



## EFFECT OF YOGIC PRACTICES WITH & WITHOUT DIET MODIFICATIONS ON SELECTED PSYCHOLOGICAL VARIABLES AMONG MEN POLITICIANS

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### ABSTRACT

The present study was designed to find out the effect of yogic practices with & without diet modifications on selected psychological variables among stressed government school men teachers. It was hypothesized that there would be significant differences in stress among stressed government school men teachers due to the influences of yogic practices with and without diet modifications. To achieve the purpose of the study, 45 stressed government school men teachers from Tirunelveli aged between 40 and 50 years. The Experimental group I and II underwent yogic practices with and without diet modifications for the period of 8 weeks of an hour in the morning. The control group was not exposed to any specific training but they participated in the regular activities. The pre-test and post-test were conducted before and after the training for three groups. The data pertaining to the variables collected from the three groups before and after the training period were statistically analyzed by using Analysis of Covariance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance.

**Keywords:** Yogic practices, diet and stress.

### INTRODUCTION

Stress is a normal part of life, but unmanaged stress can increase the risk of heart disease. It's important to determine your stress triggers and either avoid them or learn to handle them in a way that reduces your stress. Common causes of intense stress are death of a loved one, relationship problems, job loss, legal problems, perfectionism, and more. Hypertension happens when the pressure in system gets high enough leading to risks in system. It is also commonly known as high blood pressure, which refers to the amount of pressure in arteries. In diagnosing hypertension, several readings must be taken. If the rate of blood pressure reaches to as high as 140/90, then hypertension is present.(Chobanian AV, et al.2003).

Researchers have long suspected that the stressed-out, type A personality has a higher risk of heart problems like hypertension. We don't know why, exactly. Stress might have a direct effect on the heart and blood vessels. It's also possible that stress is related to other problems, an increased likelihood of smoking or obesity, that indirectly increase the heart risks. Doctors do know that sudden emotional stress can be a trigger for serious cardiac problems, heart attacks. People who have chronic heart problems need to avoid acute stress as much as they can.

Pathanjali, the father of yoga philosophy defines yoga as, "the control of thought waves in the mind, i.e., the Chitta, is made up of three components, viz., Manas, Buddhi and Ahamkara. The Manas (mind) is the modification of the impressions gathered by the senses from the external world. The Buddhi (intellect) is the modification of these impressions and the reactions

to them. The Ahamkara (ego) is the modification of the inner organ, which claims these impressions as its own and stores them up as individual knowledge. Eating proper nutritious diet offers numerous health benefits that keeps you mentally and physically well. Proper nutrition does not mean starving our self, but taking food in balanced manner with lean proteins, carbohydrates and fats. Daily our body has to get 45-60% calories from carbohydrates, 10-35% calories from proteins and 20-35% calories from fats.

*Pancha Kosha - the Subtle Energy Body or 'Five Sheaths'*

The subtle anatomy of the humans is divided into five energetic sheaths known as 'pancha kosha'. Pancha, meaning five and kosha, meaning layer or sheath. This ideology describes the human being "as multi-dimensional, with the source or foundation in a spiritual dimension." The so-called 'spiritual dimension' is pure consciousness which is hidden by the other four koshas, the outermost layer being the most dense, physical body. Each kosha can be thought of as energy vibrating at a different frequency. The physical body therefore vibrates at the slowest rate and the 'inner light of consciousness' or 'atma' vibrates at fastest rate or frequency. Although all five layers interpenetrate one another.

### STATEMENT OF THE PROBLEM

The present study was to find out the effect of yogic practices with and without diet modifications on selected psychological variables stressed government school men teachers.

## REVIEW OF RELATED LITERATURE

Seppala EM et al (2014) studied the effect of breathing-based meditation decreases posttraumatic stress disorder symptoms in U.S. military veterans. Given the limited success of conventional treatments for veterans with posttraumatic stress disorder (PTSD), investigations of alternative approaches are warranted. They examined the effects of a breathing-based meditation intervention, Sudarshan Kriya yoga, on PTSD outcome variables in U.S. male veterans of the Iraq or Afghanistan war. They randomly assigned 21 veterans to an active (n = 11) or waitlist control (n = 10) group. Laboratory measures of eye-blink startle and respiration rate were obtained before and after the intervention, as were self-report symptom measures; the latter were also obtained 1 month and 1 year later. The active group showed reductions in PTSD scores,  $d = 1.16$ , 95% CI [0.20, 2.04], anxiety symptoms, and respiration rate, but the control group did not. Reductions in startle correlated with reductions in hyperarousal symptoms immediately postintervention ( $r = .93$ ,  $p < .001$ ) and at 1-year follow-up ( $r = .77$ ,  $p = .025$ ). This longitudinal intervention study suggests there is clinical utility for Sudarshan Kriya yoga for PTSD.

