



EFFECT OF YOGA ON STRESS AMONG MIDDLE AGED WOMEN WORKERS

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Abstract

The purpose of this study was to find out the effect of yogic practices on stress among middle aged women workers. To achieve the purpose of the study, the investigator selected thirty middle aged women as subjects from Chidambaram and their age shall ranged from 35 to 45. Stress was measured by Everlyn and Girdano's Stress Questionnaire. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen subjects each. The groups were assigned as yogic practices (YPG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. The variable used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. Analysis of covariance (ANCOVA) was applied because the subjects were selected random, but the groups were not equated in relation to the factors to be examined. Hence the difference between means of the two groups in the pre-test had to be taken into account during the analysis of the post-test differences between the means. This was achieved by the application of the analysis of covariance, where the final means were adjusted for differences in the initial means, and the adjusted means were tested for significance. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study. There was

Keywords: Yoga, Stress, Women.

INTRODUCTION

Yoga shares some characteristics not only with Hinduism but also with Buddhism that we can trace in its history. During the sixth century B.C., Buddha started teaching Buddhism, which stresses the importance of Meditation and the practice of physical postures. Siddharta Gautama, the first Buddhist to study Yoga, achieved enlightenment at the age of 35. Later, around 500" class "related products container" B.C., the Bhagavad-Gita or Lord's Song was created and this is currently the oldest known Yoga scripture. It is devoted entirely to Yoga and has confirmed that it has been an old practice for some time. However, it doesn't point to a specific time wherein Yoga could have started. The central point to the Gita is that - to be alive means to be active and in order to avoid difficulties in our lives and in others, our actions have to benign and have to exceed our egos. Just as the Upanishads further the Vedas, the Gita builds on and incorporates the doctrines found in the Upanishads. In the Gita, three facets must be brought together in our lifestyle: Bhakti or loving devotion, Jnana which is knowledge or contemplation, and Karma which is about selfless actions. The Gita then tried to unify Bhakti Yoga, Jnana Yoga, and Karma Yoga and it is because of this that it has gained importance. The Gita was a conversation between Prince Arjuna and God-man Krishna and it basically stresses the importance of opposing evil.

METHODOLOGY

The purpose of this study was to find out the effect of yogic practices on stress among middle aged women workers. To achieve the purpose of the study, the investigator selected thirty middle aged women as subjects from Chidambaram and their age shall ranged from 35 to 45. Stress was measured by Everlyn and Girdano's Stress Questionnaire. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen subjects each. The groups were assigned as yogic practices (YPG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. The variable used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. Analysis of covariance (ANCOVA) was applied because the subjects were selected random, but the groups were not equated in relation to the factors to be examined. Hence the difference between means of the two groups in the pre-test had to be taken into account during the analysis of the post-test differences between the means. This was achieved by the application of the analysis of

covariance, where the final means were adjusted for differences in the initial means, and the adjusted means were tested for significance. To test the obtained results

on variables, level of significance 0.05 was chosen and considered as sufficient for the study.

RESULTS AND DISCUSSION

TABLE - I

COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF YOGIC PRACTICES AND CONTROL GROUPS ON STRESS

	YPG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	47.60	48.13	BG	2.13	1	2.13	0.11
			WG	539.33	28	19.26	
Post-Test Means	25.13	48.06	BG	3944.53	1	3944.53	226.94*
			WG	486.66	28	17.38	
Adjusted Post-Test Means	25.22	47.97	BG	3869.02	1	3869.02	243.99*
			WG	428.14	27	15.85	

(Table Value for 0.05 Level for df 1 & 28 = 4.19) df- Degrees of Freedom
(Table Value for 0.05 Level for df 1 & 27 = 4.21)

An examination of table - I indicated that the pretest means of yogic practices and control groups were 47.60 and 48.13 respectively. The obtained F-ratio for the pre-test was 0.11 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 28. The post-test means of the yogic practices and control groups were 25.13 and 48.06 respectively. The obtained F-ratio for the post-test was 226.94 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 28. The adjusted post-test means of the yogic practices and control groups were 25.22 and 47.97 respectively. The obtained F-ratio for the adjusted post-test means was 243.99 and the table F-ratio was 4.21. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 27.

CONCLUSION

1. There was a significant difference between the yogic practices group (YPG) and control group (CG) on stress.

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