



Impact of Psycho-Yogic Intervention on Insecurity Level Among Widows

KEYWORDS

Insecurity, Psycho-Yogic package, Widows.

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ABSTRACT *Widowhood refers to the status of a woman whose spouse has died and who had not married after widowhood. Widowhood disrupts daily routines and social participation. Most widows go through an intense grieving process early in widowhood, marked by feelings of anxiety, depression, mood changes, inferiority, insecurity, disrupted sleep patterns, obsessive thoughts about the deceased, and disorientation. This study has been conducted to find the impact of Psycho-yogic package on Insecurity level among widows. A Control group study was conducted on a sample of 120 widows, taken through quota sampling, with 60 in Experimental and 60 in Control group. Insecurity Questionnaire (1976) of used for pre and post readings. After 60 days of intervention, significant improvement was noticed in Experimental group at 0.01 level of confidence thus indicating that Psycho-Yogic Package can be applied to reduce the Insecurity level among widows.*

INTRODUCTION

The status of women in modern India is a sort of a paradox. On one hand she is at the peak of success, on the other hand she is mutely suffering the violence afflicted upon her by her own family members. Woman is dependent on her husband for support, decision and protection. She has no independent identity, whether she works in the house or in the farm or in a factory, because here the man is the head of the family, owner of property and he is in-charge of the family exchequer. Under such circumstances, when a husband dies, the wife, who is unprepared for such a situation, faces several problems connected with finance, property and other matters. She feels insecure about her family, finance and many other aspects of life. According to a conference held by Loomba Foundation in New York on 22nd June, 2010, there are 245 million widows all over the world. As per the 2001 census, there are 34.3 million widows women in India (India Current Affairs, 2010). The widow faces physical & psychological problems. She loses interest in her daily life and also she neglects her health. Along with these, lack of social contacts, sense of insecurity, isolation and other psychological factors affect her health adversely. She feels restless, hopeless, irritated and frustrated due to her distress of mind with the sense of emptiness of life.

Insecurity feelings arise when an individual is not sure or confident about an issue that is personally important to him/ her. Being insecure implies not feeling entirely stable in a situation. An insecure person may be worried about the stability of his/ her finances, for example, by holding a deep-seated fear of not having enough money or resources to get by (Gilbert et al., 2009). Hari (2013) found in their study that Widowhood subject's were more insecure than subjects with spouse alive.

Saba (1997) evaluated the psychological effects of widowhood on women. Widowhood could result to the decline of family income and lead to lower self-esteem, insecurity and feelings of inadequacy among the children of the widow. It could also result to social stigma, chaste system, austerity and assertive life pattern; making already poor women poorer. The value of a woman's life and personality is not lost as soon as she becomes a widow. It requires the development of new life habits or ways of coping. Her

personality can also grow after widowhood.

The present research analyses Impact of Psycho- Yogic intervention program for managing the symptoms of Insecurity among widows. Pawanmuktasana series works directly on the pranic energy systems of the body. At the same time it acts on the cortex of the brain, systematically enervating the cortex responsible for sensation and motion. We thereby reorder the neuronal circuits, leading to more mental peace, order and equanimity (Shankardevananda, 2006). Pragma Yoga is an effective combination of asanas, breathing exercises and bodily movement. It would help to control movements for strengthening the nerves, muscles and different organs and regularizing the blood supply in all parts of the body. With the combination of these asanas one may have proper balance of physical, mental body. Shavasana is useful for developing body awareness. When body is completely relaxed, awareness of the mind develops; its effects influence the physical as well as the psychological structure. It is very useful in yogic management of anxiety, all psychosomatic diseases and neuroses (Muktibodhananda, 2005). Nadisodhan Pranayama is used for purifying and balancing Ida nadi and Pingla nadi. It increases vitality and lowers the level of stress and anxiety. Alternate nostril breathing stimulate the left and right sides of the brain equally and thereby the left and right sides of the body. It directly balances the two major nadies, Ida and Pingla, which play a major role in determining our thinking and behaviors deciding whether we are introverted or extroverted. (Muktibodhananda, 2005). Cognitive behaviour therapy helps clients change thinking patterns that lead to troublesome emotions or behaviors (Freeman & Reinecke, 1995).

Thus, this Psycho-Yogic Intervention program is hopeful to be beneficial for reducing the symptoms of insecurity level in widows so that they can overcome their problems and be of use to themselves, to the family, to the society, to the nation and the whole of mankind at large.