Thordardottir K et al (2014) have evaluated the effect of an integrated hatha yoga practice on perceived stress and stress-related symptoms in the aftermath of an earthquake. They studied inhabitants, aged 20-67 years, from highly exposed earthquake areas of two villages in South Iceland were offered to participate in a yoga program subsequent to an earthquake. The yoga program was conducted twice a week for six weeks, in normal situations among the inhabitants in the community. Sixty-six individuals were self-selected into the study and divided by residential convenience into an experimental group (n=31) and a waiting list control group (n=35). Several validated questionnaires assessing

stress and stress-related symptoms, posttraumatic symptoms, depression, anxiety and health related quality of life were administered at pre- and post-intervention. They found that multivariate analysis of variance (MANOVA) revealed differences between the experimental group and waiting list control group on sleep quality ( $p=.03$ ) and social relations ( $p=.04$ ). These differences did not prevail at Bonferroni correction for multiple testing (at alpha level of .005). Participants in both groups showed significant improvements in stress and some stress-related symptoms such as sleep, concentration, well-being, quality of life, depression and anxiety from pre- to post-intervention. The data from this small study showed no statistically significant improvement of an integrated hatha yoga program above and beyond waiting list control, following exposure to an earthquake. However, the observed trend toward improved sleep quality and social relations deserve further exploration in larger effectiveness studies on the impact of Hatha yoga on recovery after natural disaster.

## METHODOLOGY

To achieve the purpose of the study, 45 stressed government school men teachers from Tirunelveli aged between 30 and 40 years were selected randomly into experimental group I, experimental group II and control groups of 15 subjects each. The selected subjects were divided in to two experimental group and control group with 15 subjects each in a group. Experimental Group I underwent Yogic practices with diet modifications for the period of 12 weeks for the maximum of an hour in the morning and the Experimental Group II underwent Yogic practices without diet modifications for the period of 12 weeks for the maximum of an hour in the morning. The control group (CG) was not exposed to any specific training but they participated in the regular activities.

**TABLE – I**  
**ANALYSIS OF COVARIANCE OF THE MEANS OF TWO EXPERIMENTAL GROUPS AND THE CONTROL GROUP IN STRESS**

Tests/ Groups	EX.GR-I	EX.GR-II	CG	S O V	Sum of Squares	df	Mean Squares	"F" Ratio
Pre Test	107.13	112.07	108.53	B	193.91	2	96.956	1.18
				W	3464.40	42	82.49	
Post Test	66.66	81.87	103.67	B	10376.40	2	5188.20	40.22*
				W	5418.40	42	129.01	
Adjusted Post Test	66.92	81.53	103.75	B	10306.10	2	5153.05	39.35*
				W	5369.530	41	130.96	
Mean Gain	40.46	30.20	4.87					

\*  $F_{(0.05)} (2,42 \text{ and } 2, 41) = 3.23$ . \*Significant at 0.05 level of confidence.

To find out which of the paired means had a significant difference, the Scheffe's post-hoc test is applied and the results are presented in table II.

