



EFFECT OF YOGIC PRACTICES WITH AND WITHOUT DIET MODIFICATIONS ON SELECTED PSYCHOLOGICAL VARIABLES AMONG WORKING MIDDLE AGED MEN

Dr. S. JAYASIVARAJAN

Assistant Professor, Department of Physical Education, Pandit Jawaharlal Nehru College of Agriculture and Research Institute, Karaikal.

Abstract

It is now well-known that disorders of stress are increasing at a faster rate all over the world. This is mainly due to the fact that there is too much of urbanization, industrialization and sedentary life style. The stress diseases occur in persons who are exposed to too much of stress and strain of life, because of various environmental factors. All these factors produce changes not only at the psychological level, but also in the brain and autonomic nervous system, leading to development of disease in one of the weak organs of an individual. Yoga has a solution for all these problems. The aim of the study was to find out whether there would be any significant difference in Resting pulse rate due to the yogic practices with and without Diet modifications among working middle aged men.

Keywords: Yogic Practices, Diet, Psychological Variables.

INTRODUCTION

Researchers have investigated the stress–illness connection by quantifying life stress in terms of life changes (also called life events). Life changes are sources of stress because they force us to adjust. They include both positive events, such as getting married, and negative events, such as the death of a loved one. You can gain insight into the level of stressful life changes you may have experienced during the past year by completing the College Life Stress Inventory on page 150. Evidence shows that people who experience greater numbers of life changes are more likely to suffer from psychological and physical health problems (Dohrenwend, 2006). Again, we need to be cautious when interpreting these findings. The reported links are correlational and not experimental. In other words, researchers did not (and would not!) assign subjects to conditions in which they were exposed to either a high or low level of life changes to see what effects these conditions might have on their health over time. Rather, existing data are based on observations of relationships, say, between life changes on the one hand and physical health problems on the other. Such relationships are open to other interpretations. It could be that physical symptoms are sources of stress in themselves and lead to more life changes. Physical illness may cause disruptions of sleep or financial burdens, and so forth. Hence, in some cases at least, the causal direction may be reversed: Health problems may lead to life changes. We can't yet tease out the possible cause and effect relationships. A regular practice of yogic practices maintains the physical body in an optimum condition and promotes health even on an unhealthy body. Through asana practice, the dormant energy potential is released and experienced as

increased confidence in all areas of life.

OBJECTIVES OF THE STUDY

To find out whether there would be any significant difference in Resting pulse rate due to the yogic practices with and without Diet modifications among working middle aged men.

HYPOTHESIS

1. It was hypothesized that there would be significant difference due to yogic practices with Diet modifications on selected Resting pulse rate among Working middle aged men than the control group.
2. It was hypothesized that there would be significant difference due to yogic practices without Diet modifications on selected Resting pulse rate among Working middle aged men than the control group.
3. It is further hypothesized that Yogic Practices with Diet modifications would be more effective than the Yogic practices without Diet modifications on Selected Resting pulse rate among working middle aged men.

METHODOLOGY

For the present investigation forty five (45) working middle aged men were selected randomly from Karaikal. Totally six weeks training of Yogic practices with and without diet modifications were given to the subjects. Two experimental groups and one Control Group were formed with each group consisted of 15 subjects.

- Group – I - Experimental Group - (Yogic Practices with diet modifications)
 Group –II - Experimental Group - (Yogic Practices Without diet modifications)
 Group - III - Control group - (No training was provided)

RESULTS AND DISCUSSIONS

TABLE – I
ANALYSIS OF COVARIANCE OF THE MEANS OF TWO EXPERIMENTAL GROUPS
AND THE CONTROL GROUP IN PULSE RATE

Tests/ Groups	EX.GR-I	EX.GR-II	CG	S O V	Sum of Squares	df	Mean Squares	“F” Ratio
Pre Test	81.46667	81.73	81.60	B	0.53	2	0.267	0.05
				W	234.27	42	5.58	
Post Test	74.53333	74.93	79.87	B	264.71	2	132.36	35.09*
				W	158.40	42	3.77	
Adjusted Post Test	74.52	74.95	79.87	B	264.85	2	132.43	34.68*
				W	156.553	41	3.82	
Mean Gain	6.93333	6.80	1.73					

