



EVALUATE THE IMPACT OF FAST-SPEED SURYANAMASKAR ON QUALITY OF LIFE IN WOMEN DURING THE POSTNATAL PERIOD

Yoga

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ABSTRACT

Pregnancy is not just about the birth of a new life but also the rebirth of a woman as a mother. Being a crucial time that brings along a constant rollercoaster of psycho-physiological changes affecting the new mother's point of view towards her post-pregnant life status, the current study was premeditated to evaluate the impact of fast-speed Suryanamaskar (FSN) on quality of life (QOL) in women during the postnatal period. **Method:** 20 women who fit the inclusion criteria and voluntarily wished to enroll in the study were recruited. Data was collected using the Maternal Postpartum Quality of Life (MAPP-QOL) questionnaire (Hill et al., 2006). Student t-test was employed for pre- and post-test data analysis. **Results:** Significant improvement ($p < 0.01$) in QOL was noted in participants' post-intervention data. **Conclusion:** Daily practice of FSN can help increase the level of QOL in women during the postnatal period.

KEYWORDS

Quality Of Life, Postnatal, Yoga, Suryanamaskar.

INTRODUCTION

Pregnancy is not just about the birth of a new life but also the rebirth of a woman as a mother. Apart from being a crucial time that brings along a constant rollercoaster of psycho-physiological changes, the new mother is also expected to manage her maternal, personal, professional, and social roles gracefully. These tenacious demands eventually affect the woman's point of view toward her post-pregnant life choices and overall perceived status. One's manner of perceiving and gauging self from one's socio-cultural and environmental point of standing in accordance with their own aims, expectations, progress, etc., having an influence on their mental, physical, social, environmental health and relations, as well as their belief system, can jointly be understood as one's quality of life (QOL) (De Oliveira et al., 2015; Kuyken et al., 1995). According to the WHO, physiological health, psycho-emotional well-being, perceived independence, social relations, beliefs, and environmental standing are six primary domains that can have a positive as well as negative influence on one's quality of life, impacting their overview of life and the level of satisfaction experienced as a result. The postnatal period is one such demanding phase that has the potential to gravely impact the new mother's QOL. The constant juggling between responsibility roles faced by women during the postnatal period, topped with insufficient backing from partner or family, financial strains, professional deadlines (Jeong et al., 2021), transitory or constant failure in handling overall pressure, recent birthing experience, mode of delivery (Kohler et al., 2018), maternal age, medical conditions, etc., can also have a direct impact on maternal QOL. While Papamarkou et al.'s (2017) study showed a direct impact of postnatal depression on postnatal QOL, Jeong et al.'s (2021) study suggested postnatal fatigue, breastfeeding, and postnatal marital intimacy as factors having a direct influence on QOL among postnatal mothers. Additionally, Mokhtaryan-Gilani et al.'s (2022) study found that mothers with low levels of QOL during the postnatal period did not have a positive attitude towards their maternal role and child. Thus, it becomes pivotal to address the postnatal QOL of the new mothers, as it not only affects her but also the newborn and the social ecosystem around the woman.

Yoga, the practice that helps bring equanimity between mind, body, and spirit, is today just seen as yet another alternative therapy for disease and health management. In spite of having eight components in totality, only asana, pranayama, and meditation aspects of yoga are employed for therapy purposes today. Scientific research has not only proved yoga's efficacy in improving lifestyle disorders like stress (Maddux et al., 2018), depression (Shohani et al., 2018), obesity (Shetty et al., 2018), etc., but also showed its efficacy in increasing immunity (Dalpati et al., 2022), restoring HPA balance, and improving QOL (Nadholta et al., 2020) too. The yogic practice of Suryanamaskar (SN) is the perfect blend of asana, pranayama, and mindfulness having an effect on all vital body systems, muscles, and overall psycho-physical well-being. Being an inexpensive practice yielding umpteen therapeutic benefits, SN becomes the most accessible lifestyle management practice which helps improve one's QOL. Thus, the current study is premeditated to evaluate the impact of fast-speed Suryanamaskar (FSN) on QOL in women during the postnatal period.

Research Methodology

Statement of the Problem:

The purpose of this study is to evaluate the impact of fast-speed Suryanamaskar on the Quality of life in women during the postnatal period.

