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EFFECT OF YOGIC PRACTICES WITH AND WITHOUT WALKING ON SELECTED PSYCHOLOGICAL VARIABLE AMONG WOMEN SENIOR CITIZENS

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ABSTRACT

Old Age is a natural part of the life cycle. All living organism including humans undergo the process from conception to infancy, child hood puberty, maturity and senescence. Longer life means more frailty and more disability. Apart from economic problem they face in their life, the common diseases like ortho, visual, audio and mental some face grave diseases of heart, blood etc. The care of old people in a separate branch of medicine called Geriatrics and scientific study of old age and process of growing old is called Gerontology. The definition of ageing varies from society to society and has been modified considerably over time. The purpose of this study was to find out the effect of Yogic practices with and without Walking on selected Psychological variable in Women senior citizens. The selected subjects 45 were randomly divided into three groups equally of which experimental Group – I underwent yogic practices with Walking, Group – II underwent yogic practices without Walking Group – II acted as Control Group. The subjects selected for this study were in the age group of above 60 years. Each group consisting of fifteen subjects, there experimental group as Group I & II and Control group as Group III. The following psychological variable was selected as dependent variables such as stress and the stress questionnaire constructed by Dr.Latha Satish (1997) consisting of 52 questions. , and the following variable was selected as independent variable as yogic practices and walking. The data collected on selected criterion variables were subjected to statistical analysis using analysis of covariance (ANCOVA) to find out any significant difference between the three groups on stress.

Keywords: Yogic Practices, Walking, Psychological Variable.

1. INTRODUCTION

According to traditional Indian culture, the life span of human being is 100 years (Holdger, R. Stub, 1982). Manu, the law giver in his *Dharmasastra* divided this life span into four *"ashrmas"* or life stages: *A – s'rama* refers to the period a person remains in a role. *'a' – s'rama* : *s'rama* refers to the efferts needed to carry out the role and *"a"* refers to the time when the efforts began to the time when the efforts are no longer required.

Life course perspective, heterogeneity, plasticity conceptuality and social change are the main characteristics of aged (Baltes, 1987). In gerontology, the process of ageing is seen as a part of life course (Eldes & Giele, 2009). The childhood, adolescence, adulthood phases form the corner stone for the third age (about 65 years) and fourth age (about 85 years) (Kindenberger, Smith, Mayer Baltes, 2010). In the life course, there are great differences between individuals in respect to health, physical capacities, cognitive functioning and social integration. (Perrraro, Shippee, 2009).

Many believe that it is an incremental phase in the life span and others associate it with health problems or disease (Choudhry, D. Paul, 1992). This debate aside, ageing is a universal phenomenon. At the collective level old age poses a challenge to policy makers in developing and developed and developed countries (Irudayarajan, 2005). This challenge is accentuated by rapid growth of science and technology. Better nutrition, sanitation and health facilities have decreased mortality rates and increased expectancy of life.

Yoga is a part of Indian culture and Religion. People believed the origin of yoga was Ancient India. Between 4000 B.C. and 2000 B.C. artifacts of Indus Valley Civilization showed figures in seated, cross legged poses, and symbols later associated with yoga. Swami Vishnu Devananda says, "The yogi's life is a triangle; the physical body undergoes birth, growth, change, decay and death." Yogis say that human were not born merely subject themselves to pain and suffering, disease and death. According to Iyengar, "Yoga is the true union of our will with the will of god". Most people know that the practice of yoga makes the body strong and flexible. Yoga is essentially an art of understanding all about the soul and to realize the self. All the masses are made up of fundamental particles and the fundamental particles got originated from the space. Knowledge about the particles and masses is science and the knowledge about the space and its transformation is spirituality. Combination of science and spirituality is science of divinity – Yoga. In one of his poetries Vethathiri Maharishi clarifies, "The Universe minus cosmic bodies is the dense darkness (Pure space – in spirituality) which in science is called Gravity". Mind has the capacity to shrink to the particle level and expand to the level of Universe. Yoga is the means to attain this super quality.

PURPOSE OF THE STUDY

The purpose of the study was to find out the effect of Yogic practices with and without Walking on selected Psychological variable in Women senior citizens .

HYPOTHESIS

It was hypothesized that there would be a significant difference on the selected psychological variable such as stress among Women senior citizens due to yogic practices with and without Walking group than the control group.

2. METHODOLOGY

Totally Forty five Women senior citizens were randomly selected from udumalpet. The selected subjects were divided into three equal groups of fifteen subjects each, such as experimental group and control group. The age of the subjects were above 60 years. Preliminary measurement was taken for these three groups (I,II and II) on the selected dependent variable before the training program. *Group – I* underwent yogic practices with Walking and Group – II underwent yogic practices without Walking Training daily one hour for 5 days per week for a total period of 6 weeks. Group III (Control Group) was permitted to undergo their normal lifestyle during the course of experiment. They didn't receive any specific Yogic practices with and without Walking Programs. After the experimental period of 6 weeks , the three Groups (I,II and III) were measured again on the same selected dependent variable.

3. RESULTS AND DISSCUSSIONS

The psychological variable stress was measured through standard questionnaire. The results on the effect of yogic practices with and without Walking among Women senior citizens are presented in table – I.