*Significant at 0.05 level

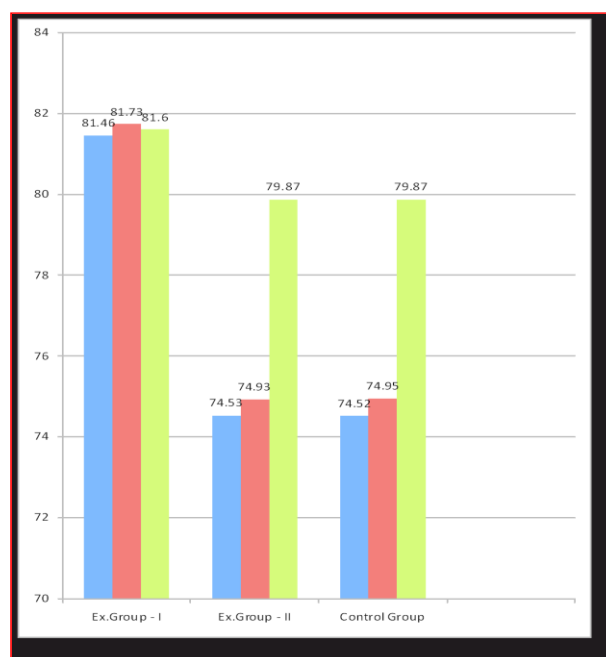
(The table value for significance at 0.05 level of confidence with (df) 2 and 42 was 3.22 and Table value for (df)2and 41 was 3.23)

TABLE II
SCHEFFE’S POST-HOC TEST FOR PULSE RATE

Mean Values			MD	Required C.I
EX.GR-I	EX.GR-II	CG		
74.52	74.95	-	0.42	1.78
74.52	-	79.87	5.35*	
-	74.95	79.87	4.92*	

* Significant at 0.05 level.

BAR DIAGRAM SHOWING PRE TEST, POST-TEST VALUES OF CONTROL GROUP,
EXPERIMENTAL GROUPS ON RESTING PULSE RATE
(Total Scores in marks)



The pretests mean of Resting pulse rate on Experimental group I was 81.46, Experimental group II was 81.73 and Control group III was 81.60. The derived pretest was 0.05 against the table value of 3.22 proving there was no significant difference among the initial scores of the subjects and the randomization at the initial stage was equal. The post mean of Resting pulse rate of Experimental group I was 74.53, Experimental group II was 74.93 and for the Control group III was 79.87. The F ratio was 35.09 and it was greater than the table value of 3.22 which proved that there was significant difference. The Adjusted post test mean of Resting pulse rate of Experimental group I was 74.52, Experimental group II was 74.95 and for the Control group III was 79.87 were determined and analysis of covariance was made. The F value of 34.68 obtained was greater than the table value of 3.21.

CONCLUSION

It was proved that level of Resting pulse rate was reduced considerably due to the influence of yogic practices with and without diet modifications. If comparing the mean it was proved that yogic practices with diet modifications group were more effective than mere yogic practices without diet modifications group.

REFERENCES

1. Bowman, et al., (2007) "The effects of aerobic exercise training and yoga, a non-aerobic control intervention on the baroreflex of elderly persons" in baroreflex sensitivity modifiable by exercise training
2. Clarke, Harrison H and David H. Clarke, (1972), "Advanced statistics", Englewood Cliffs, N.J: Prentice hall, Inc, pp.31-34.
3. Davidson. G.C and Neal J.M (1990) "Abnormal psychology" Published by John Wiley & Sons New York Fifth Edition P 1.
4. Diane L. Cell, (1972), Psychological Dynamics of Sports, Illinois: Haman Kinetics Publications, Inc., pp.13.
5. Gharote, M.L. (1982). Guidelines for Yogic Practices, Lonawala: Medha Publications, pp.51.
6. Indira Devi (1967), "Yoga: The Technique of Health and Happiness", Bombay: Jaico Publishing House, pp. 20.
7. Iyengar BKS (1999), "The Gift of Yoga", New Delhi: Harpers Collins Publications India Pvt Ltd., pp.394.
8. Iyengar. B. K. S, (2001), Light on the yoga Sutras of Patanjali, New Delhi: HarperCollins Publishers, India, pp.9-40.
9. Iyengar. B. K. S, (2006), Light on yoga, New Delhi: HarperCollins Publishers, India, pp.19-46.
10. Krishnamoorthy V.(2007), "Simple Yoga for Health".Mathi Nilayam Publications (3rd Ed), PP. 8-11.