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INFLUENCE OF YOGIC PRACTICES AND INTROSPECTION ON SELECTED PHYSIOLOGICAL VARIABLE AMONG MIDDLE AGED WORKING WOMEN WITH MENSTRUAL PROBLEM

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ABSTRACT

The purpose of this study was to find out influence of yogic practices and introspection on selected physiological variable among middle aged working women with menstrual problem. The selected subjects 45 were randomly divided into three groups equally of which experimental Group – I underwent yogic practices with introspection, Group – II underwent yogic practices without introspection Group – III acted as Control Group. The subjects selected for this study were in the age group of 30 to 40 years. Each group consisting of fifteen subjects, there experimental group as Group I & II and Control group as Group III. The following Physiological variable was selected as dependent variables such as Systolic Blood Pressure and measured by citizen equipment, and the following variable was selected as independent variable as yogic practices and introspection. The data collected on selected criterion variables were subjected to statistical analysis using analysis of covariance (ANCOVA) to find out any significant difference between the three groups on Systolic Blood Pressure.

Keywords: Yogic Practices, Working Women, Menstrual Problem

1. INTRODUCTION

The menstrual cycle is the cycle of natural changes that occurs in the uterus and ovary as an essential part of making reproduction possible. Its timing is governed by endogenous (internal) biological cycles. The menstrual cycle is essential for the production of eggs, and for the preparation of the uterus for pregnancy. The cycle occurs only in fertile female humans and other female primates. In human females, the menstrual cycle occurs repeatedly between the age of menarche, when cycling begins, until menopause, when it ends.

A menstrual disorder is an irregular condition in a woman's menstrual cycle. Anything that interferes with the normal menstrual cycle, causing pain, unusually heavy or light bleeding, or missed periods. Typically, a woman of childbearing age should menstruate every 28 days or so unless she's pregnant or moving into menopause. But numerous things can wrong with the normal menstrual cycle, some the result of physical causes, others emotional. These include amenorrhea, or the cessation of menstruation, menorrhagia, or heavy bleeding, and dysmenorrhea, or severe menstrual cramps. Nearly every woman will experience one or more of these menstrual irregularities at some time in her life.

2. PURPOSE OF THE STUDY

The purpose of the study was to find out the influence of yogic practices and introspection on selected physiological variable among middle aged working women with menstrual problem.

3. METHODOLOGY

Totally Forty five middle aged working women with menstrual problem were randomly selected from Chennai. The selected subjects were divided into three equal groups of fifteen subjects each, such as experimental group and control group. The age of the subjects was ranged between 30 to 40 years. Preliminary measurement was taken for these three groups (I,II and II) on the selected dependent variable before the training program. Group – I underwent yogic practices with introspection and Group – II underwent yogic practices without introspection Training daily one hour for 5 days per week for a total period of 6 weeks. Group III (Control Group) was permitted to undergo their normal lifestyle during the course of experiment. They didn't receive any specific yogic practices and introspection Programs. After the experimental period of 6 weeks, the three Groups (I,II and III) were measured again on the same selected dependent variable.

4. RESULTS AND DISSCUSSIONS

The Physiological variable Systolic Blood Pressure was measured through standard test. The results on the effect of yogic practices with and without introspection among middle aged working women with menstrual problem are presented in table – I.

TABLE – I

COMPUTATION OF ANALYSIS OF COVARIANCE OF THE TWO EXPERIMENTAL GROUPS AND CONTROL GROUP ON SYSTOLIC BLOOD PRESSURE

(Scores in mg/dl)

Test	Exp. Gr. I	Exp. Gr. II	Cont. Group	Source of variance	Sum of squares	Degree of freedom	Means squares	Obtained F value
PRE TEST	147.53	146.27	144.40	between	74.53	2	37.267	0.56
				within	2800.27	42	66.67	
POST TEST	133.73	134.47	147.20	between	1720.13	2	860.07	13.03*
				within	2773.07	42	66.03	
ADJUSTED POST TEST	133.18	134.39	147.83	between	1938.79	2	969.40	16.77*
				within	2370.253	41	57.81	
MEAN GAIN	13.8	11.80	2.80					

***Significant at 0.05 level of confidence. * F(0.05) (2,42 and 2, 41) = 3.23.**

TABLE – II

SCHEFFE'S POST-HOC TEST FOR SYSTOLIC BLOOD PRESSURE

Exp. Gr. I	Exp. Gr. II	Control group	Mean difference	C.I
133.18	134.39	-	1.21*	0.90
133.18	-	147.83	14.66*	0.90
-	134.39	147.83	13.44*	0.90

***significant**

5. CONCLUSIONS

Yogic practices with and without introspection help to reduce the systolic blood pressure among the middle aged working women with menstrual problem to compare the control group. And comparing the experimental groups Experimental group – I (yogic practices with introspection) than the experimental group – II (yogic practices without introspection).

CONFLICT OF INTERESTS

None.

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