TABLE – I
COMPUTATION OF ANALYSIS OF COVARIANCE OF THE TWO EXPERIMENTAL GROUPS AND CONTROL GROUP ON STRESS
(Scores in marks)

Test	Exp. Gr. I	Exp. Gr. II	Cont. Group	Source of variance	Sum of squares	Degree of freedom	Means squares	Obtained F value
PRE TEST	70.2	68.53	68.80	between	24.04	2	12.022	0.08
				within	6014.53	42	143.20	
POST TEST	42.06	55.93	69.60	between	5685.73	2	2842.87	16.05*
				within	7441.47	42	177.18	
ADJUSTED POST TEST	41.50	56.29	69.81	between	6001.38	2	3000.69	22.08*
				within	5572.078	41	135.90	
MEAN GAIN	28.13	12.60	0.80					

***significant.**
***Significant at 0.05 level of confidence. * F(0.05) (2,42 and 2, 41) = 3.23.**

Table I shows that the pre test means on the Stress of the experimental and control groups are 70.2, 68.53 and 68.80 respectively. The obtained 'F' ratio value 0.08 for the pre test mean is lesser than the required table value 3.22 for significance at 0.05 levels. Here it is not significant and it reveals that there is no significant difference between the experimental and the control groups on the commencement of experimental period. It is inferred that the random selections of the subjects for the three groups are successful.

The post test means on the Stress of the experimental and control groups are 42.06, 55.93 and 69.60 respectively. The obtained 'F' ratio value 16.05 for the post test data is greater than the required table value 3.22 for 2 and 42 degrees of freedom at 0.05 level of significance. It discloses that there is statistically, significant difference between the experimental and the control groups on Stress after the experimental period.

The adjusted post test mean on the Stress of the experimental and control groups are 41.50, 56.29 and 69.81 respectively. The obtained 'F' ratio value 22.08 for the adjusted post test data is greater than the required table value 3.23 for 2 and 41 degrees of freedom at 0.05 level of significance. It shows that there is significant change on Stress as a result of experimental period. Since the result has revealed that there is significant difference, the Schefee's post hoc test is analyzed to find out for the difference between the paired means follows a significant analysis of co-variance for Yogic practices with walking , Yogic practices without Walking and the control groups.

TABLE – II

SCHEFFE'S POST-HOC TEST FOR STRESS

Exp. Gr. I	**Exp. Gr. II**	Control group	Mean difference	C.I
41.50	56.29	-	14.80*	10.60
41.50	-	69.81	28.31*	10.60
-	56.29	69.81	13.52*	10.60

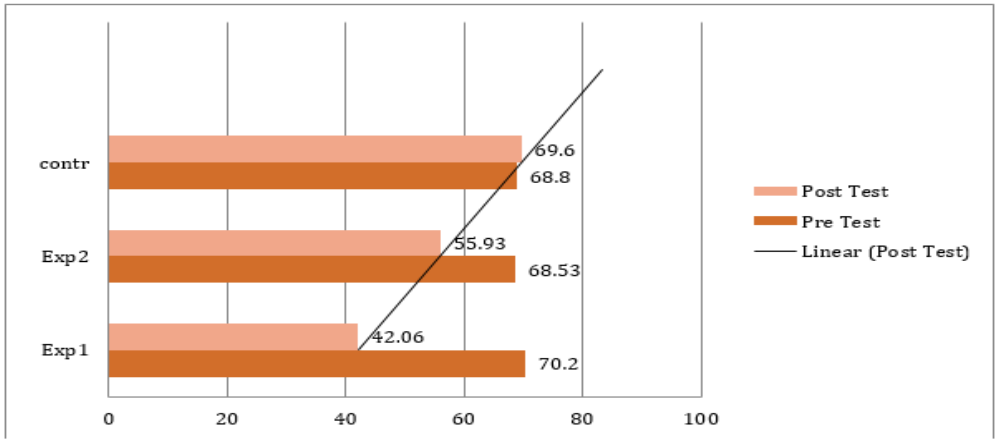
***significant**

Table II shows that the Schefee's post-hoc method of testing the significance for the difference between the paired means follows a significant analysis of co variance for Yogic practices with walking , Yogic practices without walking and Control groups. The adjusted Stress efficiency means in the order of magnitude and the difference between this means for the control and two experimental groups are given in the table.

Above table shows that there was significant difference between Yogic practices with Walking group and Control group. There was significant difference between Yogic practices without Walking group and Control group and There was also significant difference between Yogic practices with Walking group and Yogic practices without walking group.
The obtained pre, post and adjusted mean values are presented through bar diagram in figure 1.

Figure- 1

GRAPHIC REPRESENTATION ON PRE-TEST, POST-TEST AND ADJUSTED MEANS ON STRESS OF EXPERIMENTAL AND CONTROL GROUPS



4. CONCLUSIONS

Yogic practices with and without Walking help to reduce the stress among the Women senior citizens to compare the control group. And comparing the experimental groups Experimental group – I (Yogic practices with Walking) than the experimental group – II (Yogic practices without Walking).

CONFLICT OF INTERESTS

None.

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