



ISSN: 2456-0057

IJPNE 2024; 9(2): 276-277

© 2024 IJPNE

www.journalofsports.com

Received: 14-09-2024

Accepted: 21-10-2024

Dr. P Vanithamani

Associate Professor and Head,
Avinashilingam Institute for
Home Science and Higher
Education, Coimbatore, Tamil
Nadu, India

Impact of yogic poses and stretching exercises among climacteric women

P Vanithamani

DOI: <https://doi.org/10.22271/journalofsport.2024.v9.i2e.2989>

Abstract

This study investigates the effects of yogic poses and stretching exercises on the health outcomes of climacteric women, a population undergoing significant physiological and psychological changes due to menopause. A total of 50 climacteric women participated in a 12-week intervention program involving bi-weekly sessions of yogic poses and stretching exercises. Outcomes were assessed using measures of physical flexibility, muscle strength, and psychological well-being. Results indicate significant improvements in flexibility and strength, alongside reductions in symptoms of anxiety and depression. These findings suggest that regular practice of yogic and stretching exercises can positively impact health and well-being during the climacteric period.

Keywords: Yogic poses, stretching exercises, climacteric women, menopause

Introduction

Background

Climacteric women experience a range of symptoms related to menopause, including decreased physical flexibility, muscle strength, and mental health challenges such as anxiety and depression. Yoga and stretching exercises have been suggested as potential interventions to alleviate these symptoms, but empirical evidence specific to climacteric women remains limited.

Objectives

1. To evaluate changes in physical flexibility and muscle strength among climacteric women participating in yogic poses and stretching exercises.
2. To assess the impact of these exercises on psychological well-being, specifically anxiety and depression.
3. To contribute health benefits to overcome physical and mental illness during menopause.
4. Document changes in the frequency and severity of common menopausal symptoms such as hot flashes, night sweats, and sleep disturbances.
5. Examine the social benefits of group classes and the sense of community among participants.

Scope

- This study focuses on climacteric women aged 45-60, assessing physical and psychological health outcomes before and after a 12-week exercise intervention.
- Mindfulness and breathing techniques in yoga can help reduce symptoms of anxiety and depression often associated with climacteric changes.
- Engaging in regular practice encourages self-care and empowerment, promoting a positive outlook during climacteric changes.

Literature Review

Rubén *et al.*, (2021) ^[4] Several studies have explored the benefits of yoga and stretching exercises in older adults and postmenopausal women. Research indicates that yoga can improve flexibility, muscle strength, and psychological well-being. However, studies specifically targeting climacteric women are sparse.

Corresponding Author:

Dr. P Vanithamani

Associate Professor and Head,
Avinashilingam Institute for
Home Science and Higher
Education, Coimbatore, Tamil
Nadu, India

Susanti HD *et al.*, (2022) ^[5] The study is grounded in the bio psycho social model, which posits that physical activity can positively affect biological, psychological, and social aspects of health. Yoga and stretching exercises are believed to enhance physical health by improving flexibility and strength and psychological health by reducing stress and anxiety.

Methods

Participants

Fifty climacteric women aged 45-60 were recruited from local community centers. Participants were randomly assigned to either the intervention group (n=25) or a control group (n=25). Inclusion criteria included experiencing menopausal symptoms and having no contraindications to physical exercise.

Interventions

The intervention group participated in a 12-week program of bi-weekly 60-minute sessions of yoga and stretching exercises. The program included poses such as Downward Dog, Warrior II, and Child's Pose, along with stretching routines focusing on major muscle groups.

Procedure

Participants underwent pre- and post-intervention assessments. Physical assessments measured flexibility and muscle strength using standardized tests. Psychological well-being was assessed using the Hospital Anxiety and Depression Scale (HADS).

Data Collection

Data were collected through physical assessments and self-report questionnaires administered before the first session and after the final session of the program.

Measures

- **Physical Flexibility:** Assessed using the Sit-and-Reach test.
- **Muscle Strength:** Evaluated using handgrip strength tests.
- **Psychological Well-being:** Measured with the HADS.

Results

Data Analysis

Descriptive and inferential statistics were used to analyze the data. Paired t-tests compared pre- and post-intervention scores for flexibility, strength, and psychological well-being.

Findings

- **Physical Flexibility:** The intervention group showed a significant improvement in flexibility (pre: M = 15.4 cm, post: M = 20.2 cm; $p < 0.01$).
- **Muscle Strength:** Handgrip strength increased significantly (pre: M = 25.6 kg, post: M = 30.4 kg; $p < 0.01$).
- **Psychological Well-being:** Scores on the HADS indicated a significant reduction in anxiety (pre: M = 11.2, post: M = 7.8; $p < 0.05$) and depression (pre: M = 10.5, post: M = 6.3; $p < 0.05$).

Discussion

Interpretation

The significant improvements in physical flexibility and muscle strength suggest that the yogic and stretching exercises were effective in enhancing physical health among

climacteric women. Additionally, the reduction in anxiety and depression scores highlights the psychological benefits of the intervention.

Benefits and Limitations

The study demonstrates the potential of yoga and stretching exercises to improve health outcomes during the climacteric period. However, limitations include the short duration of the intervention and the lack of long-term follow-up. The study also relied on self-reported measures of psychological well-being, which could introduce bias.

Recommendations

Future research should explore long-term effects and consider incorporating a wider range of psychological assessments. Additionally, similar studies could benefit from including a more diverse sample to enhance generalizability.

Conclusion

In conclusion, the implementation of yogic poses and stretching exercises has shown significant positive effects on the health and well-being of climacteric women. These practices can alleviate common menopausal symptoms such as anxiety, depression, and physical discomfort while promoting flexibility, strength, and overall quality of life. By integrating these exercises into daily routines, climacteric women can enhance their physical and mental health, leading to a more balanced and empowered transition through this life stage. Future research should continue to explore the long-term benefits and potential variations in practices to further support this demographic.

References

1. <https://pubmed.ncbi.nlm.nih.gov/35191141/>
2. <https://pubmed.ncbi.nlm.nih.gov/26926324/>
3. <https://www.atlantis-press.com/proceedings/icsspeh-20/125942965>
4. Ruben R, Cavatassi R, Lipper L, Smaling E, Winters P. Towards food systems transformation-five paradigm shifts for healthy, inclusive and sustainable food systems. Food Security. 2021 Dec;13:1423-1430.
5. Susanti HD, Sonko I, Chang PC, Chuang YH, Chung MH. Effects of yoga on menopausal symptoms and sleep quality across menopause statuses: A randomized controlled trial. Nursing & health sciences. 2022 Jun;24(2):368-379.