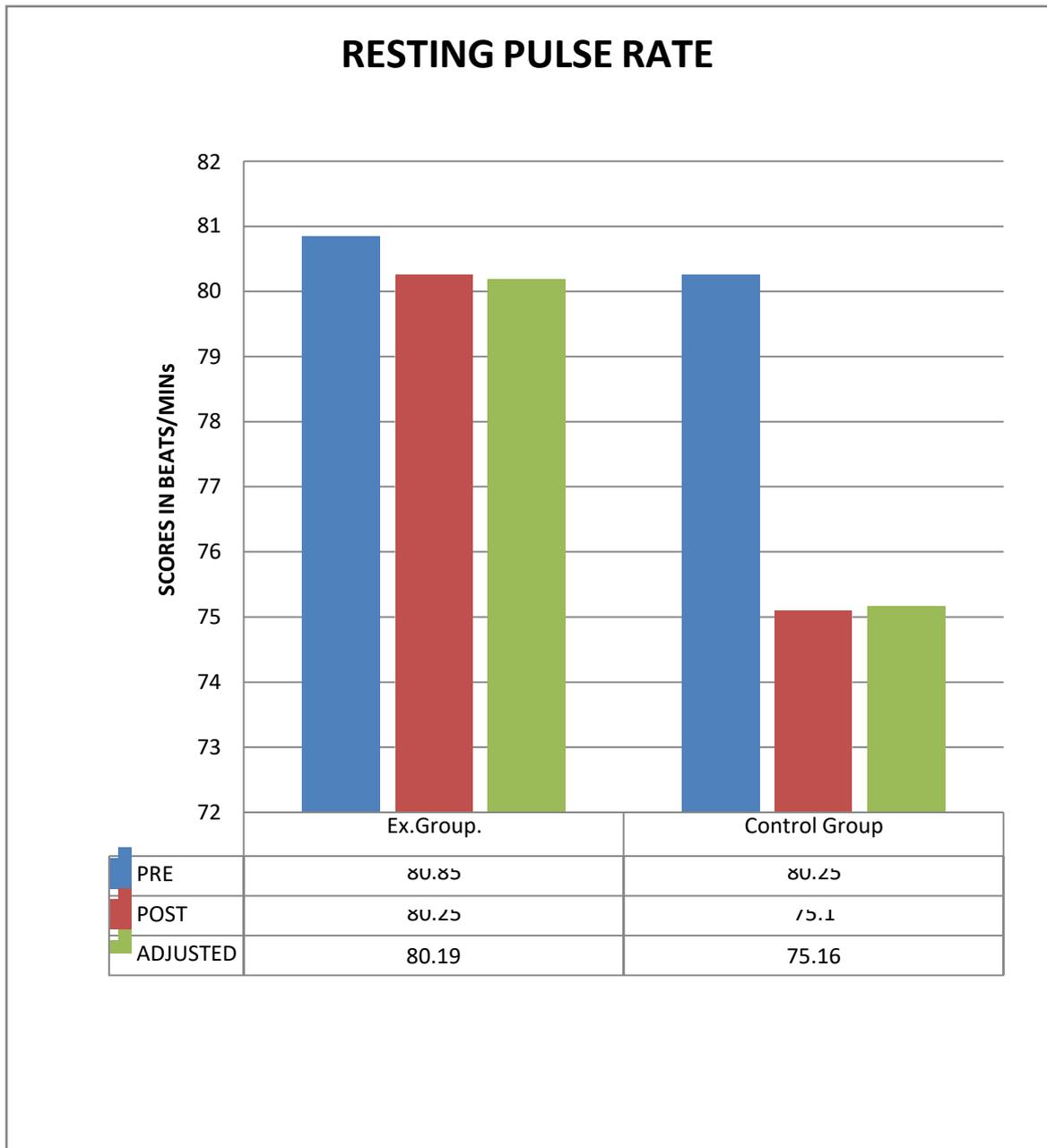


Figure 1. The adjusted post test mean value on resting pulse rate of exp.gr and control group

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

**Conclusion**

The yogic practices help to significant changes in the resting pulse rate among the dysmenoria adolescent girls to compare the control group.

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