



ISSN: 2456-0057  
IJPNPE 2017; 2(2): 951-953  
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www.journalofsports.com  
Received: 13-05-2017  
Accepted: 14-06-2017

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## The effect of eating procedure yogic practices and combination of them on selected psychological analysis of working women

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### Abstract

The study was formulated as a random group design. Consisting of a pre-test and post-test the subjects (N=80) were randomly assigned to four equal groups of twenty working women each. The groups were assigned as experimental group I, II, III and control group respectively. No attempt was made to equate the groups in any manner and analysis of covariance (ANCOVA) was used to compare the effect of eating procedure yogic practices and combination on psychological analysis of working women. Pre-test was conducted for all the subjects on psychology variables such as self-esteem and occupational stress. The experimental groups participated in their respective eating procedure, yogic practices and combination of eating procedure and yogic practices for a period of 12 weeks. The post-test was conducted on the above said dependent variables after a period of 12 weeks in the respective treatments. The combination of eating procedure and yogic practices for a period 12 weeks produced most significant changes in psychological variables among working women.

**Keywords:** Working women, eating procedure yogic practices, self-esteem and occupational stress

### Introduction

Human are living longer than before with several population life expectancies at birth now exceeding 80 years. The elderly today are living almost 20 years longer than their ancestors at the beginning of the twentieth century. Life expectancy is increasing for men and women alike. Between 1981 and 2001 the number of older people in the population increased by 50%, with an ever greater increase in those aged over 70. Women lives have changed over the centuries. Historically, life was particularly difficult for most women. Aside from the numerous dangers and diseases, women became wives and mothers often when they were just emerging from their own childhood. Not only are women living longer, but they also have the possibility of enjoying a better quality of life throughout their span of years. But to do this, it is essential that women take charge of their own bodies and comprehend how they can maximize their health and fitness (Mary Ireland and Aurelia Nattiv, 2003).

According to Thirumandhira by Thirumoolar one should be aware of five procedures. Viz. The eating procedure has been taken from the quotations given by our ancient poets Thiruvalluvar and Therayar. They could mention this valuable thing even before 2000 years without any scientific inventions. By not following this procedure, the present day human face a lot of health hazards like cardiac arrest, diabetes hypertension and the like as a research scholar, I put forth this study to you in order that everybody can benefits through this knowledge. Human face their destiny either through accident or through food habits. As all we know, non-vegetarian and vegetarian foods are the two types of tooth available in our country. Improper methods of consumption of either food spoil the internal organs. Following the correct eating procedure helps the human to have easy digestion furthermore; pranayama complements the eating habits which in turn keeps the body fit.

### Objective of the Study

The objective of this study was to find out the effect of eating procedure yogic practices and combination on psychological analysis of working women.

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**Methodology**

The sample for the presents study consisting of RVS College of Arts and Science, Sulur, Coimbatore. The study was formulated as a random group design. Consisting of a pre-test and post-test the subjects (N =80) were randomly assigned to four equal groups of twenty working women each. The groups were assigned as experimental group I, II, III and control group respectively. No attempt was made to equate the groups in any manner and analysis of covariance (ANCOVA) was used to compare the effect of eating procedure yogic practices

and combination on psychological analysis of working women. Pre-test was conducted for all the subjects on psychology variables such as self-esteem and occupational stress. The experimental groups participated in their respective eating procedure, yogic practices and combination of eating procedure and yogic practices for a period of 12 weeks. The post-test was conducted on the above said dependent variables after a period of 12 weeks in the respective treatments

**Table I:** Analysis of Co-Variance of the Means of Three Experimental Groups and the Control Group in Self-Esteem among Working Women

Test	Means				SV	Sum of Square	df	Mean Square	'F' Ratio
	Eating procedure	Yogic Practices	Combination of Eating procedure and Yogic Practices	Control Group					
Pre Test Mean	155.45	152.95	154.10	154	B	2435	3	810.66	1.62
					W	38005.7	76	500.07	
Post Test Mean	164.45	152.95	172.25	143.95	B	8781.05	3	2927.2	5.87*
					W	37910.9	76	498.83	
Adjusted Post Test Mean	150.10	155.56	172.26	143.99	B	8850.05	3	2950	6.43*
					W	34420.1	75	458.94	

Table I shows that the obtained 'F' ratio value of 1.62 for pre-test mean on self-esteem is not significant. It reveals that there is statistically no significant difference among experimental and control group on self-esteem before the commencement of training.

The 'F' ratio value of 5.87 for post test data on self-esteem is

significant at 0.05 level. The 'F' ratio value of 6.43 for adjusted post-test on self-esteem is significant at 0.05 level. It reveals that there is significant difference among the groups on self-esteem. The result of scheffe's post hoc test was applied to find out is presented in table II.

