



Impact of Astanga Yoga Practices on Flexibility and Stress of Employees

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Abstract

The purpose of the study was to find out the impact of astanga yoga practices on general health status and wellbeing of employees. To achieve this purpose a sample of 40 employees were selected at random from Chennai from the age group of 30-40 years. They were divided into two equal groups. Experimental group is astanga yoga practices group, and the other acted as control group the pre test was conducted to all the two groups in sit and reach test for Flexibility and Dr.Latha Sathish Questionnaire for Stress. The Astanga yoga practices was given to the experimental group and for the period of 12 weeks for five days per week. The training load was fixed based on pilot study, but the control group was not given any type of training. After 12 weeks of training the post test was taken from all the subjects. The pre and post test was conducted for flexibility and stress at the end of each session and data was recorded. Analysis of covariance was used to test of significance. The results of the study reveals that the efficiency of the flexibility and stress improved significantly ($p>0.05$).

Keywords: Astanga Yoga Practices, Flexibility, Stress.

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Introduction

Irrespective of age, all kind of people are affected by stress, mental disorder, diabetes, BP and so on due to competitive and mechanical life. Particularly, our employees are affected much than other kind because of their responsibility who has to take care of the business of the various field in a very competitive environment and also have to deal with different types of customers. Two main things for employees. 1. Performance 2. Concentration, First quality is for performing well, employees have to sit prolonged time, it leads to some physical problem, second thing is concentration is more important to handle money transaction because, money involvement is more. More over employees have to needs different types of customers. Since it is a time bounded work automatically it leads to (stress, tension and aggression etc, which leads to some psychological problem. So, the researcher chose the general health status & wellbeing of employees for the study. A healthy life is the most important for a happy life. The modern pace of life hardly gives time to take care of health. But ancient Indian wisdom says that the true fulfillment of life begins with good health. Good health is the key to a happy life for both men and women but in a fast and demanding life of men, health unfortunately takes a backseat whereas it should be of prime concern. In these competitive times, health is put

on the back-burner until it becomes too serious to ignore. For a healthy life, numerous things have to be set in order. Suthakar (2016) Watching the calories, good exercises and healthy food is absolutely essential. (Dr. Maoshing Ni, 2008).

Health is defined by the World Health Organization of the United Nations as the "State of complete physical, mental and social well being and not merely the absence of disease and infirmity." Every human being has one's own understanding of stress, because all demands of adaptability do evoke the stress phenomenon. Selye(1974) beautifully summarized the nature of stress in the following words: "Everybody knows what stress is and yet nobody knows what it is." The term "stress" has been used in so many different contexts that there is confusion regarding the exact meaning of the term. Few definitions of stress are given below; and they are useful according to scope and clarity. Yoga is one of the six orthodox systems of Indian philosophy. Yoga is the union of the jivatma with the paramathma. It was 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 activities of the mind are channelized in one direction; or the mind is free from 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 union or communion. It means the disciplining of the mind, intellect, the emotions, the will, which that yoga presupposes; it

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means a poise of the soul which enables one to look at life in all its aspects evenly.

Yoga is not merely doing an asanaby the body,through the body, and for the body. The sadhakas learns to unite one part of the body with another part of the body, the body with the mind, the body with the breaths and senses, also the breath with the mind and senses and this takes one to the self realization path. It is this unification which justifies the definion of the word yog which means, 'to unite'. (B.K.S Iyengar,2004)

Purpose of the study

The purpose of the study was to find out the impact of astanga yoga practices on general health status and wellbeing of employees.

Methods and Materials

The purpose of the study was to find out the impact of astanga yoga practices on general health status

Experimental Group: yogic practices

Table I. 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	-		

Results

Table II. Analysis of covariance for pre and post tests data on flexibility of astanga yoga practices group and control group

	YOGIC PRACTICES GROUP	CONTROL	SOURCE OF VARIANCE	SUM OF SQUARES	df	MEAN SQUARES	OBTAINED F
Pre Test Mean	20.75	20.30	Between	2.02	1	2.02	0.36
			Within	211.95	38	5.58	
Post Test Mean	24.75	20.35	Between	193.60	1	193.60	76.39*
			Within	96.30	38	2.53	
Adjusted Mean	24.74	20.36	Between	189.99	1	189.99	73.33*
			Within	95.86	37	2.59	
Mean Diff	4.00	0.05					

Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 73.33 was greater than the required value of 3.22. And hence it was accepted that the Yogic practices training significantly improved the wellbeing of employees of the employees. The post hoc analysis of

obtained ordered adjusted means proved that there was significant differences existed between Yogic practices group and control group on internet addiction level. This proved that due to 12 weeks Astanga yoga practices wellbeing of employees was significantly improved of employees .

