



EFFECT OF YOGA ON ANXIETY 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 anxiety 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. Anxiety was measured by Trait Anxiety Questionnaire Spielberger. 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 a significant difference between the yogic practices group (YPG) and control group (CG) on anxiety.

Key words: Yoga, Anxiety, Women.

INTRODUCTION

Yoga was introduced in the West during the early 19th century. It was first studied as part of Eastern Philosophy and began as a movement for health and vegetarianism around the 1930's. By the 1960's, there was an influx of Indian teachers who expounded on Yoga. One of them was Maharishi Mahesh, the Yogi who popularized Transcendental Meditation. Another one is a prominent Yoga Guru Swami Sivananda. Sivananda was a doctor in Malaysia and he later opened schools in America and Europe. Sivananda wrote more than 200 books on Yoga and Philosophy and had many disciples who furthered Yoga. Some of them were Swami Satchitananda who introduced chanting and Yoga to Woodstock; Swami Sivananada Radha who explored the connection between psychology and Yoga, and Yogi Bhajan who started teaching Kundalini Yoga in the 70's. Yoga offers essential psychological benefits to the practitioners. Yoga exerts its effects on both the body and the mind. It affects the tissues locally and centrally. Asanas work by flexion and extending the tissues locally so as to stimulate nerves, blood, lymph, endocrine organs and neuro plexes. Local compression of various structures affects the whole body. Pranayama and

meditation on the other hand, appear to work centrally and the effects spread to the periphery.

METHODOLOGY

The purpose of this study was to find out the effect of yogic practices on anxiety 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. Anxiety was measured by Trait Anxiety Questionnaire Spielberger. 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 ANXIETY

	YPG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	61.40	59.60	BG	24.30	1	24.30	0.50
			WG	1341.20	28	47.90	
Post-Test Means	31.53	60.60	BG	6336.53	1	6336.53	129.00*
			WG	1375.33	28	49.11	
Adjusted Post-Test Means	31.49	60.64	BG	6259.68	1	6259.68	123.14*
			WG	1372.430	27	50.831	

(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 61.40 and 59.60 respectively. The obtained F-ratio for the pre-test was 0.50 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 31.53 and 60.60 respectively. The obtained F-ratio for the post-test was 129.00 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 31.49 and 60.64 respectively. The obtained F-ratio for the adjusted post-test means was 123.14 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 anxiety.

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