



INFLUENCE OF SKY YOGA AND DEER EXERCISE ON BMI AMONG TEENAGE GIRLS

Aruna. R. Gwalani

PhD Research Scholar in Yoga for Human Excellence, Bharathiyar University, Coimbatore

Dr. K. Perumal*

Director Development, Dept. of WCSC Vision for Wisdom (Academy), Aliyar, Tamil Nadu, India *Corresponding Author

ABSTRACT

Purpose: This study was conducted to view the influence of SKY yoga and deer exercise among teenage girl students having Menorrhagia.

Methodology: For the study, 90 teenage girl students from Coimbatore were selected as subjects. Their age range was between 15 to 20 years. The subjects have been divided into three groups each consisting of 30 member subjects. Experimental Group I went on SKY yoga and Deer exercise training; Experimental Group II went on only SKY Yoga for 12 weeks. Controlled Group were not given any kind of training and kept under active rest.

Results: The results of study showed a significant improvement in the BMI of the Experimental Groups I, II subjects than the Controlled group. Through the SKY yoga and Deer exercise their weight came to normal.

Conclusion: It has been concluded that SKY yoga and Deer exercise helps in improving the BMI and reduce the obesity and underweight problem.

KEYWORDS : BMI, SKY yoga, Deer exercise, Obesity, underweight.

INTRODUCTION:

Foundations of adequate growth and hormonal changes are laid during childhood and teenage years. Today girls reach puberty at an earlier age itself, rather than boys. In boys its beginning is marked by the onset of voice change followed by rapid physical growth and psychological changes and in girls it will be the arrival of menarche, her first menstrual cycle. These changes are happening due hormonal changes on the development of secondary sex characteristics in body and mind because of the changes taken earlier itself. The teen may not be aware about the changes happening in her body and mind during this period. When teenagers go into a wrong conclusion, they need to be supported and supervised by their parents and elders to guide them. It is very important that, parents should play a great role in determining their personality and health of their child during teenage. Today teenagers are more prone to stress, junk food, lack of physical activity and influence of television and social media has a great impact on them physically and mentally, which leads to obesity, diabetes, menstrual disorders and many other health problems.

OBJECTIVES OF THE STUDY

The objective behind this study is to give away the wonderful science of ancient to the teenage group that is none other than Yoga for the benefits of Living with a healthy body and a peaceful mind. Yoga is the one of the powerful ways for the teenagers to do physical exercise which helps balance and guide them in their life. This study was undertaken to view the influence of SKY yoga and Deer exercise among teenage girl students having Menorrhagia.

STATEMENT OF THE PROBLEM

The teenage girls in Children's Home are generally less informed on developmental changes during menstrual cycle, life skills and access to services needed for a positive outlook in life. Besides, the following factors related to institutional environment also contribute to the difficult situations among teenage girls.

HYPOTHESIS

There were significant differences in the subjects on selected variable of BMI due to the practices of SKY Yoga and Deer exercise than the Control group.

LIMITATIONS

- 1) Economic and cultural status were not considered.
- 2) The factors like nutrients, heredity, environment, climatic condition etc., were not consider.

- 3) The sports and games that might be influencing on the training and data were not considered.
- 4) The genetic problems were not taken into consideration.
- 5) The food habits, working period, life style, sleep etc., were not controlled.

SELECTION OF SUBJECTS

For the study, 90 teenage girl students from Coimbatore were selected as subjects. Their age ranged between 15 to 20 years.

METHODOLOGY:

For the study, 90 teenage girl students from Coimbatore were selected as subjects. They undergone pre-test on physiological variable of BMI. The subjects have been divided into three groups each consisting of equal members. Experimental Group I went on SKY yoga and Deer exercise training; Experimental Group II went on only SKY yoga training for 12 weeks except Saturday and Sunday. Controlled Group were kept in active rest.

SELECTED VARIABLES FOR EXPREMENT

DEPENDENT VARIABLES:

Physiological variables
BMI

INDEPENDENT VARIABLES

Yoga consists of
 I. Simplified Physical exercises
 ii. Kaya Kalpa
 iii. Meditation
 iv. Deer exercise

DEER EXERCISE

Looking at the importance given to woman's health by the society, Vethathiri Maharishi saw women suffering with their personal health problems. He came across the deer exercise, analysed its benefits, and prescribed it for women. It gets its name because a deer in nature continuously stimulates its sexual glands by contracting and relaxing the anal muscles, and moving its tail side to side. The deer exercise works on the physical, mental and spiritual layers of being. By regular practice it would remove them from pain and suffering. It is simple and a blessing to womanhood. The deer exercise is so effective in eradicating period problems, is that it balances the endocrine systems in the body. A great pose exercise for easing pms, menstrual headaches, menopausal symptoms, fibroids, irregular cycles, heavy bleeding, painful periods, lumpy breasts, PCOS, and other menstrual related problems is the Deer

Exercise. It is a simple routine and takes a few minutes. While this exercise is practised regularly one will reap very good benefits.

