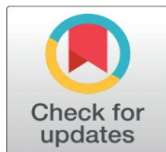
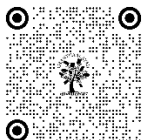


# INFLUENCE OF YOGIC PRACTICES AND INTROSPECTION ON SELECTED PSYCHOLOGICAL VARIABLE AMONG MIDDLE AGED WORKING WOMEN WITH MENSTRUAL PROBLEM

D. Ramkumari<sup>1</sup>, Dr. V. Duraisami<sup>2</sup>

<sup>1</sup> Ph. D Scholar, Dept of Yoga, Tamil Nadu Physical Education and Sports University, Chennai- 127, Tamil Nadu, India

<sup>2</sup> Professor & Head, Department of Yoga, Tamil Nadu Physical Education and Sports University Chennai-600 127, Tamil Nadu, India



## ABSTRACT

The purpose of this study was to find out influence of yogic practices and introspection on selected Psychological Variable among middle aged working women with menstrual problem. The selected subjects 45 were randomly divided into three groups equally of which experimental Group – I underwent yogic practices with introspection, Group – II underwent yogic practices without introspection Group – III acted as Control Group. The subjects selected for this study were in the age group of 30 to 40 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 measured by Dr. Latha Satish Questionnaire, and the following variable was selected as independent variable as yogic practices and introspection. 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, Introspection, Middle Aged Women, Menstrual Problem

## DOI

[10.29121/shodhkosh.v5.i4.2024.4530](https://doi.org/10.29121/shodhkosh.v5.i4.2024.4530)

**Funding:** This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

**Copyright:** © 2024 The Author(s). This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).

With the license CC-BY, authors retain the copyright, allowing anyone to download, reuse, re-print, modify, distribute, and/or copy their contribution. The work must be properly attributed to its author.



## 1. INTRODUCTION

By convention, the length of an individual menstrual cycle in days is counted starting with the first day of menstrual bleeding. Stimulated by gradually increasing amounts of estrogen in the follicular phase, discharges of blood (menses) slow then stop, and the lining of the uterus thickens. Follicles in the ovary begin developing under the influence of a complex interplay of hormones, and after several days one or occasionally two become dominant (non-dominant follicles atrophy and die). Approximately mid-cycle, 24–36 hours after the Luteinizing Hormone (LH) surges, the dominant follicle releases an ovum, or egg, in an event called ovulation. After ovulation, the egg only lives for 24 hours or less without fertilization while the remains of the dominant follicle in the ovary become a corpus luteum; this body has a primary function of producing large amounts of progesterone. Under the influence of progesterone, the endometrium (uterine lining) changes to prepare for potential implantation of an embryo to establish a pregnancy. If implantation does not occur within approximately two weeks, the corpus luteum will involute, causing sharp drops in levels of both progesterone and estrogen. The hormone drop causes the uterus to shed its lining and egg in a process termed menstruation. The subtle anatomy of the humans is divided into five energetic sheaths known as 'pancha kosha'. Pancha,

meaning five and kosha, meaning layer or sheath. This ideology describes the human being “as multi-dimensional, with the source or foundation in a spiritual dimension.” The so-called ‘spiritual dimension’ is pure consciousness which is hidden by the other four koshas, the outermost layer being the most dense, physical body. Each kosha can be thought of as energy vibrating at a different frequency. The physical body therefore vibrates at the slowest rate and the ‘inner light of consciousness’ or ‘atman’ vibrates at fastest rate or frequency. Although all five layers interpenetrate one another.

## 2. PURPOSE OF THE STUDY

The purpose of the study was to find out the influence of yogic practices and introspection on selected Psychological Variable among middle aged working women with menstrual problem.

## 3. METHODOLOGY

Totally Fortyfive middle aged working women with menstrual problem were randomly selected from Chennai. 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 was ranged between 30 to 40 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 introspection and Group – II underwent yogic practices without introspection Training daily one hour for 5 days per week for a total period of 6 weeks. Group II (Control Group) was permitted to undergo their normal lifestyle during the course of experiment. They didn’t receive any specific yogic practices and introspection Programs. After the experimental period of 6 weeks, the three Groups (I,II and III) were measured again on the same selected dependent variable.

## 4. RESULTS AND DISSCUSSIONS

The Psychological Variable stress was measured through standard test. The results on the effect of yogic practices with and without introspection among middle aged working women with menstrual problem are presented in table – I.

