

EFFECT OF YOGIC PRACTICES ON ANXIETY LEVEL AMONG MIDDLE AGED TYPE II DIABETIC MEN

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Abstract:

The state of health is defined as a state of complete physical, mental, social and spiritual well being and not merely an absence of disease or infirmity.

"Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open."

-B.K.S. Iyengar

KEYWORDS:

Yogic Practices , Health , mental distractions , Anxiety.

INTRODUCTION

ANXIETY

"Anxiety is complex emotional state characterized by a general fear of fore bonding usually accompanied by tension. It often has to do with inter personal relation social situation and feeling of rejection and insecurity and usually a part of anxiety".

-Lewellyn and Blucker

CAUSES OF DIABETES

Diabetes is a metabolic disease in which the primary problem is the defective utilization of sugar by the body. Dietary sugars and starch are broken down to glucose by the process of digestion and this glucose is the major fuel for the various process, organs and cells of the body. Diabetes mellitus is typically presenting with chronically raised glucose levels in the blood with disturbances in the carbohydrate fat and protein metabolism, which are a results in inadequate amount or improper functioning of insulin produced within the pancreas.

In medical parlance 'stress' is defined as a perturbation of the body's homeostasis. Stress, nonetheless, is synonymous with negative conditions. Today, with the rapid diversification of human activity, we come face to face with numerous causes of stress and the symptoms of anxiety and depression. In a challenging situation the brain prepares the body for defensive action "the fight or flight" response by releasing stress hormones, namely cortisone and adrenaline. The state of accumulated stress can increase the risk of both acute and chronic psychosomatic illnesses and weaken the immune system. Thereby anxiety becomes one of the cause of diabetes. Anxiety management is also important in preventing the onset as well as controlling diabetes .Yoga includes moderate exercise, diet restriction, relaxation techniques which are very good for anxiety management. Insulin Dependent Diabetes mellitus and Non Insulin Dependent Diabetes Mellitus can be controlled by yoga practice. Anxiety is a major barrier to effective glucose control and a danger to one's general health.

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MODIFICATION OF LIFESTYLE

Yoga is a way of life, a specific mode of thinking and natural living. Yoga is not merely a system of physical exercise of asanas, but a perfect synthesis of body, mind and spirit. It is the most significant scientific technique for development of integral personality. Yoga is the destroyer of sorrows and miseries, tones up muscles, regulates function of various organs and helps to overcome psychosomatic ailments, digestive, metabolic and organic disorders. Practice of yogasana changes our reaction and our attitudes towards anxiety "Yogasana supply's energy to every cell, cleans the organism by flushing out waste products, expels the toxin while relaxation guards against neuristhemia and insomnia". According to Patanjali (300 BC) one of the earliest authorities in systematically recorded yoga, "yoga leads to self realization awakening of latent powers of the body and personality development and utmost relaxation of the body and mind, refreshing oneself wonderfully".

STATEMENT OF THE PROBLEM

The purpose of the study was to analyse the effect of yogic practices on anxiety level of type II Diabetic men

HYPOTHESIS

It would be hypothesized that there would be a significant difference between Yoga and control group on controlling anxiety.

METHODOLOGY

EXPERIMENTAL DESIGN

The experimental design used for this study was random group design involving thirty subjects (N=30), who were divided at random into two groups of fifteen each, the yoga and control group. The allotment of groups were done at random, thus, group I underwent with selected yogic training and group II acted as control. All the subjects were tested prior and after the experimentation. Besides, yogic training, DAS-42 questionnaire was given to subjects to test their psychological state. The investigator explained the purpose of the investigation and also gave very clear instructions regarding the method of answering the questionnaire.

SELECTION OF SUBJECTS

The Investigator randomly selected thirty subjects (men) of type II Diabetes mellitus patients from Pondicherry State. They were of 35-55 years old. The subjects were identified to be diabetic by testing their blood samples which was done with the help of a doctor and attesting Laboratory.

SELECTION OF VARIABLES

Anxiety was selected as a dependent variable for this study.

STATISTICAL TECHNIQUE

Dependent 'F' ratio was used to analyse the effect of yogic practices on Diabetic patients. According to Clarke and Clarke the 'F' ratio is the difference between mean and standard error. Thus the difference between the means were calculated. The level of significance was fixed at 0.05.

RESULTS AND DISCUSSION

The data collected prior to and after the experimental period on anxiety for yogic practice group and control group were analysed and presented in Table - XII.

Table - 1
ANALYSIS OF COVARIANCE ON ANXIETY OF YOGIC PRACTICE GROUP AND CONTROL GROUP

	Yoga Practice Group	Control Group	Source of Variance	Sum of Square		MS Square	'F' ratio
Pre-test Mean	14.20	13.73	Between	1.633	1	1.633	1.055
S.D.	1.146	1.335	Within	43.333	28	1.548	
Post-test Mean	7.93	13.73	Between	252.30	1	252.30	110.61*
S.D.	1.710	1.280	Within	63.867	28	2.281	
Adjusted Post-test Mean	7.820	13.847	Between	262.591	1	262.591	132.37*
			Within	53.56	27	1.984	

* Significant 00.05 level of confidence.

(The table values required for significance at 0.05 level of confidence with df 1 and 28 and 1 and 27 were 4.20 and 4.21 respectively).

Table - I showed that the pre-test mean values of anxiety for yogic practice group and control group were 14.20 ± 1.146 and 13.73 ± 1.335 respectively. The obtained 'F' ratio value of 1.055 for pre test scores of yogic practice group and control group on anxiety was less than the required table value of 4.20 for significance with df 1 and 28 at 0.05 level of confidence.

The post-test mean values for anxiety for yogic practice group and control group were 7.93 ± 1.710 and 13.73 ± 1.280 respectively. The obtained 'F' ratio value of 110.61 for post-test scores of yogic practice group and control group was greater than the required table value of 4.20 for significance with df 1 and 28 at 0.05 level of confidence.

The adjusted post-test mean values of anxiety for yogic practice group and control group were 7.820 and 13.847 respectively. The obtained 'F' ratio value of 132.37 for adjusted post-test scores of yogic practice group and control group were greater than the required table value of 4.21 for significance with df 1 and 27 at 0.05 level of confidence.

The results of this study showed that there was a significant difference between yogic practice group and control group on anxiety. Moreover, the result of the study also shown that there was a significant decrease in anxiety after the yogic practice when compared with the control group.

The mean values of yogic practice group and control group on anxiety were graphically represented in Figure - 1.

The results of this study showed that there was a significant difference between yogic practice group and control group on stress levels. Moreover, the result of the study also shown that there was a significant decrease in stress after the yogic practice in the yogic practice group when compared with the control group.

DISCUSSION ON HYPOTHESIS

It was hypothesized that Anxiety level would decrease after completion of the yogic practices. The subjects underwent the treatment and in the due course of time were able to stimulate the body organs to function efficiently. Due to enriched and more supply of blood and oxygen the general health of the subjects improved. The asanas practiced had a very positive effect in controlling anxiety in the yoga practice group.

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The present study was found that there was a significant reduction in anxiety due to the twelve weeks of yogic practices. The results of Samprasad et al(1991) and Asnani. (2001) are also in line with the findings of the present study.

CONCLUSION

The conclusions were drawn that Anxiety level decreases in the post test of diabetes men than the pretest from this study.

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