

THE EFFECT OF YOGIC PRACTICE APPLIED ON PHYSIOLOGICAL, PSYCHOLOGICAL VARIABLES ON WORKING WOMEN'S

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Abstract:

This study effect of yogic practice applied on physiological, psychological variables on working womens. The subjects selected from RVS college of arts and science, Coimbatore. For this purpose of study 60 subjects selected at random and divided into three equal groups, in which group I underwent nutritional principles, group II underwent yogic practices and group III underwent combination of nutritional principles and yogic practices under the supervision of investigator with experts in the field of yoga. The experimental treatment was implemented for four weeks and they were post tested. During the pilot study, the investigator met with lots of organizational difficulties. Based on the response of the subjects in the pilot study, the training programme for the experimental group to the main study for the period of 12 weeks was designed. This study statistical test of analysis of covariance (ANCOVA) was used to compare the effect of nutritional principles yogic practices and combination on physiological, psychological and body composition analysis of working women.

KEY WORDS:

Resting Pulse Rate, VO2 Max, Self Esteem, Occupational Stress.

INTRODUCTION

Yoga is the science of right living and, as such, is intended to be incorporated in daily life. It works on all aspects of the person: the physical, vital, mental, emotional, psychic, and spiritual. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body (Swami Satyananda Saraswati, 2002).

Yoga focuses on harmony between mind and body. Yoga derives its philosophy from Indian metaphysical beliefs. The word yoga comes from Sanskrit language and means union or merger. The ultimate aim of this philosophy is to strike a balance between mind and body and attain self-enlightenment. To achieve this, yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life.

The benefits of various yoga techniques have been professed to improve body flexibility, performance, stress reduction, attainment of inner peace and self-realization. The system has been advocated as complementary and treatment to aid healing of several ailments such as coronary heart disease, depression, anxiety disorders, asthma and extensive rehabilitation for disorders including musculoskeletal problems and traumatic brain injury. The system has also been suggested as a behavioural therapy for smoking cessation and substance abuse (including alcohol abuse).

METHODOLOGY

For this purpose of study 60 subjects selected at random and divided into three equal groups, in which group I underwent nutritional principles, group II underwent yogic practices and group III underwent combination of nutritional principles and yogic practices under the supervision of investigator with experts in the field of yoga. The experimental treatment was implemented for four weeks and they were post tested. During the pilot study, the investigator met with lots of organizational difficulties. Based on the response of the subjects in the pilot study, the training programme for the experimental group to the main study for the period of 12 weeks was designed. This study statistical test of analysis of covariance (ANCOVA) was used to compare the effect of nutritional principles yogic practices and combination on physiological, psychological and body composition analysis of working women.

TABLE-I

S.No	Variables	Methods/Equipments/ Questionnaires	Unit of Measurement
Physiological Variables			
a	1. Resting Pulse Rate	Stop Watch (Devinder K. Kansal,2008)	Beats/Minute
	2. VO ₂ Max	Vet dinomo meter add sir Queens College Step Test (Katch, Mcardie,1983)	ml/kg/minute
Psychology Variables			
b	3. Self Esteem	Self Esteem Invenry (Prasad and Thankur,1977)	Points
	4. Occupational Stress	Occupational Stress Questionnaire (Srivastavan and Sigh, 1984)	Points

RESULTAND DISCUSSION

TABLE-II

Analysis of Covariance on Pre, Post and Adjusted Posttest Means on Resting Pulse Rate of Nutritional Principles, Yogic Practices Combinational Principles and Yogic Practices

Means	Exp. I Nutritional Principles	Exp. II Yogic Practices	Exp. III Combination of Nutritional Principles and Yogic Practices	S.V	SS	df	MS	'F'
Pre- test	82.65	82.95	82.60	B	1.70	2	0.57	0.01
				W	3133.10	58	41.22	
Post test	82.20	78.80	76.25	B	1068.85	2	356.28	9.45*
				W	2863.90	58	37.68	
Adjusted test	82.23	78.64	76.32	B	1084.22	2	361.41	17.9*
				W	1506.63	57	20.09	

* Significant at 0.05 level.

Table-II reveals the computation of 'F' ratio for post test means of nutritional principal, yogic practices, combination of nutritional principles and yogic practices group on resting pulse rate was 9.45. Since, the 'F' value was higher than the required table value of 2.72 for the degrees of freedom 3 and 76, hence it was found to be statistically significant at 0.05 level of confidence.

The obtained 'F' ratio for the adjusted post test means of nutritional principal, yogic practices, combination of nutritional principles and yogic practices on resting pulse rate was 17.90. Since, the 'F' value was higher than the required table value of 2.72 for the degrees of freedom 3 and 75, it was found to be statistically significant at 0.05 level of confidence. The results revealed that there was a significant difference in post test means among nutritional principal group, yogic practices group, combination of nutritional principles and yogic practices group on resting pulse rate of working women.

TABLE-III
Analysis of Covariance on Pre, Post and Adjusted Posttest Means on VO2 Max of Nutritional Principles, Yogic Practices Combinational Principles and Yogic Practices

Means	Exp. I Nutritional Principles	Exp. II Yogic Practices	Exp. III Combination of Nutritional Principles and Yogic Practices	SV	SS	df	MS	'F'
Pre- test	31.78	31.62	31.33	B	2.28	2	0.76	0.05
				W	1101.84	58	14.50	
Post test	32.85	35.21	35.99	B	418.09	2	139.36	8.87*
				W	1193.82	58	15.71	
Adjusted test	32.68	35.20	36.27	B	455.00	2	151.67	119.4*
				W	95.22	57	1.27	

* Significant at 0.05 level.

