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Research Paper

Effect of Hatha Yoga Sadhana on Selected Psychological Variables Among Anorexia Syndrome Teenage Girls

Physical Education

KEYWORDS : hatha yoga sadhana, self concept and anxiety.

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ABSTRACT

The present study was designed to find out the effect of hatha yoga sadhana on selected psychological variables among anorexia syndrome teenage girls. It was hypothesized that there would be significant differences in anxiety and self concept among anorexia syndrome teenage girls due to the influences of hatha yoga sadhana . To achieve the purpose of the study, 30 anorexia syndrome teenage girls from Chennai city aged between 30 and 40 years. The Experimental group underwent hatha yoga sadhana for the period of 6 weeks of an hour in the morning. The control group was not exposed to any specific training but they participated in the regular activities. The pre-test and post-test were conduct before and after the training for three groups. The data pertaining to the variables collected from the two groups before and after the training period were statistically analyzed by using Analysis of Covariance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance.

INTRODUCTION

Anorexia nervosa is an eating disorder that is characterized by attempts to lose weight, to the point of self-starvation. A person with anorexia nervosa may exhibit a number of signs and symptoms, the type and severity of which may vary in each case and may be present but not readily apparent. Anorexia nervosa, and the associated malnutrition that results from self-imposed starvation, can cause severe complications in every major organ system in the body. Hypokalaemia, a drop in the level of potassium in the blood, is a sign of anorexia nervosa. A significant drop in potassium can cause abnormal heart rhythms, constipation, fatigue, muscle damage and paralysis. Some Experts believe that Yoga and Meditation can be a valuable tool for treating Addiction. Although few studies have been conducted on this topic, those that have been done provide favorable results for the use of Yoga and Meditation as a treatment tool. The practice of yogic postures, breathing and meditation can aid recovery from many kinds of addiction. Addicts suffer a great physical, psychological and emotional toll because of their behaviors. The goal of Yoga is to create union among the body, mind and spirit. Scientific studies have shown that the practice of Yoga has curative abilities and can prevent disease by promoting energy and health. That is why more and more professionals have started using Yoga techniques in patients with different mental and physical symptoms, such as psycho-somatic diastolic blood pressure and different diseases. Our bodies have a tendency to build up and accumulate poisons like uric acid and calcium crystals, just to mention a few. The accumulation of these poisons manifests in diseases and makes our bodies stiff.

STATEMENT OF THE PROBLEM

The present study was to find out the effect of hatha yoga sadhana on selected psychological variables among anorexia syndrome teenage girls.

METHODOLOGY

To achieve the purpose of the study, 30 anorexia syndrome teenage girls from Chennai city and were selected randomly into experimental group and control groups of 15 subjects each. The selected subjects were divided in to experimental group and control group with 15 subjects each in a group. Experimental Group I underwent hatha yoga sadhana practices for the period of 6 weeks for the maximum of an hour in the morning and the the control group (CG) was not exposed to any specific training but they participated in the regular activities.

Training Programme

Experimental Group I –Hatha yoga sadhana,

Group – II Control Group (No training).

Training programme of Experimental group – (Hatha Yoga Sadhana)

Pawanamukthasana series, Sun salutation, Ardha Kati Chakrasana, Utthita Trikonasana, Kati Chakrasana, Drutha Halasana and Jathara Parivardhanasana, Bhujangasana, Ardha Shalabhasana, Shashankasana and Shavasana. Kapalabhathi, Ujjayi or Nadi Shuddhi Pranayama. Meditation and relaxation.

RESULT AND DISCUSSIONS

TABLE - I

ANALYSIS OF CO-VARIANCE OF THE MEANS OF TWO EXPERIMENTAL GROUPS AND THE CONTROLGROUP IN ANXIETY

Test	Experimental Group – I	Control Group	Source of Variance	Df	Sum of Square	Mean Square	F ratio
Pre- Test	19.867	19.800	Between	2	0.044444	0.522222	1.125547
			Within	38	36.53333	0.869841	
Post-Test	14.133	19.600	Between	2	256.53	128.2667	16.438*
			Within	38	46.27	10.101587	
Adjusted Post Test	14.10	19.62	Between	2	259.9699	129.9849	12.48*
			Within	37	21.19173	10.516871	

***significant**

Table F ratio at 0.05 level of confidence for df 2 and 28 = 4.10, 2 and 27 = 4.11.

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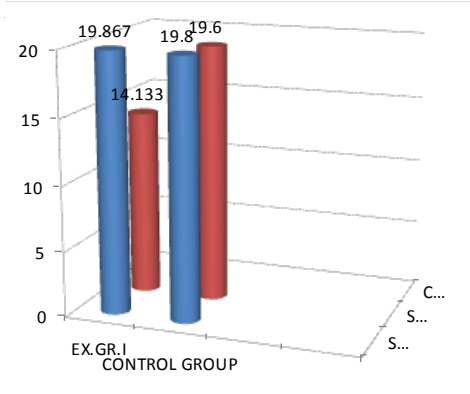
FIGURE - 1
BAR DIAGRAM SHOWING ADJUSTED POST-TEST VALUES OF CONTROL GROUP AND EXPERIMENTAL GROUPS ON



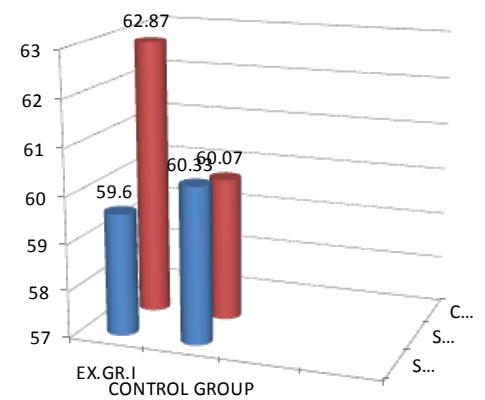
The Self concept was measured Mukta Rani Rastogi (1979) .The Table-II shows the variance of anxiety among experimental group I (yogic practices) and Control group II of stressed school girls .

TABLE II
ANALYSIS OF COVARIANCE ON SELF CONCEPT OF CONTROL AND EXPERIMENTAL GROUP

Test	Experimental Group – I	Control Group	Source of Variance	Df	Sum of Square	Mean Square	F ratio
Pre-Test	59.60	60.33	Between	2	4.03	4.03	0.477
			Within	38	236.933	8.462	
Post-Test	62.87	60.07	Between	2	58.80	58.80	4.890*
			Within	38	336.67	12.024	
Adjusted Post Test	62.62	60.32	Between	2	39.061	39.061	4.624*
			Within	37	227.174	8.414	

***significant**
Table F ratio at 0.05 level of confidence for df 2 and 28 = 4.10, 2 and 27 = 4.11.

FIGURE - 2
BAR DIAGRAM SHOWING ADJUSTED POST-TEST VALUES OF CONTROL GROUP, TWO EXPERIMENTAL GROUPS ON SELF CONCEPT



DISCUSSION ON FINDINGS

The results of the study indicated that the experimental group namely hatha yoga sadhanas had significantly on the selected dependent variables such as psychological variables.

The results of the study showed that anxiety and self concept significantly changes as a result of hatha yoga sadhanas. Hence, the hypothesis was accepted at 0.05 level of confidence. Systematic hatha yoga sadhanas anxiety (decrease) and self concept (increase).

CONCLUSION

During pre and post tests, the experimental group exhibited a significant changes on Psychological variables such as self concept and anxiety immediately after the practices than the control group.

The hatha yoga sadhanas helped to normalize the self concept and anxiety among the anorexia syndrome teenage girls.

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