**TABLE - I**  
**COMPUTATION OF ANALYSIS OF COVARIANCE OF THE TWO EXPERIMENTAL GROUPS AND CONTROL GROUP ON STRESS**  
**(Scores in mg/dl)**

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	66.8	64.60	69.73	between	198.98	2	99.489	1.26
				within	3322.93	42	79.12	
POST TEST	40.066	50.13	67.33	between	5703.24	2	2851.62	34.26*
				within	3496.00	42	83.24	
ADJUSTED POST TEST	40.19	51.37	65.98	between	4903.91	2	2451.96	37.93*
				within	2650.333	41	64.64	
MEAN GAIN	26.733	14.47	2.40					

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

**TABLE - II**  
**SCHEFFE'S POST-HOC TEST FOR STRESS**

Exp. Gr. I	Exp. Gr. II	Control group	Mean difference	CI
40.19	51.37	-	11.18*	7.31
40.19	-	65.98	25.79*	7.31
-	51.37	65.98	14.61*	7.31

\*significant

## 5. CONCLUSIONS

Yogic practices with and without introspection help to reduce the stress among the middle aged working women with menstrual problem to compare the control group. And comparing the experimental groups Experimental group – I (yogic practices with introspection) than the experimental group – II (yogic practices without introspection).

## CONFLICT OF INTERESTS

None.

## ACKNOWLEDGMENTS

None.

## REFERENCES

- Bhavanani Anandha Balayogi (2004), "A Primer Yoga theory, Sathya Press, Ananda Ashram, Pondicherry.
- 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
- Clarke, Harrison H and David H. Clarke, (1972), "Advanced statistics", Englewood Cliffs, N.J: Prentice hall, Inc, pp.31-34.
- Davidson. G.C and Neal J.M (1990) "Abnormal psychology" Published by John Wiley & Sons New York Fifth Edition P 1
- Diane L. Cell, (1972), Psychological Dynamics of Sports, Illinois: Haman Kinetics Publications, Inc., pp.13.
- Eswaramoorthy, A. & Suresh Kumar, M. (2020). Effect of yogic practices and aerobic training on flexibility among physical education students. *Purakala*, 31,8, 417-420.
- Gharote, M.L. (1982). Guidelines for Yogic Practices, Lonawala: Medha Publications, pp.51.
- Indira Devi (1967), "Yoga: The Technique of Health and Happiness", Bombay: Jaico Publishing House, pp. 20.
- Iyengar BKS (1999), "The Gift of Yoga", New Delhi: Harpers Collins Publications India Pvt Ltd., pp.394.
- Iyengar. B. K. S, (2001), Light on the yoga Sutras of Patanjali, New Delhi: HarperCollins Publishers, India, pp.9-40.
- Iyengar. B. K. S, (2006), Light on yoga, New Delhi: HarperCollins Publishers, India, pp.19-46.
- Krishnamoorthy V.(2007), "Simple Yoga for Health".Mathi Nilayam Publications (3rd Ed), PP. 8-11.
- Kumar, MS. A Quantitative Analysis of the Impact of Yoga and Aerobic Exercise on the Vital Capacity of School Boys, *International Journal of Applied and Advanced Scientific Research*, International Peer Reviewed - Refereed Research Journal, Vol 9, No. 1, 2024, 23-28.
- Kumar, MS. Influence of Yoga Practices on Blood Pressure Among Rural College Girls, *Star International Research Journal*, Vol. 5, No.1, 2017.
- Kumar, MS. Influence of Yoga Practices on Blood Pressure Among Rural College Girls. *Star International Research Journal*, Vol 5, No.1, 2017, 6-9.
- Kumar, MS. Resting Heart Rate Effects of Yogic Practices Involving Resistance and Plyometric Training on Teenage Volleyball Players, *International Journal of Advanced Trends in Engineering and Technology*, International Peer Reviewed - Refereed Research Journal, Vol 9, no. 1, 2024, 15-19.
- Kuvalayananda Swami (1977), "Asana" (1st ed), Lonaavala: kaivalyadhana pp.32.
- Lad, V(1998), "The Complete Book of Ayurvedic Home Remedies", Three Rivers Press, NY, pp.150.
- Suresh, Kumar M. (2019). Effect of yogic practices on selected lung volumes among asthmatic men. *The International journal of analytical and experimental modal analysis*, XI,VII, 1286-1290.
- Vijayarani, CA. V Vallimurugan & MS Kumar, Influence of Yogic Practices on Selected Physiological and Psychological Variables of Adolescent Boys, *Recent Research in Science and Technology*, Vol 3, No.1, 2012,42-44.
- Vishali, S. S Selvalakshmi, MS Kumar, Studies on the effect of yogic practices on a psychological and academic-related variable of the tobacco smoking male students, *Journal of Xidian University*, Vol 16, No.6, 2020, 2519-2535.