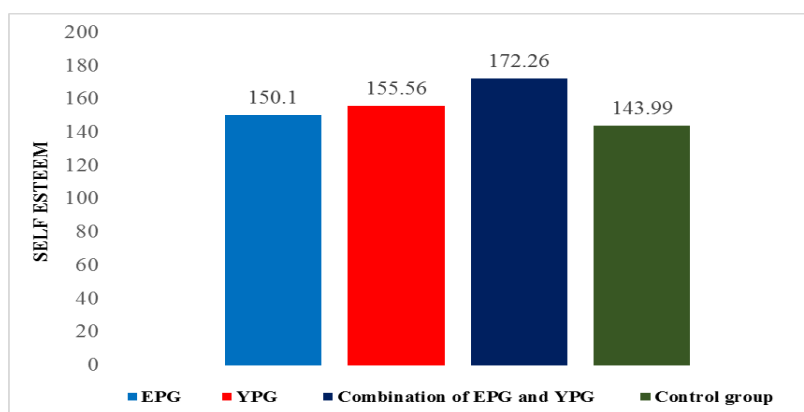
**Table II:** Scheff's Test for the Differences between the Adjusted Means on Self Esteem

Exp. I Eating procedure	Exp. II Yogic Practices	Exp. III Combination of Eating procedure and Yogic Practices	Control Group	MD	CI
150.10	155.56	-	-	5.46	19.35
150.10	-	172.26	-	22.16*	19.35
150.10	-	-	143.99	6.11	19.35
-	155.56	172.26	-	16.70	19.35
-	155.56	-	143.99	11.57	19.35
-	-	172.26	143.99	28.27*	19.35

The mean difference between eating procedure and combination of eating procedure and yogic practices, combination of eating procedure and yogic practices and control group were 22.16 and 28.27 respectively. The values of mean difference of adjusted post-test means were higher than that of the required confidence interval value of 19.35 and it was found to be significant. Thus, the mean difference of paired adjusted post means between eating procedure and yogic practices (5.46), eating procedure and control group (6.11), yogic practices, combination of eating procedure and yogic practices (1.14) and yogic practices and control group

(11.57) were less than the required confidence interval value of 19.35 and it was found to be not significant at 0.05 level of confidence.

From these results it was inferred that combination of eating procedure and yogic practices produced significant improvement in self-esteem of working women than the other training groups of eating procedure, yogic practices and control group. Further, twelve weeks of combination of eating procedure and yogic practices significantly better self-esteem when compared with eating procedure and yogic practices and control group.



**Fig 1:** Bar Diagram Showing the Adjusted Post Test Means of EPG, YPG, Combination of EPG and YPG and CG on Self Esteem

**Table III:** Analysis of Co-Variance of the Means of Three Experimental Groups and the Control Group in Occupational Stress among Working Women

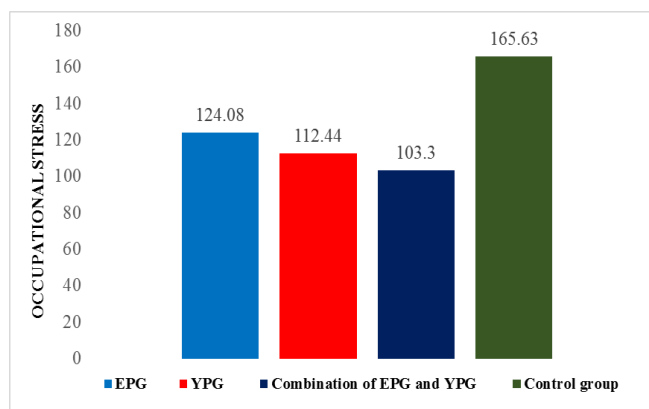
Test	Means				SV	Sum of Square	df	Mean Square	'F' Ratio
	Eating procedure	Yogic Practices	Combination of Eating procedure and Yogic Practices	Control Group					
Pre Test Mean	162	163.65	162.47	160.25	B	987.35	3	329.12	1.09
					W	24990	76	328.82	
Post Test Mean	124	113.20	103.60	164.65	B	43257.9	3	14419.3	47.39*
					W	23122.5	76	304.24	
Adjusted Post Test Mean	124.08	112.44	103.30	165.63	B	45266.6	3	15088.8	68.25*
					W	16580.5	75	221.07	

**Table 4:** Scheff's Test for the Differences between the Adjusted Means on Occupational Stress

Exp. I Eating procedure	Exp. II Yogic Practices	Exp. III Combination of Eating procedure and Yogic Practices	Control Group	MD	CI
124.08	112.44	-	-	11.64	13.43
124.08	-	103.30	-	20.78*	13.43
124.08	-	-	165.63	41.55*	13.43
-	112.44	103.30	-	9.14	13.43
-	112.44	-	165.63	53.19*	13.43
-	-	103.30	165.63	62.33*	13.43

The mean difference between eating procedure and combination of eating procedure and yogic practices, eating procedure and control group, yogic practices and control group, combination of eating procedure and yogic practices and control group were 20.78, 41.55, 53.19 and 62.33 respectively. The values of mean difference of adjusted post-test means were higher than that of the required confidence interval value of 13.43 and it was found to be significant. Thus, the mean difference of paired adjusted post means between eating procedure and yogic practices (11.64), and yogic practices and combination of eating procedure and yogic practices (9.14) were less than the required confidence interval value, it was found to be not significant at 0.05 level of confidence.

From these results it was inferred that combination of eating procedure and yogic practices produced significant reduced in occupational stress of working women than the other training groups of eating procedure, yogic practices and control group. Further, twelve weeks of combination of eating procedure and yogic practices significantly better occupational stress when compared with eating procedure and yogic practices and control group.



**Fig 2:** Bar Diagram Showing the Adjusted Post Test Means of EPG, YPG, Combination of EPG and YPG and CG on Occupational Stress

**Conclusions**

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

1. It was concluded that twelve weeks of eating procedure, yogic practices and combination of eating procedure and yogic practices produced significant changes in psychological variables of working women.
2. It was concluded that twelve weeks of yogic practices produced significant changes in psychological variables of working women.
3. The combination of eating procedure and yogic practices for a period 12 weeks produced most significant changes in psychological variables of working women.

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