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Impact of astanga yoga practices on general health status and wellbeing of employees

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Abstract

The purpose of the present study was to find out the impact of astanga yoga practices on general health status and wellbeing of employees. The study was conducted on 40 employees. Totally two groups, namely, control & experimental group I, consisting of 20 employees underwent 12 weeks practice in Yogic practices training whereas the control group did not undergo any type of training. The systolic and diastolic blood pressure and attitude was measured before and after the experimentation using the standardized test to measure the with sphygmomanometer and stethoscope and standard questionnaire. The data were analyzed by Analysis of Covariance (ANCOVA) and it was concluded that the Yogic practices training had significant ($P < 0.05$) effect on the wellbeing of employees.

Keywords: Yogic practices, systolic and diastolic blood pressure and attitude

Introduction

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 (Bhavanani Anandha Balayogi, 2004).

Yoga is one of the six orthodox systems of Indian philosophy. Yoga is the union of the jivatma with the paramatma. It was collated, coordinated and systematized by Patanjali in his classical work, the Yoga Sutras, which consists of 195 terse aphorisms in which it is stated that yoga is a state where all activities of the mind are channelized in one direction; or the mind is free from distractions. The word Yoga is derived from the Sanskrit root Yuj meaning to bind, to unite, join, and attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union or communion. It means the disciplining of the mind, intellect, the emotions, the will, which that yoga presupposes; it means a poise of the soul which enables one to look at life in all its aspects evenly.

Statement of the Problem

The purpose of the study is the "impact of astanga yoga practices on general health status and wellbeing of employees".

Methodology

The purpose of the study was to find out the. For the purpose of this study "impact of astanga yoga practices on general health status and wellbeing of employees". 40 employees were chosen on random basis from Chennai only. Their age group ranges from 30 to 40.

The subjects were divided into two group of twenty. The experimental group I would undergo Yogic practices and second group consider as control group not attend any practices, and the pre test and post tests would be conducted before and after the training. Training would be given for 12 weeks. It would be found out finally the impact of astanga yoga practices on

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general health status and wellbeing of employees” in scientific method. To estimate the systolic and diastolic blood pressure and attitude level with the Equipment Attitude Questionnaire (Prof. N.S. Chausan. Dr. Saroj – Aurora – Meerut), The collected data were statistically analyzed by using analysis of covariance (ANCOVA).

**Training Schedule - Experimental Group: Yogic practices
Group II: Control Group (No Practice)**

The statistical analysis comparing initial and final means of systolic blood pressure due to Yogic practices of wellbeing of employees is presented in Table II.

Table I: Yogic Practices

| S. No | Yogic practices | Duration | Repetition | Set | Rest between practice | Rest between set | Frequency per week |
|-------|--|----------|------------|-----|-----------------------|------------------|--------------------|
| 1 | Sitilikarana vyayama (loosening exercises) | 5 min | 2 | 2 | 5 to 10 sec | 30 – 60 sec | 5 days in a week |
| 2 | Suryanamaskar | 6 min | 2 | 2 | 10 to 15 sec | | |
| 3 | Padmasana | 3 min | 2 | 2 | 5 to 10 sec | | |
| 4 | Ardha Katichakarasana | 3 min | 2 | 2 | 5 to 10 sec | | |
| 5 | Padahastasana | 3 min | 2 | 2 | 5 to 10 sec | | |
| 6 | Vipareetakarani | 3 min | 2 | 2 | 5 to 10 sec | | |
| 7 | Bhujangasana | 3 min | 2 | 2 | 5 to 10 sec | | |
| 8 | Chandra & surya anuloma & viloma | 3 min | 2 | 1 | 5 to 10 sec | | |
| 9 | Nadishodana pranayama | 3 min | 2 | 1 | 5 to 10 sec | | |
| 10 | Bhramari & pranayama | 3 min | 2 | 1 | 5 to 10 sec | | |
| 11 | Savasana | 10 min | 1 | 1 | - | | |

Table II: Computation of Mean and Analysis of Covariance of Systolic Blood Pressure of Experimental and Control Group

| Test | Experimental group | Control group | Source of variance | Sum of square | df | Mean square | F |
|----------------|--------------------|---------------|--------------------|---------------|----|-------------|--------|
| Pre-test mean | 140.30 | 141.35 | Between | 11.03 | 1 | 11.03 | 0.83 |
| | | | Within | 506.75 | 38 | 13.34 | |
| Post-test mean | 130.40 | 140.45 | Between | 1010.03 | 1 | 1010.03 | 52.31* |
| | | | Within | 733.75 | 38 | 19.31 | |
| Adjusted mean | 130.77 | 140.08 | Between | 848.19 | 1 | 848.19 | 65.16* |
| | | | Within | 481.61 | 37 | 13.02 | |
| Mean Diff | 9.90 | 0.90 | | | | | |

*significant.

Table value for df 1 and 38 was 3.21 Table value for df 1 and 37 was 3.22.

The obtained adjusted mean values were presented through bar diagram in figure 3.

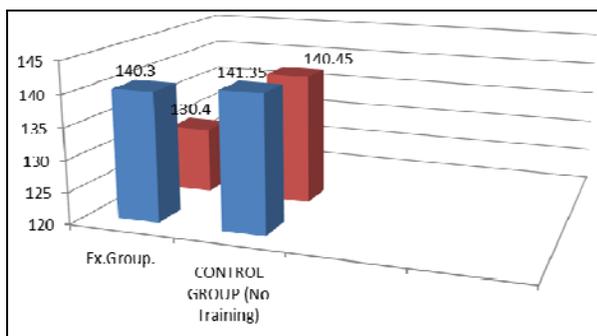


Fig 1: Bar Diagram on Ordered Pre and Post Means of Systolic Blood Pressure

Discussions on the Findings of Systolic Blood Pressure

Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 65.16 was greater than the required value of 3.22. And hence it was accepted that the Yogic practices training significantly improved (decrease) the systolic blood pressure level of the employees.