Hypothesis:

Fast-speed Suryanamaskar has no positive impact on the Quality of life of women during the postnatal period.

Population and Sample:

This empirical research was conducted on 20 healthy women chosen using purposive sampling, who were between 3-6 months postnatal, and 25-35 years old. The proposed FSN intervention was given to these participants for 12 weeks after providing an online orientation and receiving oral consent from the participants.

Study Design:

Single group, pre-post design evaluating subjects at 2 timeframes – base (pre-intervention) and final (post-intervention).

Intervention:

Participants practiced 30 minutes of FSN-based intervention (warming up stretches, 15 minutes SN, supine rest, and chanting) online, Monday to Friday under supervision.

Assessment tool:

The self-administered Maternal Postpartum Quality of Life Questionnaire (MAPP-QOL) questionnaire developed by Hill et al. (2006) was employed to gauge the FSN intervention's impact. The tool utilizes a Likert-type scale (1-6) for 39 items to evaluate corresponding satisfaction and importance levels with a possible overall score range of 0-30.

Data Analysis: Student t-test was applied to analyze pre-post data.

Result, Interpretation, And Discussion

RESULTS:

Post 12 weeks of FSN-based intervention, the participants showed a statistically significant improvement in their QOL scores ($p < 0.01$).

Table 1: Pre- and Post-test mean score of QOL

	Pre-test	Post-test
Mean	20.649	23.105
Pearson Correlation	0.755	
df	19	
t Stat	4.290*	

*Since calculated t-value > tabulated t-value, the result is considered statistically significant at $p < 0.01$.

Interpretation:

Table 1 (above) shows an increase in the pre-test mean (20.649) to the post-test mean (23.105) signifying augmentation in overall QOL levels of the participants after undergoing the intervention. Additionally, this statistically significant growth cements the

intervention's ability to ameliorate QOL among postnatal women.

DISCUSSION:

New responsibility as a mother, ongoing biological and mental changes post-delivery, along with persistent societal expectations tend to engulf the new mother which many a times results in self-doubt impacting the woman's self-perception leading to decrease in the level of her QOL. The well-accepted practice of yoga, a means to manage and prevent ailments, has proven its potential in bettering all aspects of wellbeing, which eventually helps improve QOL. The results seen in the present research studying the impact of FSN on postnatal QOL (Table 1) depict a statistically substantial growth in the QOL of the post-intervention evaluation as compared to its pre-intervention scores ($p < 0.01$). This result is parallel to the findings discovered in Ko et al.'s (2013) postpartum interventional study involving Yoga-Pilates program; as well as to the systematic review study of various postpartum exercise performed by Anggraeni et al. (2019) to see their impact on QOL. NaoSrisorn et al., (2019) too, found yoga to be effective in improving postpartum maternal QOL. This agreement of the current result with past research studies proves that the proposed FSN intervention has great potentiality to enhance QOL in postnatal period, irrespective of its short-term practice nature and short-interventional module. Since data evaluation indicates a positive impact of FSN on postnatal QOL, the null hypothesis would have to be replaced by an apt alternative hypothesis: 'Fast-speed Suryanamaskar has a positive impact on the Quality of life of women during the postnatal period'.

CONCLUSION

Life-altering instances like childbirth leave behind an immense mark on the new mother's biological, mental, as well as emotional well-being which tends to have a direct link to her QOL. Since QOL can be affected by various factors like one's coping mechanisms, social support, personal perspectives and belief systems, professional and environmental status, etc., any form of fallibility in these components can severely cause an unnoticeable, silent decline in the woman's QOL impacting her gravely. At such times, introduction to simple yet effective lifestyle management modules like Yoga and Suryanamaskar in daily regime can bring about desirable positive changes. These practices are expedient due to its easy to adapt nature and practical, cost-effective approach. Owing to its holistic characteristic that aids in QOL elevation, these practices become instrumental in keeping various postnatal complications like depressions, stress, fatigue, etc. anchored away from the new mother. Irrespective of the fact that the present study was conducted on a miniscule sample size, and a short-intervention duration of only 30 minutes for 12 weeks, the research still holds merit and provides evidence that fast-speed Suryanamaskar is impactful in improving the level of QOL among the women during the postnatal period.

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