



## Anxiety And Stress Coping Skills In Relation to Physical Exercises And Selected Yogic Practices Among Middle Aged Working Women

### KEYWORDS

Anxiety, Stress, Physical Exercises and Yogic Practices.

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**ABSTRACT** *The purpose of the study was to find out the anxiety and stress coping skills in relation to physical exercises and selected yogic practices among middle aged working women. To achieve this purpose thirty working women were selected as subjects randomly from different places of chidambaram, tamilnadu, their aged ranged between 35-45. The selected subjects were divided into three equal groups of ten subjects each, namely Group – I - physical activity group , Group – II, yogic practices group and Group – III - control group. Experimental groups were trained for three alternative days in a week for twelve weeks with their specific training. Anxiety and Stress were selected as dependent variables and they were tested prior to and immediately after the 12 weeks of physical exercises and yogic programmes by using Stress Inventory Scale and State and Trait Anxiety Scale (Questionnaire method) respectively. The ANCOVA was applied to find out the significant difference in each criterion variables, if any, among the groups. Since, three groups were compared, whenever the obtained 'F' ratio for the adjusted post test means was found to be significant, the Scheffe's post hoc test was applied to determine the paired mean differences, if any, was used. The results of the study revealed that there was a significant improvement on selected psychological variables due to performing the coping skills like physical exercises and selected yogic practices groups as compared to control group.*

### INTRODUCTION

Yoga is a skillful methodological treatment to calm down the mind. When you achieve the yogic spirit, you can begin knowing yourself at peace. Yoga strives to increase self awareness on both physical and psychological level. Regular physical exercises maintain our body healthy and prevent from diseases. Physical exercises is any bodily activity that enhances or maintains physical fitness and overall health. Physical fitness is functioning of the blood vessels, heart, lungs and muscles at optimum efficiency.

Psychological problems such as anxiety and stress are an unavoidable reality of life among working men and women in today's world. You can't beat it entirely, and you can't live without it. The goal of development coping skills to managing these problems isn't to be completely without the psychological problems. Now a days psychological problem management through yoga is an essential part of our lives. To get the maximum benefits of yoga one has to combine the practices of yogasanas, pranayama and meditation. The psychological problems have become global problem now about 70-80 percentage of human problems is psychological such as stress, anxiety and tension related. Practicing yoga towards management of psychological in daily life for better living.

The objectives of the study was to improve stress and anxiety coping skills among working women by practicing physical exercises and selected yogic practices after completion 12 weeks of physical exercises and selected yogic practices period. To examine how far the experimental group differ in their changes on psychological variables such as anxiety and stress after the respective experimental treatment.

### materials and methods

The purpose of the study was to find out the beneficial effects of physical exercises and yogic practices on anxiety and stress among middle aged working women. To achieve this purpose thirty working women were selected as subjects randomly from different places of chidambaram, tamilnadu, their aged ranged between 35-45. The selected subjects were divided into three equal groups of ten subjects each, namely Group – I - physical activity group , Group – II, yogic practices group and Group – III - control group. Experimental groups were trained for three alternative days in a week for twelve weeks with their specific training. Anxiety and Stress were selected as dependent variables and they were tested prior to and immediately after the 12 weeks of physical exercises and yogic programmes by using Stress Inventory Scale and State and Trait Anxiety Scale (Questionnaire method) respectively. The ANCOVA was applied to find out the significant difference in each criterion variables, if any, among the groups. Since, three groups were compared, whenever the obtained 'F' ratio for the adjusted post test means was found to be significant, the Scheffe's post hoc test was applied to determine the paired mean differences, if any, was used.

### results and discussions

The data collected prior to and after the experimental period on selected psychological variables such as anxiety and stress of physical exercises group and selected yogic practices group and control group were analysed and presented in Table-I.

**Table – I : Analysis of covariance of data on anxiety and stress between pre and post test of physical exercises group and yogic practices group and control group**

	Test	Physical Exercises Group	Yogic Practices Group	Control Group	Source of Variances	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
ANXIETY	Pre-test								
	Mean	20.3	19.4	21.9	Between	32.067	2	16.033	2.617
	SD	2.71	2.37	2.33	Within	165.4	27	6.126	
	Post- test								
	Mean	8.5	11.2	22.8	Between	1154.47	2	577.233	217.368*
	SD	1.08	1.87	1.81	Within	71.7	27	272.656	
	Adjusted Post-test								
Mean	8.585	11.615	22.3	Between	919.464	2	459.732	241.133*	
				Within	49.57	26	261.907		
STRESS	Pre-test								
	Mean	22.2	19.1	22.2	Between	112.067	2	56.033	3.13
	SD	4.34	4.81	2.53	Within	436.1	27	16.152	
	Post-test								
	Mean	16.5	18.7	23.6	Between	1110.86	2	555.433	111.08*
	SD	3.4	0.82	1.65	Within	135.1	27	5.00	
	Adjusted Post-test								
Mean	12.45	17.78	23.55	Between	920.54	2	460.272	88.904*	
				Within	134.66	26	5.177		

\* Significant at .05 level of confidence.

(The table value required for significance at .05 level with df 2 and 27 & 2 and 26 are 3.35 and 3.37)

Table-I shows that the obtained “F” ratio value 241.133\* for adjusted post test mean values on Anxiety which was greater than the required table value of 3.37 for significance with df 2 and 26. The results of the study showed that there was a significant difference among three groups on Anxiety.

Table-I shows that the obtained “F” ratio value 88.904 for adjusted post test mean values on Stress which was greater than the required table value of 3.37 for significance with df 2 and 26. The results of the study showed that there was a significant difference among three groups on Stress. Since three groups were involved, the Scheffe’s post hoc test was applied to find out the paired mean differences, if any, and it is presented in the Table- II

Table - II :Scheffe’s post hoc test for the difference between six paired adjusted post test means of anxiety and stress

Variables	Physical Exercises Group	Yogic Practices Group	Control Group	Mean Difference	Confidence Interval
ANXIETY	8.585	11.65	-	3.65*	2.53
	8.585	-	22.3	13.71*	2.53
	-	11.65	22.3	10.65*	2.53
STRESS	12.45	17.82	-	5.35*	4.17
	12.45	-	23.55	11.11*	4.17
	-	17.82	23.55	5.73*	4.17

\*Significant at 0.05 level of confidence.

Table-II shows that the obtained confidence interval value were greater than the confidence interval value of 2.53 at .05 level which indicates that there was significant different among physical exercises group and yogic practices group , physical exercises group and control group and yogic practices group and control group were 3.065, 13.75 and 10.65 respectively on anxiety.

Table-II shows that the obtained confidence interval value were greater than the confidence interval value of 4.17 at .05 level which indicates that there was significant different among physical exercise group and yogic practices group , physical exercises group and control group and yogic practices group and control group were 5.323,11.10 and 5.78 respectively on stress.

**conclusion**

1. Physical Exercises and Yogic practices are best coping skills to reduce stress and anxiety among working women.
2. Psychological Variables such as Anxiety, Stress were significantly improved due to 12 weeks of physical exercises group and yogic practices group as compared to control group.
3. The result of the study shows that, there was a significant differences among the group. Yogic practices group was better than the Physical exercises group.

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