

Effects of Yoga Practice on Selected Physiological and Psychological Variables in Middle Age Women Feeling Stress

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Abstract

In this study, subjects were selected based on prevalence of stress. A stress questionnaire developed by A. Suman Kumar (2022) was made available to 30 men and the completed questionnaires were analyzed to determine stress levels. From these stressed middle-aged women, researchers selected her 30 subjects by random sampling of her AP. The main criteria for selecting subjects were prevalence of stress and willingness to participate and complete the programmed training to make the results credible. Pupils' ages ranged from her 19 to her 22 years old. Training took place from 6:00 am to 7:00 am, five days a week, excluding Saturdays and Sundays, for six weeks. Subjects must eat before training. 10 subjects underwent her SVET, SVDC training. Ten subjects were trained in his B.K.S. Iyengar style (his two groups above made up the experimental group). Ten subjects formed the control group.

Pre-test measurements of selected physiological and psychological variables were carefully recorded. Afterwards, the testing procedure was explained in detail. Yoga practice was given to two groups that formed the experimental group, and the other group was a control group that received no yoga practice. Six weeks after testing, measurements of the same parameters were recorded, revealing the effects of different yoga packages

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on selected physiological and psychological variables in stressed middle-aged women.

Key words: Yogic practices, Physiological.

INTRODUCTION

An increased agility can also help to reduce common injuries that are associated with too much stress being put onto inflexible muscles. **(Suman Kumar ., Yokesh)** A professional football player makes numerous explosive bursts, like kicking, tackling, jumping, turning, speed, and changing pace during a 90-minute football match, yogic workouts typically comprise of stopping, starting, and changing directions in an explosive manner. These actions are gears that can assist in developing skill performance in football players. Finding your own path is wholly accepted **(Suman Kumar ., Yokesh)** The bind, join, union, attach and ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead you to a sense of peace and well-being and also a feeling of being one with their environment **(Suman Kumar ., Yokesh)** Sports and games in the modern era occupy a very prominent and important place in the life of people and also in every sphere of life. A sports that requires little in terms of technical equipments to play **Suman kumar A (October –2019)**. The continued practice of yoga will lead you to a sense of peace and well-being and also a feeling of being one with their environment **(Suman Kumar ., Yokesh)**

PHYSIOLOGICAL

- Boosts immunity
- Increased energy levels
- Increased breath-hold time
- Remove function is improved
- Low blood pressure, etc.

Speed

Speed. Definition: The cap potential to transport all or a part of the frame as speedy as possible. Examples: Speed is essential in sprinting, velocity skating, dash biking and sports activities together

with tennis whilst a participant has to transport ahead speedy from the baseline to attain a drop shot near the net.

Endurance

Endurance sports activities are characterized by repeated isotonic contractions of massive skeletal muscle groups. Classical examples consist of running, swimming and biking amongst summer time season sportsactivities,and cross-nitedstates snowboarding or velocity skating amongst iciness sports activities.Statement of the problem The purpose of the study is to find out the “Effects of yoga practice on selected physiological and psychological variables in middle age Woman feeling stress

HYPOTHESIS

Due to the different practices of SVEC yoga and SVDC yoga, it was hypothesized that selected physiological and psychological variables in stressed middle-aged women would be significantly improved over controls.

It was hypothesized that the different packages, namely SVEC-Yoga and SVDC-Yoga methods, would have significant variation in the improvement of selected physiological and psychological variables.

METHODOLOGY

SELECTION OF SUBJECTS

In this study, subjects were selected based on prevalence of stress. A stress questionnaire developed by A. Suman Kumar (2022) was made available to 30 men and the completed questionnaires were analyzed to determine stress levels. From these stressed middle-aged women, the Rese Tirunalveli shooter selected her 30 subjects by random sampling. The main criteria for selecting subjects were prevalence of stress and willingness to participate and complete an exercise program so that the results were reliable.The age of the student ranged from she was 17 years old to she was 22 years old.

PHYSIOLOGICAL VARIABLES

➤ Vital capacity

PSYCHOLOGICAL VARIABLES

➤ Stress

EXPERIMENTAL DESIGN

The subjects formed three groups:

✓ 10 subjects were trained on svec.

✓ 10 subjects were trained on svdc.

(The above two groups formed the Experimental groups).

✓ 10 subjects formed the Control group.

