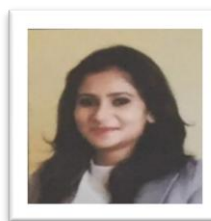


Women and Yoga: A Psychological Analysis



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Abstract

Yoga is practiced to maintain, care, develop, control and relax the body's internal and external organs. It helps to reach at the topmost spiritual level and retain the internal peace of mind. The following study was conducted for the psychological analysis of yogic exercises on women in general. For this the data of 100 women were collected from the tri-city i.e. Mohali, Panchkula and Chandigarh to find out the impact. Out of 100 women, 50 women were experimented and 50 women were controlled. The yoga exercises and tests were practiced under proper supervision and guidance. The yoga exercises were performed for one month, for 30 minutes every day. The administration of yoga exercises was done after pre-screening of the subjects. Sequence of 8 yogic exercises were set. Each woman performed exercise according to her limitation. ADSS (Anxiety Depression and stress Scale) was used to collect the data. ADSS-BSPSA (By Palvi Bhatnagar, 2011, Anxiety, Depression and Stress Scale). This test has three sub scale-namely: Anxiety, Depression and Stress. This 48 items scale is developed on adult population measures all the factors.

Keywords: Women, Psychological Parameters, Tri-City.

Introduction

Yoga is practiced around thousand years ago BC in India. It aims by means of mindful exercise, awareness of body and mind (Bock & Wapenaar, 2010; Keengan, 2001). According to Mehta and Sharma (2010) it's a complex system of spiritual, moral and physical practice aimed at attaining 'self-awareness'. By definition, yoga is seen as improvement of the control of the five senses and a reduction of mental activity, eventually reaching a clear state of mind (Mehta & Sharma, 2010). Various schools of yoga exist, such as, Bikram, Iyengar, Siddha Samadhi, Hatha, Sudrashan Kriya Yoga (SKY), Silver Yoga and Sahaj Yoga. Although differing slightly from each other, all schools utilize the base triad of meditation (dhyana), postures (asanas) and breathing (pranayama) to promote and restore health in mind and body (Mehta & Sharma, 2010). The postures involve sitting, standing, lying, twisting and balancing the body and consequently improve flexibility and strength. The controlled breathing helps to focus the mind and achieve relaxation while meditation aims to calm the mind (Riley, 2004).

Mental health is defined by the World Health Organization (WHO, 2005, p. 2) as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". The three components of this definition are (1) well-being, (2) effective functioning of an individual, and (3) effective functioning for a community (WHO, 2005, p. 2). Modern environment has made the life much complicated. It not only affects the women's physical health but also deteriorating mentally. Illness is becoming common and good health is becoming rare. Yoga is generally considered as the psycho-somatic-spiritual discipline for achieving union and harmony between mind, body and soul and ultimately union of our individual consciousness with the universal consciousness. Yoga must be practiced with the yogic attitude. One must be persistence in practice, must know how to overcome obstacles such as laziness, anger, delusions, and desires. Women, who continuously practice of yoga improves all the systems of the body. Circulatory system of the body includes heart, vessels, blood, which transports nutrients and oxygen to various parts of the body. It removes carbon-dioxide and other unwanted waste products of metabolism from tissue. For this purpose, the blood is circulated throughout the body in a rhythmic manner. Yoga exercises helps them to work more efficiently. The

contraction and relaxation of the heart cause, the circulation of blood throughout the body. The heart is made up of the strongest muscular fibers and tissues, but they can always be made healthier through proper yoga exercises. While returning back to the heart it brings all the unwanted waste products which further on eliminated by the kidney, lungs and skin itself when the blood pass through them. Digestive system provides nourishment to the body cell from external environment. Water balance, elimination of waste product, poisonous substances, are some of its main functions. Yoga poses brings in steady supply of blood, nutrients and energy to the living body.

Other forms of exercises such as jogging, running, jumping and other aerobic and anaerobic exercises can bring injuries to the body such as knees at early stage of life. At that stage yoga exercises, can prove beneficial to perform. Lungs are considered as an important part of respiratory system. Normally the amount of air we inspired and expired has the composition of oxygen- 0.2013 and 0.163, carbon-dioxide- 0.0004 and 0.04 & nitrogen and other forms of gases- 0.7903 and 0.97. By performing yoga, we can modify our breathing patterns and increase the capacity of our respiratory organ.

Review of Literature

Gholamreza, et. al, (2018), studied the effect of yoga on stress, anxiety and depression on 52 women with the mean age of 33.5. a quasi-experimental study with pre-post test was conducted. Data was collected on the questionnaire of DASS-21 (Depression Anxiety Stress Scale-21). For eligible samples hatha yoga and training sessions were held for 4 weeks. The results show the significant decrease in woman after 12 sessions ($p < 0.001$). yoga has an effective role in reducing stress, anxiety and depression, thus, it can be used as complementary medicine.

Lei, et al, (2011), conducted a study using methods as questionnaire survey and experimental study, a study has been made on the effects of yoga on female college students' body shape, the quality of physical function, mental health and so on. The study sampled 25 2009 female students in Handan College who have selected the yoga course. These students will do yoga practice for 6 months. The body shape, body function and mental health was tested before and after the exercise. In the result, it shows that such four indicators as body weight, waist circumference, thigh circumference and upper arm circumference; such 6 indicators as vital capacity, heart rate, VO_2 , sit-ups, step test, and Sit and Reach and such indicators as mental health self-assessment questionnaire (SCL--90), self-rating anxiety scale (SAS), and self-rating depression scale (SDS) have been improved significantly compared to those before practice. Thus, through yoga practice, female college students can improve their physical health, balance physical and mental condition, and relieve stress, enhancing the quality of physical function and mental health.