RESULTS AND DISCUSSIONS ON DEPRESSION:

For statistical analysis the data collected from the pre-test and the post test on depression of experimental groups and control group have been presented in Table I

Table I
Analysis of Covariance for the pre and post test data on depression

TEST	GROUP 1	GROUP 2	GROUP 3	df	SS	MOS	F value
Pre	25.36	20.43	20.83	2	449.85	224.92	0.09*
				87	1902.24	21.86	
Post	25.01	20.34	20.71	2	405.76	202.88	10.45*
				87	1687.89	19.4	
Adjusted	24.68	20.52	20.85	2	259.34	129.67	6.69*
				86	1666.75	19.38	

***Significance at 0.05 level**

Table value required for significant at 0.05 level with df 2 and 87 and 2 and 86 are 3.1 and 3.11 respectively.

Table I shows that the adjusted post-test means values of BMI for SKY yoga with deer exercise Group, SKY yoga Group and Control Group are 24.68, 20.52 and 20.85 respectively. The obtained F-ratio of 6.69 for adjusted posttest mean is much greater than the table value of 3.23 for df 2 and 41 required for significant at .05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post-test means of SKY yoga with deer exercise Group, SKY Group and Control Group on the BMI.

To determine which of the paired means had a significant difference, the Scheffe's test was applied as Post hoc test and the results are presented in Table II.

Table II
Scheffe's test for the differences between the adjusted post-test paired means on BMI

Groups			Mean	CD
Exp Group 1	Exp Group 2	Cnt Group		
24.68	20.52		-4.15	1.66*
24.68		20.85	-3.82	
	20.52	20.85	0.33	

***Significant at .05 level of confidence**

Table II shows that the adjusted post-test means differences on SKY yoga with deer exercise Group and SKY Group, SKY yoga with deer exercise Group and Control Group, SKY Group and Control Group are 4.15, 3.82 and 0.33 respectively. The value 1.66 which shows significant differences at .05 level of confidence.

However, the improvements of BMI were significantly higher for SKY yoga with deer exercise Group than SKY Group and Control Group. It shown SKY yoga with deer exercise Group is better than only practicing SKY Group and Control Group in improving BMI.

The mean and adjusted values of pre and posttest of SKY yoga with deer exercise Group, SKY Group and Control Group on BMI are graphically represented in the Figure -I.

Figure -I



CONCLUSIONS:

Based on above result of the study the following conclusions have been drawn.

1. There was a significant difference between SKY Yoga group and Deer exercise group when compared to the control group on physiological variables of BMI.
2. SKY Yoga with Deer exercise practice was found to be better than only practicing SKY yoga group and control group in physiological variables of BMI.

RECOMMENDATIONS:

A similar study may be conducted by selecting other Physiological variables as criterion variables.

1. A similar study may be conducted by selecting Performance related variables as criterion variables.
2. A similar study may be attempted by selecting other psychological variable for the subjects.
3. A similar study may be conducted for other female age group as subjects.
4. Similar study may be undertaken to analyze the other Psychological and Hematological parameters.

REFERENCES:

1. Complete System of Self-Healing (1986), Dr. Stephen. T. Chang, 93-110p
2. Essential Reiki, Diane Stein, 180-185p
3. The Way of Qi Gong, Kenneth S Cohen – 320-323p
4. Magalirkaka Maan Payrichi (2016), Senior Professor Mariyammal (Tamil Edition)
5. Sublimation and Social Welfare - WCSC M.A. (Yoga for Human Excellence), 123-124p
6. Berg, A.L.Keul, J., "Influence of maximum aerobic capacity and relative body weight on the lipoprotein profile in athletes", Atherosclerosis, 55:2, May, 1985, p.225-231.
7. V Prabha V, Effect of Simplified Kundalini Yoga with and without Varma Application on Selected Psychological Variable of Self Confidence among College Girls Suffering with Menstrual Problem, Innovare Journal of Education 4 (3), ISSN 2347-5528
8. S.Parimala, Effect of Kaya Kalpa Yoga with and without Deer Exercise on Selected Physiological and Psychological Variables among Women Suffering with Irregular Periods, TNPSU
9. VV Prabha, M Jothilakshmi, Effect of Simplified Kundalini Yoga with and without Varma Application on General Mental Alertness among College Girls Suffering with Menstrual Problem.
10. <https://www.davidwolfe.com/the-deer-exercise>
11. <http://www.shemiranibrahim.com/eliminate-pms-deer-exercise/>
12. <http://healsa.co.za/print/pdeerexerwomen.htm>
13. <https://wisewomenredtent.com/tag/deer-exercise/>