**TABLE II**  
**SCHEFFE'S POST-HOC TEST FOR STRESS**

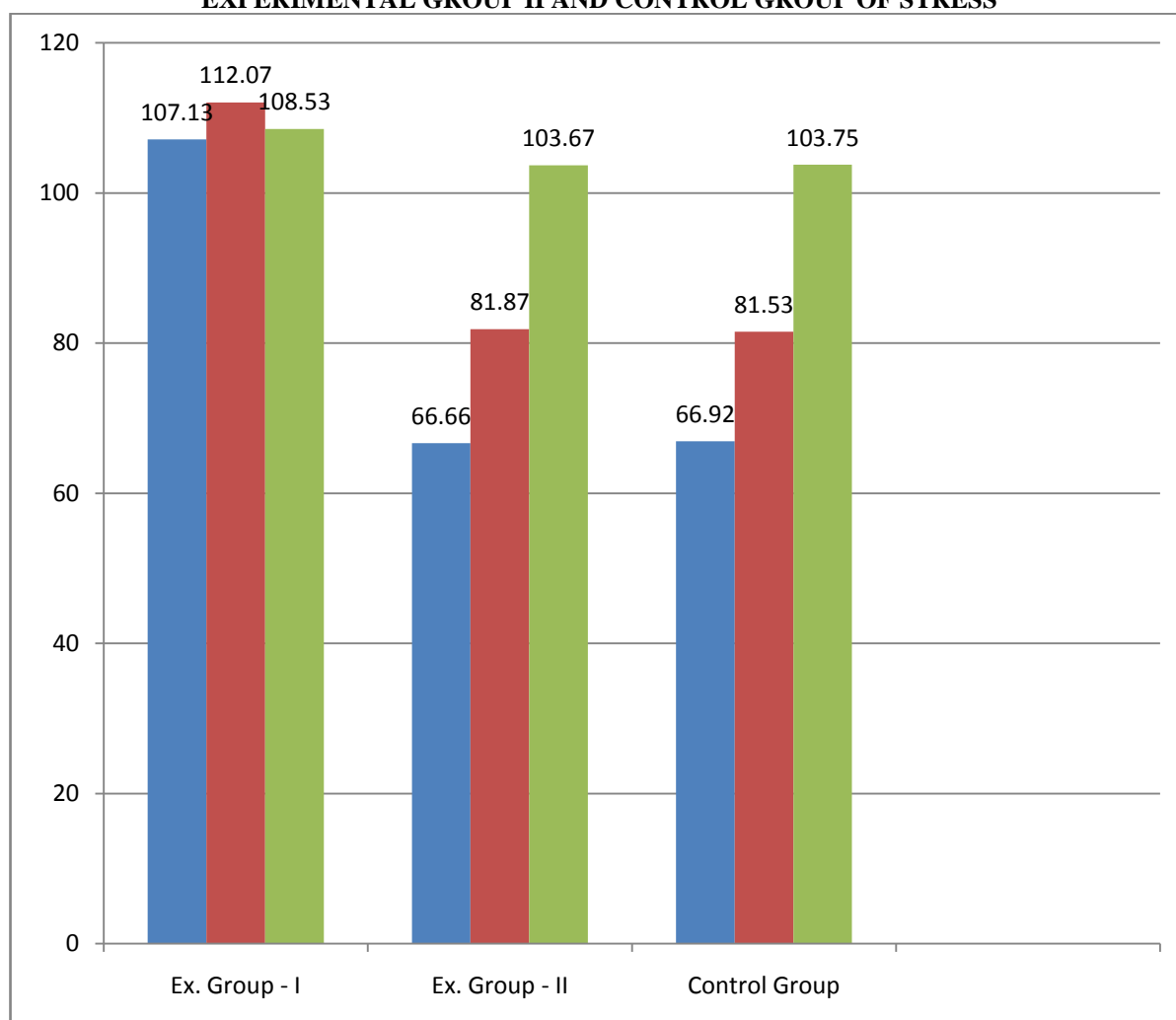
Mean Values			MD	Required C.I
EX.GR-I	EX.GR-II	CG		
66.92	81.53	-	14.61	10.40
66.92	-	103.75	36.83*	
-	81.53	103.75	22.22*	

\* Significant at 0.05 level.

The pre test, post test and adjusted post-test mean values of EX.GR-I (Yogic practices With diet),

EX.GR-II (Yogic practices without diet) and CG on Stress are graphically presented in Figure 1.

**FIGURE – 1**  
**BAR DIAGRAM SHOWING THE MEAN DIFFERENCE AMONG EXPERIMENTAL GROUP I, EXPERIMENTAL GROUP II AND CONTROL GROUP OF STRESS**



### DISCUSSION ON FINDINGS

The results of the study indicated that the experimental groups namely yogic practices with and without diet modifications had significantly on the selected dependent variables such as stress.

The results of the study showed that stress significantly changes as a result of yogic practices with and without diet modifications. Hence, the hypothesis

was accepted at 0.05 level of confidence. Systematic yogic practices with and without diet modifications significantly changes the stress. The above findings can also be substantiated by observation made by renowned expert.

### CONCLUSION

During pre and post tests, both the experimental

groups exhibited a significantly decrease on Stress immediately after the practices than the control group.

It was concluded that yogic practices with diet modifications group was effective than the yogic practices without diet modifications on selected psychological variables such as Stress among stressed government school men teachers.

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