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Yogic practices group and control group on systolic blood pressure level. This proved that due to twelve weeks of Yogic practices of systolic blood pressure level was significantly improved (decrease) wellbeing of employees.

The statistical analysis comparing initial and final means of systolic blood pressure due to Yogic practices Training Wellbeing of employees is presented in Table II.

Table III: Computation Of Mean And Analysis Of Covariance Of Diastolic Blood Pressure Of Experimental And Control Group

| Test | Experimental group | Control group | Source of variance | Sum of square | df | Mean square | F |
|----------------|--------------------|---------------|--------------------|---------------|-------|-------------|---------|
| Pre-test mean | 93.10 | 92.70 | Between | 1.60 | 1.00 | 1.60 | 0.19 |
| | | | Within | 328.00 | 38.00 | 8.63 | |
| Post-test mean | 84.30 | 94.10 | Between | 960.40 | 1.00 | 960.40 | 121.65* |
| | | | Within | 300.00 | 38.00 | 7.89 | |
| Adjusted mean | 84.26 | 94.14 | Between | 970.78 | 1.00 | 970.78 | 124.76* |
| | | | Within | 287.90 | 37.00 | 7.78 | |
| Mean Gain | 8.80 | 1.40 | | | | | |

*significant.

Table value for df 1 and 38 was 3.21 Table value for df 1 and 37 was 3.22.

The obtained adjusted mean values were presented through bar diagram in figure 2.

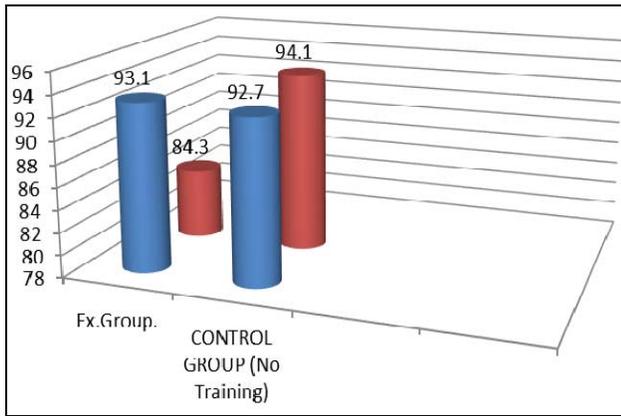


Fig 2: Bar Diagram on Ordered Pre and Post Means of Diastolic Blood Pressure

Table IV: Computation of Mean and Analysis of Covariance of Attitude of Experimental and Control Group

| Test | Experimental group | Control group | Source of variance | Sum of square | df | Mean square | F |
|----------------|--------------------|---------------|--------------------|---------------|-------|-------------|--------|
| Pre-test mean | 75.20 | 73.85 | Between | 18.23 | 1.00 | 18.23 | 0.86 |
| | | | Within | 809.75 | 38.00 | 21.31 | |
| Post-test mean | 82.30 | 72.70 | Between | 921.60 | 1.00 | 921.60 | 59.93* |
| | | | Within | 584.40 | 38.00 | 15.38 | |
| Adjusted mean | 81.99 | 73.01 | Between | 787.19 | 1.00 | 787.19 | 71.22* |
| | | | Within | 408.97 | 37.00 | 11.05 | |
| Mean gain | 7.10 | 1.15 | | | | | |

*significant.

Table value for df 1 and 38 was 3.21 Table value for df 1 and 37 was 3.22.

The obtained adjusted mean values were presented through bar diagram in figure 3.

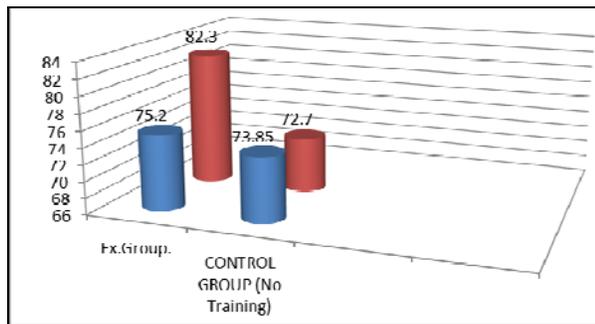


Fig 3: Bar Diagram on Ordered Pre and Post Means of Attitude

Discussions on the Findings of Attitude

Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 71.22 was greater than the required value of 3.22. And hence it was accepted that the Yogic practices training significantly improved the attitude level of the employees.

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Yogic practices group and control group on attitude level. This proved that due to twelve weeks of yogic practices attitude level was significantly improved wellbeing of employees.

Conclusion of the Research

The analysis of co-variance of systolic and diastolic blood pressure and attitude level indicated that experimental group I (yogic practices), and group II (Control group), were significantly improved the systolic and diastolic blood pressure and attitude level. It may be due to the effect of yogic practices.

Discussions on the Findings of Diastolic Blood Pressure

Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 124.76 was greater than the required value of 3.22. And hence it was accepted that the Yogic practices training significantly improved the diastolic blood pressure level of the employees.

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between yogic practices group and control group on diastolic blood pressure level. This proved that due to twelve weeks of yogic practices diastolic blood pressure level was significantly improved wellbeing of employees.

The statistical analysis comparing initial and final means of attitude due to Yogic practices of Wellbeing of employees is presented in Table IV.

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