

Effect of yogic practices on stress management among modern working women

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Abstract: *The purpose of the study was to find out the stress management by the help of yoga among modern working women. To achieve these purpose 30 subjects were selected from AVBIIITM, Gwalior randomly, age ranged between 21 to 28. The selected subjects were divided into two equal namely experimental and control groups. The experimental group was participated in six weeks yogic training programmed. The control group was not given any yogic training. Pre and post test were taken for both groups. Using paired "t" test and also using psychological stress scale analyzed the collected data. The result shown that there was significant change in the stress as a result of yoga training.*



INTRODUCTION

The word "Yoga" is derived from the Sanskrit root "Yuj" meaning to bind and yoke. It is the true union of our will with the will of god. Our ancient sages have suggested eight stages of yoga to secure purity of body mind and soul and final communion with god. These eight stages are known as "asthena yoga". The eight stages of yoga are as follows.

Asana means holding the body in particular posture to bring stability to the body and pose to the mind. The practice of asana brings purity in tubular channels, firmness to the body and vitality to the body and the mind.

Yogasana give sufficient exercise to the internal organs of the body, with this an individual can maintain good health and longevity of life. Yogasana help to develop physical and mental powers to claim the mind and control the senses. Yogasana reduce fatigue and soothe the nerves.

Yogasana are simple action for keeping the internal and external parts of the body in good health. No activity can be performed well so long as the internal and external parts of the body are not in good health. The body and the mind are closely related. The people of ancient Greece believed in the principle, "A sound mind in a sound body". By practicing asanas one frees himself from physical disabilities and mental distraction. It is a state of complete equilibrium of body, mind and spirit.

The term stress, despite its popularity in the professional and lay literature, has relatively little value for the scientist because it cannot be satisfactorily defined. The stress has become increasingly implicated in variety of physical and emotional disorder or complaints, which in turn are usually linked to changing societal or occupational demands. Illness patterns among women have changed dramatically since the turn of the century particularly in the past few decades. Female role models have changed dramatically at one time. Being a home makers and mother was in it self a fulfilling, desirable and respectable goal. Today a women may feel inadequate if she is not engaged in some attractive profession successful business or social venture.

MATERIAL AND METHODS:

Thirty women students age between 21 to 28 years were selected as subjects randomly. They were divided into two equal groups of which one is experimental group and the other control group. Yogasana training was given for experimental group and the control group was not allowed of participation in any training programmes. The subjects were tested period on stress at the beginning (Pre-Test) and the end of the training period of six weeks (Post- test).

Asana training has been given to the experimental group every day continuously for six weeks from 5:15 am to 6:00 in empty stomach. The following yogic posture with the time prescribed was given to the subjects in two phase ending with 5 minutes of savasana relaxation. The rest of the 30 minutes was equally distributed after the first 5 minutes was allotted for a warm-up.

In this introductory part we can give some basic knowledge about the yoganana. Asanas should be practice on a mat or a carpet. Before performing the asanas one should take light food. The 1st five minutes was allotted for warming up.

In the main part we perform some yogic practices with the help of asanas. In two phases are as follow:-

I PHASE:

PADMASANA:2Minutes

KUKKUTASANA:2 Minutes

PARVATASANA:1 Minutes

PADANGUSTHANA:2 Minutes

PASCCHIMOTTASANA:1 Minutes

UTTANA PADASANA:1 Minutes

HALASANA:1 Minutes

SAVASANA:5 Minutes

II PHASE:

SARVANGASANA: 1 Minutes

BHUNJAJGASANA: 1 Minutes

KONASANA : 2 Minutes

VRUKSHASANA : 2 Minutes

TADASANA : 2 Minutes

GARUDASANA : 2 Minutes

SAVASANA: 5 Minutes

To quantity psychological stress a standard psychological questionnaire devised by Everly and Girdano's was used. This stress scale consist of 14 statement and in each statement had four responses such as almost always true. Usually, true, seldom true and never true. All these statement were positive in nature. The respondents were made a tick mark on any one of the responses which feels them best. The scale was revalidated by the investigator by administering it on 30 female students of AVBIITM, Gwalior.

The inventory was score with the help of a scoring key and is given below. The score obtained for each

statement were added and was treated as individual score. The total score constituted the psychological stress score. The range of score was from 0 to 42 the lesser the score lower the psychological stress.

PSYCHOLOGICAL STRESS SCORING KEY

S.No.	Response	Score
1	Almost always true	3
2	Usually true	2
3	Seldom true	1
4	Never True	0

RESULTS & CONCLUSION

The collected data were analyzed statistically using the analysis of paired "t" test in order to determine the differences. If any among the group of pre-test and post-test. A six weeks yogasana training was given 30 females students of AVBIITM, Gwalior. Their stress level were measured before and after the six weeks training programmed. Can it be concluded at .05 level of significance that the yogasana training reduce the level of stress.

The data of stress before and after the training of control and experimental groups were analyzed and presented in table.

Showing the summary of paired 't' test for pre-test and post-test data stress of control and experimental groups.

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(The table values required for significance at 0.05 level of confidence with df1 and 14). An examination of the table indicated that the pre test of control group was 23.46 and the post of controlled group was 23.73. the obtained 't' ratio of 0.274 lesser than required tabulated value 1.76, it shown that there eas on significant difference between experimental and controlled group.

An examination of the table indicated that the pre test mean of experimental group was 22.86 and that post test of experimental group was 19.6 the obtained 't' ration of 4.552 greater that tabulated value 1.76 it shown that there was a significant difference between experimental and controlled groups.

CONCLUSION:

The result of the study indicated that the stress decreased significantly by undergoing yogasana training for a period of six weeks. The beneficial effects of regular yogic training in reducing mental tension and stress level of modern working women.

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