Pre-test measurements of selected physiological and psychological variables were carefully recorded. Afterwards, the testing procedure was explained in detail. Yoga practice was given to two groups forming an experimental group, and the other group was a control group that received no yoga practice. Six weeks after testing, measurements of the same parameters were recorded and The effects of different yoga packages on selected physiological and psychological variables in stressed middle-aged women were revealed.

RESULTS AND DISCUSSIONS

**Table-I Analysis of co-variance of the means of two
Experiment group and the control group in vital capacity**

MEANS	EXP I svec	EXP II svdc	CONTROL	S.V	SS	Df	MS	F
PRE TEST	237.000	235.000	230.000	A	260	2	130	0.329268
				W	10660	27	394.8148	
POST TEST	333.000	311.000	229.000	A	60080.00	2	30040	51.36669
				W	15790.00	27	584.8148	
ADJESTED POST TEST	329.92	309.97	233.11	A	51031.31	2	25515.5	45.55
				W	14562.645	26	560.075	

***Table value 3.38, Significant at 0.05 level**

From Table-I it is very clear that obtained F-ratio 145.39 greater than the table value 3.38. Hence it was significant at 0.05 level of confidence for the degree of freedom 2 and 26.

Table-II
Scheffe's post-hoc test for vital capacity

EXP I svec	EXP II svdc	Control group (Group-III)	Mean difference	C.I
329.92	309.97	-	19.94	17.19
329.92	-	233.11	96.81	
-	309.97	233.11	76.86	

DISCUSSIONS ON THE FINDINGS OF VITAL CAPACITY

Table I shows Scheffe confidence interval values for spirometry between experimental group 1 and experimental group 2 and the control group (group 3) of stressed men.

Table II shows that the mean values for experimental groups 1 and 2 and for the control group of stressed males (group 3) are 329.92, 309.97 and 233.11, respectively.

The mean differences between experimental group 1 and experimental group 2 and control group (group 3) were 19.94, 96.81 and 76.86, respectively. The Scheffe confidence interval required to be significant at the 0.05 level was 17.19. Therefore, there was a significant difference between the experimental group 1 and the experimental group 2, and a significant difference between the experimental group and the control group. Mean values obtained in pretest and posttest for test group 1, test group 2 and control group are represented in bar graphs for better understanding.

Bar diagram showing the mean difference among experimental group 1& 2 and control group on vital capacity

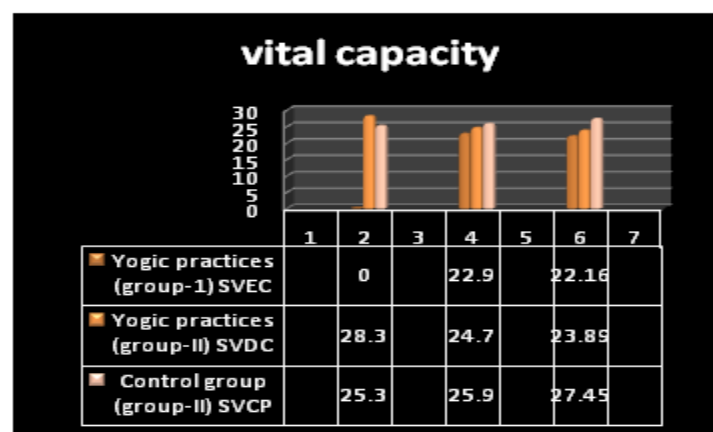


Table-III

Analysis of co-variance of the means of two experimental groups and the control group in stress

MEANS	EXP I	EXP II	CONTROL	S.V	SS	Df	MS	F
PRE TEST	28.200	28.300	25.300	A	58.06667	2	29.03333	1.539216
				W	91.8	27	3.4	
POST TEST	22.900	24.700	25.900	A	45.60	2	22.8	7.516484
				W	81.90	27	3.033333	
ADJUSTED POST TEST	22.16	23.89	27.45	A	45.86704	2	22.93	7.0337
				W	84.80022	26	3.2615	

***Table value 3.18, Significant at 0.05 level.**

From Table-III it is very clear that obtained F-ratio 50.25 greater than the table value 3.38. Hence it was significant at 0.05 level of confidence for the degree of freedom 2 and 26.