Lamers and Boiler, (2013), conducted a study in which 34 studies have been included and 32 remained after the removal of outliers. The effects

(Hedges g) of yoga on mental health were seen: A total of 32 studies with 38 outcomes showed an effect of 0.52 (Hedges g) on mental health. $Ong = 0.53$, $SWB g = 0.42$). Subgroup analysis result shows that lower quality rated studies show lower depression 29 studies showed an effect of $= 0.49$, on well-being 6 studies with 11 outcomes showed an effect of $g = 0.62$ ($EWB g = 0.56$, PWB effect sizes than higher rated studies. Therefore, yoga is effective for all population types like healthy people, with mental illness or somatic illness. There is no indication of publication bias. This meta-analysis shows that yoga interventions can be effective in reducing depression, depressive symptoms and the promotion of well-being. In other words, it has positive effects not only on depression, but also on the positive functioning of a person. This in turn doesn't only lighten symptoms, but also adds buffering factors against psychopathology. This is the case for a broad selection of populations. Yoga could be a good addition to the list of positive interventions on (mental) health, in view of its possibilities.

Objectives of the study

1. To study the effect of yogic exercises on the level of anxiety among controlled and experimental groups.
2. To study the effect of yogic exercises on the level of depression among controlled and experimental groups.
3. To study the effect of yogic exercises on the level of stress among controlled and experimental groups.

Hypotheses of the study

1. There will be no significant difference between the controlled and experimental group on anxiety.
2. There will be no significant difference between the controlled and experimental group on depression.
3. There will be no significant difference between the controlled and experimental group on stress.

Methodology and Procedure

For this study 100 women were selected, out of whom 50 women were experimented with yogic exercises and 50 women were controlled. The yoga exercises and tests was practiced under the proper supervision and guidance. The administration of yoga exercises was done after pre- screening of the subjects. Sequence of 8yogic exercises was set. The yoga exercises were performed for one month, for 30 minutes every day. ADSS (Anxiety Depression and stress Scale) was used to collect the data. ADSS-BSPSA (By Palvi Bhatnagar, 2011, Anxiety, Depression and Stress Scale). This test has three sub scale-namely: Anxiety, Depression and Stress. This 48 items scale is developed on adult population measures all the factors. The data was analysed using appropriate statistical technique. Further, descriptive statistics has been used for detailed description.

Results and Discussion

The scoring of the sub-scale has been done. Further, Independent t-test was applied among controlled and experimental groups for the purpose of

statistical interpretation to test the significance of difference between two means.

The following table (Table No.-1) showing difference between controlled and experimental groups on anxiety.

Table-1

Groups	N	Mean	S.S	S.D	t-value
Controlled	50	7.39	93.63	1.95	10.57
Experimental	50	4.81	60.15	1.13	

*significant level at 0.05 (df=49)

Results summarised in table-1 indicates that the there is a significant difference between controlled and experimental groups. The t-value on the dimension of anxiety was 10.57. The p-value is 0.00001, which shows that the result is significant at $p < 0.5$. The controlled group has mean of 7.39, square mean difference of 93.63 and standard deviation of

1.95 as compared to 4.81, 60.15 and 1.13 of experimented group. Thus, controlled group has found to higher dimension of anxiety as compared to experimented group.

The following table (Table No.-2) showing difference between controlled and experimental groups on depression.

Table-2

Groups	N	Mean	S.S	S.D	t-value
Controlled	50	6.86	142.02	2.09	8.43
Experimental	50	4.36	73.52	1.5	

*significant level at 0.05 (df=49)

Results summarised in table-2 indicates that the there is a significant difference between controlled and experimental groups. The t-value on the dimension of depression was 8.43. The p-value is 0.00001, which shows that the result is significant at $p < 0.5$. The controlled group has mean of 6.86, square mean of 142.02 and standard deviation of 2.09 as

compared to 4.36, 73.52 and 1.5 of experimented group. Thus, controlled group has found to higher dimension of depression as compared to experimented group.

The following table (Table No.-3) showing difference between controlled and experimental groups on stress.

Table-3

Groups	N	Mean	S.S	S.D	t-value
Controlled	50	4.6	86	1.76	3.31
Experimental	50	3.54	153.92	3.27	

*significant level at 0.05 (df=49)

Results summarised in table-1 indicates that the there is a significant difference between controlled and experimental groups. The t-value on the dimension of stress was 3.31. The p-value is 0.001302, which shows that the result is significant at $p < 0.5$. The controlled group has mean of 4.6, square mean of 86 and standard deviation of 1.76 as compared to 3.54, 153.92 and 3.27 of experimented group. Thus, controlled group has found to higher dimension of depression as compared to experimented group.

Conclusion and Recommendations

In this study, controlled group, found to have high level of anxiety, depression and stress as compared to he experimented group. Therefore, it is recommended that a woman should perform yogic exercises at least for 30 minutes on regular basis for the betterment of life both at physical as well as mental level. The pattern of exercise should be performed on individual needs and limitations. It should be performed under proper supervision and guidance using proper clothing, mats and ventilation system.

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