



RESEARCH ARTICLE

EFFECT OF PRANAYAMA PRACTICES AND ASANAS PRACTICES ON SELECTED
PSYCHOLOGICAL VARIABLES AMONG OBESE COLLEGE WOMEN

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ABSTRACT

The purpose of the study was to find out the effect of pranayama practices and asanas practices on psychological variables such as anxiety and stress among obese college women. To achieve this purpose thirty obese women were selected as subjects randomly from Idhaya engineering college for women, salem, Tamilnadu. The selected subjects were divided into three equal groups of ten subjects each, namely pranayama practice group, asana practices group and control group. Experimental groups were trained for three alternative days in a week for six weeks with their specific training. Psychological Variables such as Anxiety and Stress were selected as criterion variables and they were tested prior to and immediately after the 6 weeks of yogic programmes by using Stress Inventory Scale and State and Trait Anxiety Scale (Questionnaire method) respectively. The ANCOVA was applied to find out the significant difference in each criterion variables, if any, among the groups. Since, three groups were compared, whenever the obtained 'F' ratio for the adjusted post test means was found to be significant, the Scheffe's post hoc test was applied to determine the paired mean differences, if any, was used. The results of the study revealed that there was a significant improvement on selected psychological variables due to pranayama practices and asanas practices groups as compared to control group.

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INTRODUCTION

Physical activity is any bodily activity that enhances or maintains physical fitness and overall health. Physical fitness is functioning of the blood vessels, heart, lungs and muscles at optimum efficiency. Regular physical exercises maintain our body healthy and prevent from diseases. Yoga is a skillful methodological treatment to calm down the mind. When you achieve the yogic spirit, you can begin knowing yourself at peace. Yoga strives to increase self awareness on both physical and psychological level. Psychological problems such as anxiety and stress are an unavoidable reality of life in today's world. You can't beat it entirely, and you can't live without it. The goal of managing these problems isn't to be completely without the psychological problems. Now a days psychological problem management through yoga is an essential part of our lives. To get the maximum benefits of yoga one has to combine the practices of yogasanas, pranayama and meditation. The psychological problems have become global problem now about 70-80 percentage of human problems is psychological such as stress, anxiety and tension related. And practicing yoga towards management of psychological in daily

life for better living.

One of the most challenging aspects of combating obesity is incorporating physical activity into the lifestyles of individuals who struggle with limited mobility as a result of their increased weight. Low-impact exercises like yoga provide an entry point for introducing exercise into sedentary lifestyles, but the focus on flexibility and balance may be intimidating for obese individuals trying out a beginner yoga class. Choosing an appropriate class with a skilled instructor is critical to experience success with yoga as an obese person.

The objectives of the study were to analyse the impact on psychological variables such as anxiety and stress after completion 6 weeks of pranayama practices and asanas practices period. To examine how far the experimental group differ in their changes on psychological variables such as anxiety and stress after the respective experimental treatment.

MATERIALS AND METHODS

The purpose of the study was to find out the effect of pranayama practices and asanas practices on psychological variables such as anxiety and stress among obese college

women. To achieve this purpose thirty obese women were selected as subjects randomly from idhaya engineering college for women, salem, Tamilnadu. The selected subjects were divided into three equal groups of ten subjects each, namely pranayama practices group , asanas practices group and control group. Experimental groups were trained for three alternative days in a week for six weeks with their specific training. Psychological Variables such as Anxiety and Stress were selected as criterion variables and they were tested prior to and immediately after the 6 weeks of yogic programmes by using Stress Inventory Scale and State and Trait Anxiety Scale (Questionnaire method) respectively. The ANCOVA was applied to find out the significant difference in each criterion variables, if any, among the groups. Since, three groups were compared, whenever they obtained „F” ratio for the adjusted post test means was found to be significant, the Scheffe’s post hoc test was applied to determine the paired mean differences, if any, was used.

RESULTS AND DISCUSSIONS

The data collected prior to and after the experimental period on selected psychological variables such as anxiety and stress of pranayama practices and asanas practices group and control group were analysed and presented in Table-1.

value of 3.37 for significance with df 2 and 26. The results of the study showed that there was a significant difference among three groups on Anxiety.

Table-1 shows that the obtained “F” ratio value 88.904 for adjusted post test mean values on Stress which was greater than the required table value of 3.37 for significance with df 2 and 26. The results of the study showed that there was a significant difference among three groups on Stress. Since three groups were involved, the Scheffe’s post hoc test was applied to find out the paired mean differences, if any, and it is presented in the Table II

Table-2 shows that the obtained confidence interval value were greater than the confidence interval value of 2.53 at .05 level which indicates that there was significant different among pranayama practicing group and asana practices group , pranayama practicing group and control group and asanas practices group and control group were 3.065, 13.75 and 10.65 respectively on anxiety.

Table-2 shows that the obtained confidence interval value were greater than the confidence interval value of 4.17 at .05 level which indicates that there was significant different among pranayama practices group and asanas practices group,

Table – I Analysis of covariance of data on anxiety and stress between pre and post test of pranayama Practices group and asanas practices group And control group

Variables	Test	Pranayama Practices Group	Asanas Practices Group	Control group	Source of Variances	Source of Squares	df	Mean Squares	Obtained ‘F’ Ratio	
ANXIETY	Pre test					Between	32.067	2	16.033	2.617
	Mean	20.3	19.4	21.9	Within	165.4	27	6.126		
	SD	2.71	2.37	2.33	Post test					
	Mean	8.5	11.2	22.8	Between	1154.47	2	577.233	217.368*	
	SD	1.08	1.87	1.81	Within	71.7	27	272.656		
	Adjusted Post-test					Between	919.464	2	459.732	241.133*
Mean	8.585	11.615	22.3	Within	49.57	26	261.907			
STRESS	Pre test					Between	112.067	2	56.033	3.13
	Mean	22.2	19.1	22.2	Within	436.1	27	16.152		
	SD	4.34	4.81	2.53	Post test					
	Mean	22.2	19.1	22.2	Between	112.067	2	56.033	111.08*	
	SD	4.34	4.81	2.53	Within	436.1	27	5.00		
	Adjusted Post-test					Between	920.54	2	460.272	88.904*
Mean	12.45	17.78	23.55	Within	134.66	26	5.177			

* Significant at .05 level of confidence.

Table - 2 Scheffe’s Post Hoc Test For The Difference Between Six Paired Adjusted Post Test Means Of Anxiety And Stress

Variables	Pranayama Practices Group	Asanas Practices Group	Control Group	Mean Difference	Confidence Interval
ANXIETY	8.585	11.65	-	3.65*	2.53
	8.585	-	22.3	13.71*	2.53
	-	11.65	22.3	10.65*	2.53
STRESS	12.45	17.82	-	5.35*	4.17
	12.45	-	23.55	11.11*	4.17
	-	17.82	23.55	5.73*	4.17

*Significant at 0.05 level of confidence.

The table value required for significance at .05 level with df 2 and 27 & 2 and 26 are 3.35 and 3.37) Table-1 shows that the obtained “F” ratio value 241.133* for adjusted post test mean values on Anxiety which was greater than the required table

pranayama practices group and control group and asanas practices group and control group were 5.323,11.10 and 5.78 respectively on stress.

CONCLUSION

1. Psychological Variables such as Anxiety, Stress were significantly improved due to 6 weeks of pranayama practices group and asanas practices group as compared to control group.
2. The result of the study shows that, there was a significant difference among the group. Asanas practices group was better than the Pranayama practicing group.

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