Table-IV Scheffe's post-hoc test for stress

Experimental group-1	Experimental group-II	Control group-III	Mean difference	Required C.I
22.16	23.89	-	1.73	1.13
22.16	-	27.45	5.29	
-	23.89	27.45	3.56	

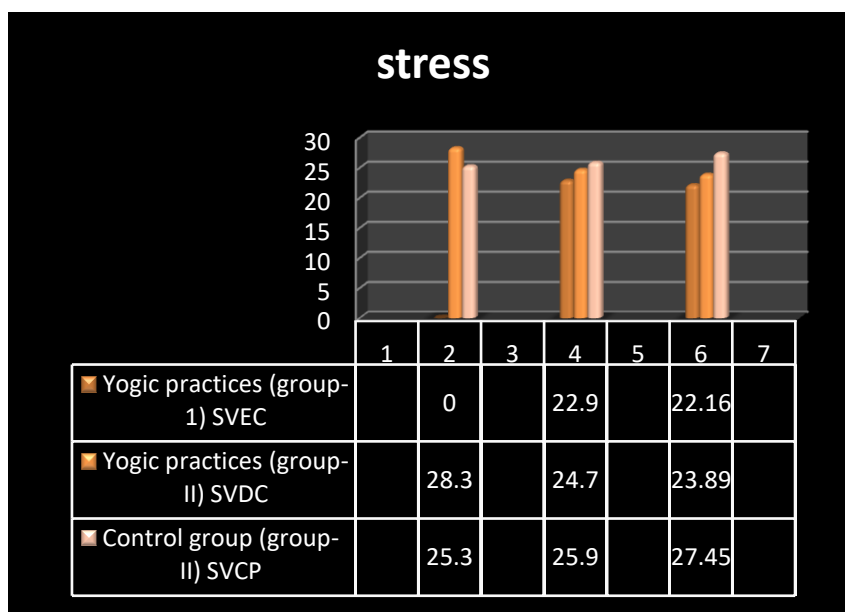
Discussions on the finding of stress

Table-III shows the Scheffe confidence interval values for stress between yoga practice (groups 1 & 2) and the control group (group 3) of stressed middle-aged women.

Table IV shows that the mean values for the experimental group 1 and experimental group 2 of middle-aged stressed women and the control group (group 3) are 22.16, 23.89 and 27.45, respectively.

The mean differences between experimental group 1 and experimental group 2 and control group (group 3) were 1.73, 5.29 and 3.56, respectively. Her Scheffe confidence interval required to be significant at the 0.05 level was 1.13. Therefore, there was a significant difference between the experimental group 1 and the experimental group 2, and a significant difference between the experimental group and the control group. Mean values obtained in pretest and posttest for test group 1, test group 2 and control group are represented in bar graphs for better understanding

**Bar diagram showing the mean difference among
Experimental group 1& 2 and control group on stress**



DISCUSSION ON HYPOTHESIS

For the purpose of the study it was hypothesized that the experimental group 1 and experimental group 2 would show significant improvement on the selected Physiological, and Psychological variables among middle aged stressed women better than the control group.

The results presented in Tables I to IV and the bar diagram proved that there was a significant difference due to six weeks sithili karana vyayama, suryanamaskar, asanas, pranayama, and relaxation practices on Psychological variables like Stress, Physiological variables like Vital Capacity. Thus, the hypothesis was accepted at 0.05 level.

It was also hypothesized that the changes on the improvement of selected Physiological and Psychological variables as a result of sithili karana vyayama, suryanamaskar, asanas, pranayama, and relaxation practices would differ significantly.

The post hoc analysis of the results proved that experimental group I comprising of sithili karana vyayama, suryanamaskar, asanas, pranayama, and relaxation practices was better than experimental group II in Vital capacity and stress. Experimental Group II, consisting of Surya Namaskar, Asana, Pranayama, and relaxation exercises, performed better than Group I in terms of resting heart rate and anger in stressed men, so the hypothesis was accepted to that extent. rice field.

CONCLUSIONS

Within the limitations of the present study, the following conclusions were drawn.

- Spirocapacity showed significant improvement compared to the control group due to the effect of her 6 weeks of yoga practice in experimental group I and experimental group II, especially better improvement in experimental group I.
- The effects of 6 weeks of yoga practice in experimental group I and experimental group II significantly improved stress levels compared to the control group, especially in experimental group I.

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