



## CONTRIBUTION OF YOGIC PROGRAMME ON HYPERTENSION AMONG WORKING WOMEN

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### Abstract

*The purpose of the study was to investigate the contribution of yogic programmes on hypertension among working women. To facilitate the study, thirty women working at different sectors in Tirupattur district were selected as subjects at random and their ages between 30 to 45 years. The subjects were divided into two equal groups. In this study, yogic exercises were given to experimental group for the period of 6 weeks. The pre-tests were taken from the subjects before administrating the training. The subjects were involved with their respective training for a period of 6 weeks. At the end of the sixth weeks of the training post-tests were taken. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired 't' ratio. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 14. Diastolic blood pressure and systolic blood pressure of experimental group showed significant difference when compared to control group.*

**Keywords:** Yogic practices, Blood Pressure, Working women.

### INTRODUCTION

Yoke is the literal meaning of the word yoga. It refers to the process of connecting the individual spirit with the universal spirit, or God. Yoga is derived from the Sanskrit word "YUJ," which means to join, attach, bind, and yoke, as well as to focus one's attention. According to the Gita and Gandhi, yoga is the yoking of all the energies of the body, intellect, emotion, and will with the aim of enabling one to look at life in all of its aspects equitably. In Indian culture, human beings or everyone on this planet is guided by the supreme universal spirit, i.e., paramatma or God, of which the individual human spirit, i.e., Jivatma, is a part. Yoga is a means of achieving liberation (moska) because it is a means of uniting the Jivatma with the Paramatma (Anandha, 1982).

One of the most important vital indications is blood pressure, which is the pressure imposed by flowing blood on the walls of blood vessels. "Blood pressure" normally refers to the systemic circulation's arterial pressure when used without further qualification. BP fluctuates between a maximum (systolic) and a minimum (diastolic) pressure with each heartbeat. As circulating blood flows away from the heart through arteries, the mean blood pressure lowers due to heart pumping and resistance to flow in blood vessels. Blood

pressure lowers most quickly along small arteries and arterioles, then continues to fall as blood flows through capillaries and veins back to the heart. Gravity, valves in veins, and pumping from contraction of skeletal muscles are some other influences on BP at various places in the body (Baldwin, 1999).

### METHODOLOGY

The purpose of the study was to investigate the contribution of yogic programme on hypertension among working women. To facilitate the study, thirty women working at different sectors in Tirupattur district were selected as subjects at random and their ages between 30 to 45 years. The subjects were divided into two equal groups. In this study, yogic exercises were given to experimental group for the period of 6 weeks. The pre-tests were taken from the subjects before administrating the training. The subjects were involved with their respective training for a period of 6 weeks. At the end of the sixth weeks of the training post-tests were taken. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired 't' ratio. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 14.

## RESULTS

**TABLE I**  
**DESCRIPTIVE ANALYSIS OF PRE TEST AND POST TEST MEANS OF**  
**EXPERIMENTAL AND CONTROL GROUP ON**  
**BLOOD PRESSURE**

S.No	Variables	Pre Test Mean	Post Test Mean
1	Diastolic Blood Pressure	Exp:85.33	Exp:81.11
		Con:85.73	Con:85.61
2	Systolic Blood Pressure	Exp:126.13	Exp:122.02
		Con:126.00	Con:125.99

## COMPUTATION OF 't' RATIO

The primary objective of the paired 't' ratio is describing the differences between the pre-test and post-test of working women belong to yogic exercises.

**TABLE II**  
**COMPUTATION OF 't' RATIO BETWEEN THE PRE TEST AND POST TEST**  
**MEANS OF DIASTOLIC BLOOD PRESSURE OF EXPERIMENTAL**  
**AND CONTROL GROUPS**

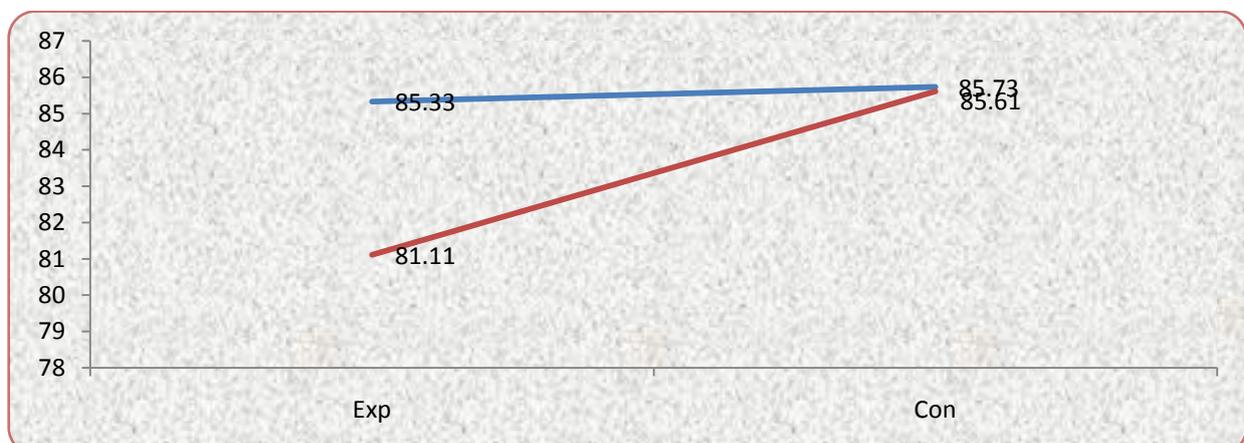
Variables	Group	Mean diff	SD	$\sigma$ DM	't' ratio
Diastolic Blood Pressure	Exp	4.22	1.01	0.26	17.03*
	Con	0.12	2.18	0.56	0.16