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

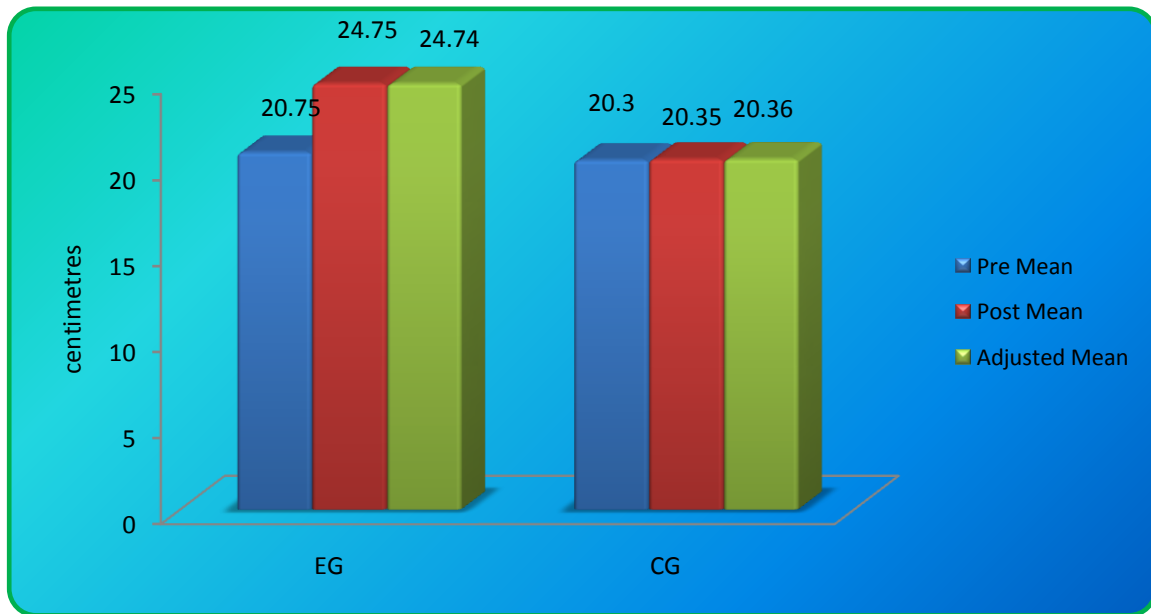
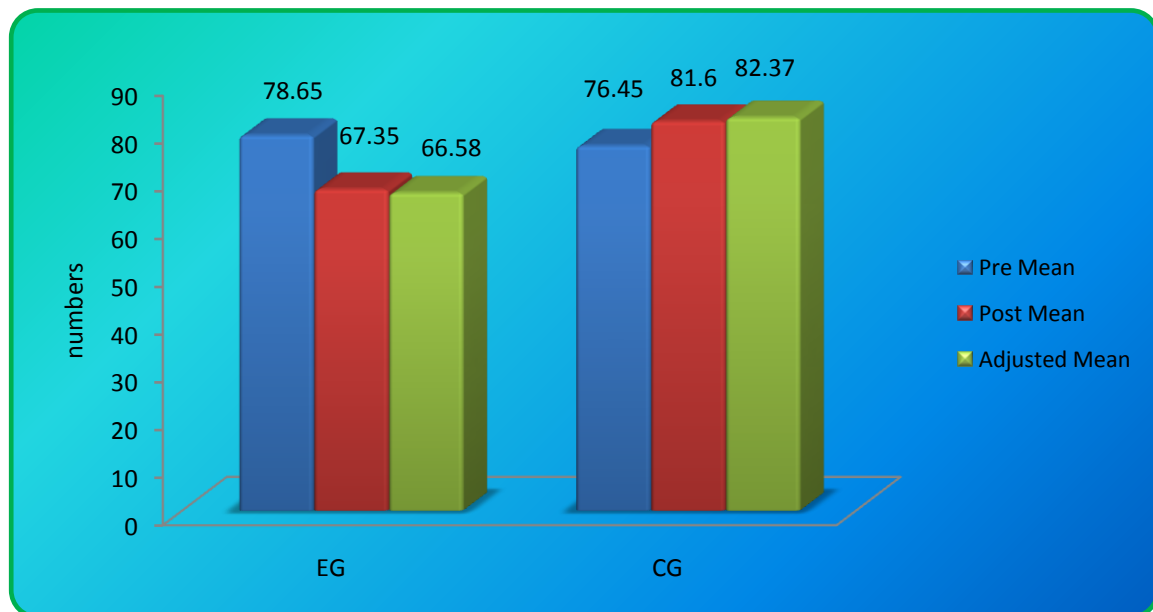


Table III. Analysis of covariance for pre and post tests data on stress of astanga yoga practices group and control group

	YOGIC PRACTICES GROUP	CONTR OL	SOURCE OF VARIANCE	SUM OF SQUARES	df	MEAN SQUARES	OBTAIN E D F
Pre Test Mean	78.65	76.45	Between	48.40	1	48.40	0.07
			Within	25521.50	38	671.62	
Post Test Mean	67.35	81.60	Between	2030.63	1	2030.63	4.06*
			Within	18987.35	38	499.67	
Adjusted Mean	66.58	82.37	Between	2488.01	1	2488.01	14.14*
			Within	6508.40	37	175.90	
Mean Diff	11.30	5.15					

Figure II. Bar diagram on ordered pre and post means of systolic blood pressure

Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 14.14 was greater than the required value of 3.22. And hence it was accepted that the Yogic practices training significantly improved the wellbeing of employees. The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Yogic practices group and control group on wellbeing of employees. This proved that due to 12 weeks Astanga yoga practices was significantly improved of employees.

Conclusion

It was observed that the pre-test results, it was noticed that there was no significant differences between control and experimental groups. While the post test results of control and experimental groups had been analyzed statistically and revealed that, there was a significant mean difference in favor of experimental groups.

In the analysis of co-variance the flexibility and stress among control and experimental groups, a significant difference was seen and which source light on the applicable effect of twelve weeks of yogic practices. From the statistical analysis it is clear that both training programmes had its own effects. Yogic practices showed more effects in decreasing the stress and increased in flexibility when compared to and control group.

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