METHODOLOGY

Sample and Sampling:

A sample of 120 widows, having high levels of insecurity, of Mahila Aashraya Sadan, Vrindavan, Mathura was taken. The sample was divided into two groups, one control and

one experimental, with 60 widows each. The experimental group was administered Psycho-yogic package for 60 days. The age of the subjects ranged from 31-65 years. The sample was selected through Quota sampling.

Research Design:

In the present study, the design used is Control Group Research Design.

Tools Used:

Insecurity Questionnaire: Constructed by G. C. Pati (Orissa) in 1976.

Procedure:

- Preparation
- Pawanmuktasana part-1
- Pragma Yoga
- Shavasana
- Nadishodhan Pranayama
- Cognitive Behaviour Therapy
- End Process
- Total Time: 50 minutes
- Total Intervention Time: 60 days

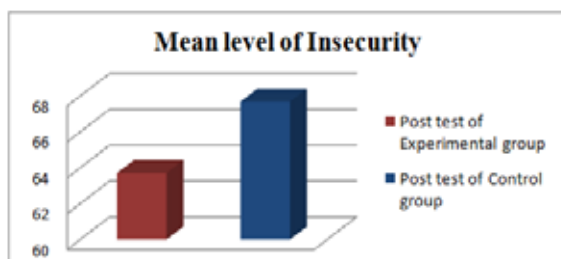
RESULT

Alternate Hypothesis:

1. The Psycho-yogic package significantly decreases the level of Insecurity of 31 to 45 years widows.

Result Table 1

Group		N	M	SD	SED	df	t	Significance
Experimental	Post	30	63.72	3.55	0.89	58	4.43	P<.01
Control	Post	30	67.69	3.39				

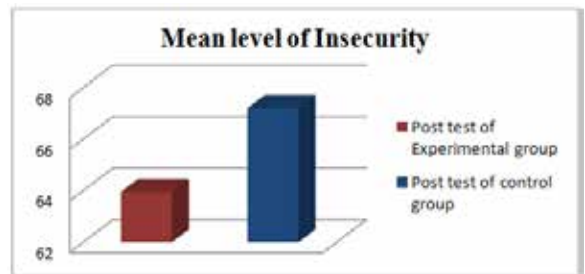


Graphical Representation of Table 1

2. The Psycho-yogic package significantly decreases the level of Insecurity of 51 to 65 years widows.

Result Table 2

Group		N	M	SD	SED	df	t	Significance
Experimental	Post	30	63.96	5.99	1.61	58	2.02	P<.05
Control	Post	30	67.22	6.47				



Graphical Representation of Table 2

DISCUSSION

The present research explored the effect of Psycho-Yogic Intervention on symptoms of insecurity among widows. The result indicates that Psycho-Yogic Intervention is effective in reducing the symptoms associated with Insecurity. The value of t test of the first directional hypothesis which is, 4.43 is significant for the post data of control and experimental groups at 0.01 level, and second directional hypothesis which is 2.02 is significant for the post data of control and experimental groups at 0.05 level, thus it can be say that asanas, pranayama and cognitive behaviour therapy together are useful in bringing out significant changes on insecurity level for both age groups of widows.

Yoga is a generally well accepted and accessible mind-body practice focusing on physical and mental wellness. Regular yoga practices including Asanas, pranayamas and meditation that make us understanding the scriptural. Daily morning practice of Dynamic Yoga Practices, such as Pawanmuktasna, Pragma Yoga, and Pranayama can help to unwind this speeded up loop of thoughts which has become a bad habit teaching to construction of the self confidence. Gurbuxani (2009) concluded that yoga techniques prove to be an effective means for integration of personality because there is significant increase in, self awareness, self actualization and decrease in anxiety and aggressiveness after yoga practice. Charu (2009) studied that Pranayama may improve mental health of children especially in the areas of emotional stability, over all adjustment, autonomy, security-insecurity, self concept and intelligence. Cognitive Behaviour Therapy involves the use of practical self-help strategies, which are designed to bring about positive and immediate changes in the person's quality of life. Eremie et al. (2012) concluded that the effects of individual counseling based on social adjustment of registered widows in Rivers State of Nigeria. Results indicated that individual counseling techniques based on RET and CCA led to significant remediation of social adjustment problems among widows. That means if a widow feels social support, her insecurity level automatically decreased and she makes her life meaningful.

CONCLUSION

Thus, it can be concluded that Psycho- Yogic Intervention is a form of complete therapy that can be used with widows because it is a technique of definitely developing physical endurance, self awareness, emotional stability and self confidence and also reduce the symptoms of insecurity level among widows.

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