Table-III reveals the computation of 'F' ratio for post test means of nutritional principal, yogic practices, combination of nutritional principles and yogic practices group on VO2 Max was 8.87. Since, the 'F' value was higher than the required table value of 2.72 for the degrees of freedom 3 and 76, hence it was found to be statistically significant at 0.05 level of confidence.

The obtained 'F' ratio for the adjusted post test means of nutritional principal, yogic practices, combination of nutritional principles and yogic practices group on VO2 Max was 119.4. Since, the 'F' value was higher than the required table value of 2.72 for the degrees of freedom 3 and 75, it was found to be statistically significant at 0.05 level of confidence. The results revealed that there was a significant difference in post test means among nutritional principal group, yogic practices group, combination of nutritional principles and yogic practices group and control group on VO2 Max of working women.

TABLE -IV
Analysis of Covariance on Pre, Post and Adjusted Posttest Means on Self Esteem of Nutritional Principles, Yogic Practices Combinational Principles and Yogic Practices

Means	Exp. I Nutritional Principles	Exp. II Yogic Practices	Exp. III Combination of Nutritional Principles and Yogic Practices	SV	SS	df	MS	'F'
Pre- test	155.45	152.95	154.10	B	63.05	2	21.02	0.04
				W	38005.7	58	500.07	
Post test	150.50	155.20	172.25	B	8781.05	2	2927.2	5.87*
				W	37910.9	58	498.83	
Adjusted test	150.10	155.56	172.26	B	8850.05	2	2950	6.43*
				W	34420.1	57	458.94	

* Significant at 0.05 level.

Table-IV reveals the computation of 'F' ratio for post test means of nutritional principal, yogic practices, combination of nutritional principles and yogic practices group on self esteem was 5.87. Since, the 'F' value was higher than the required table value of 2.72 for the degrees of freedom 3 and 76, hence it was found to be statistically significant at 0.05 level of confidence.

The obtained 'F' ratio for the adjusted post test means of nutritional principal, yogic practices, combination of nutritional principles and yogic practices group on self esteem was 6.43. Since, the 'F'

value was higher than the required table value of 2.72 for the degrees of freedom 3 and 75, it was found to be statistically significant at 0.05 level of confidence. The results revealed that there was a significant difference in post test means among nutritional principal group, yogic practices group, combination of nutritional principles and yogic practices on self esteem of working women.

TABLE-V

Analysis of Covariance on Pre, Post and Adjusted Posttest Means on Occupational Stress of Nutritional Principles, Yogic Practices Combinational Principles and Yogic Practices

Means	Exp. I Nutritional Principles	Exp. II Yogic Practices	Exp. III Combination of Nutritional Principles and Yogic Practices	S.V	SS	df	MS	'F'
Pre- test	162	163.65	162.75	B	124.84	2	41.61	0.13
				W	24990	58	328.82	
Post test	124	113.20	103.60	B	43257.9	2	14419.3	47.39*
				W	23122.5	58	304.24	
Adjusted test	124.08	112.44	103.30	B	45266.6	2	15088.8	68.25*
				W	16580.5	57	221.07	

* Significant at 0.05 level.

Table-V reveals the computation of 'F' ratio for post test means of nutritional principal, yogic practices, combination of nutritional principles and yogic practices group on occupational stress was 47.39. Since, the 'F' value was higher than the required table value of 2.72 for the degrees of freedom 3 and 76, hence it was found to be statistically significant at 0.05 level of confidence.

The obtained 'F' ratio for the adjusted post test means of nutritional principal, yogic practices, combination of nutritional principles and yogic practices group on occupational stress was 68.25. Since, the 'F' value was higher than the required table value of 2.72 for the degrees of freedom 3 and 75, it was found to be statistically significant at 0.05 level of confidence. The results revealed that there was a significant difference in post test means among nutritional principal group, yogic practices group, combination of nutritional principles and yogic practices group on occupational stress of working women.

TABLE – VI
Scheffe’s Post Hoc Test for the Differences between the Paired
Adjusted Post-Test Means of physiological and psychological variables

TABL E . NO	Exp. I Nutritional Principles	Exp. II Yogic Practices	Exp. III Combination of Nutritional Principles and Yogic Practices	MD	CI
II	82.23	78.63	-	3.60	4.17
	82.23	-	76.32	5.92*	4.17
	-	78.63	76.32	2.31	4.17
III	32.68	35.20	-	2.52*	0.97
	32.68	-	36.26	3.58*	0.97
	-	35.20	36.26	1.06*	0.97
IV	150.10	155.56	-	5.46	19.35
	150.10	-	172.26	22.16*	19.35
	-	155.56	172.26	16.7	19.35
V	124.08	112.44	-	11.64	13.43
	124.08	-	103.30	20.78*	13.43
		112.44	103.30	9.14	13.43

Scheffe’s Table-II reveals the mean difference value of nutritional principles group and combination of nutritional principles and yogic practices group were 5.92 higher than the required confidence interval value, it was significantly changes between this groups.

Scheffe’s Table-III reveals the mean difference value of nutritional principles group, yogic practices group, combination of nutritional principles and yogic practices group were 2.52, 3.58, 1.06 higher than the required confidence interval value, it was significantly changes between this groups.

Scheffe’s Table-IV reveals the mean difference value of nutritional principles group and combination of nutritional principles and yogic practices group were 22.16 higher than the required confidence interval value, it was significantly changes between this groups.

Scheffe’s Table-V reveals the mean difference value of nutritional principles group and combination of nutritional principles and yogic practices group were 20.78 higher than the required confidence interval value, it was significantly changes between this groups.

CONCLUSION

- There was significant improvement nutritional principles group, yogic practices group, combination of nutritional principles and yogic practices group
- The nutritional principles group better improvement than combination of nutritional principles and yogic practices group.

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