\*Significant at 0.05 level

An examination of table II indicates that the obtained 't' ratio was 17.03 on diastolic blood pressure of experimental group was found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The results of this study showed that 6 weeks practice of yogic exercises produced a significant improvement in diastolic blood pressure. Hence the

formulated hypothesis related to this was accepted. The obtained 't' ratio was 0.16 on diastolic blood pressure of control group were found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be not significant. The mean scores of diastolic blood pressure of experimental and control group were shown graphically in figure I.

**FIGURE I**  
**BAR DIAGRAM SHOWING THE PRE MEAN AND POST MEAN OF DIASTOLIC BLOOD PRESSURE OF**  
**EXPERIMENTAL AND CONTROL GROUPS**



**TABLE III**  
**COMPUTATION OF 't' RATIO BETWEEN THE PRE TEST AND POST**  
**TEST MEANS OF SYSTOLIC BLOOD PRESSURE OF**  
**EXPERIMENTAL AND CONTROL GROUPS**

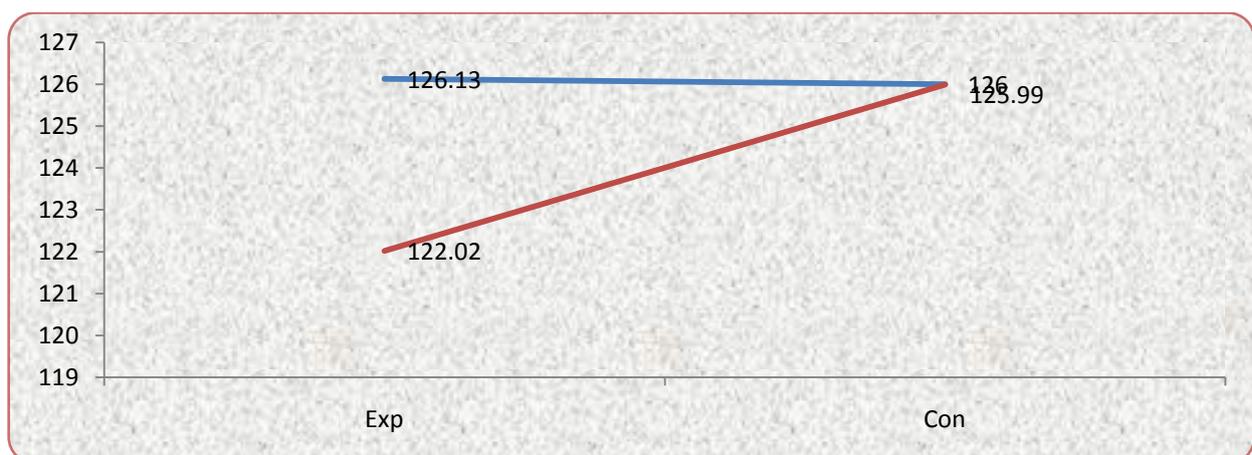
Variables	Group	Mean diff	SD	$\sigma$ DM	't' ratio
Systolic Blood Pressure	Exp	4.11	2.01	0.51	8.81*
	Con	0.01	1.52	0.39	0.19

\*Significant at 0.05 level

An examination of table III indicates that the obtained 't' ratio was 8.81 on systolic blood pressure of experimental group was found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The results of this study showed that 6 weeks practice of yogic exercises produced a significant improvement in systolic blood pressure. Hence the

formulated hypothesis related to this was accepted. The obtained 't' ratio was 0.19 on systolic blood pressure of control group were found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be not significant. The mean scores of systolic blood pressure of experimental and control group were shown graphically in figure II.

**FIGURE II**  
**BAR DIAGRAM SHOWING THE PRE MEAN AND POST MEAN OF SYSTOLIC BLOOD PRESSURE OF**  
**EXPERIMENTAL AND CONTROL GROUP**



## CONCLUSIONS

Within the limitation of the present study, the conclusions were drawn.

1. Diastolic blood pressure and systolic blood pressure of experimental group showed significant difference when compared to control group.
2. The experimental group showed significant difference on blood pressure when compared to control group.

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