

EFFECT OF SIMPLIFIED PHYSICAL EXERCISE ON SELECTED PSYCHOLOGICAL VARIABLE AMONG STRESSED HOME MAKER WOMEN

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Abstract

The purpose of the present study was to find out the effect of Simplified Physical Exercises on selected psychological variables among Stressed home maker women. The study was conducted on 30 randomly Stressed home maker women. Totally two groups, namely, control & experimental group, each consisting of 15 subjects. Stressed home maker women underwent eight weeks practice in Simplified Physical Exercises, whereas the control group did not under go any type of training. The anxiety was measured before and after the experimentation using the standardized questionnaire to measure the anxiety. The data were analyzed by Analysis of Co-variance (ANCOVA) and it was concluded that the Simplified Physical Exercises had significant ($P < 0.05$) effect on the stress level.

Key words : Simplified Physical Exercises, Stress, Anxiety.

INTRODUCTION

Simplified Physical Exercises and Simplified Yoga is otherwise known as Simplified Kundalini Yoga .As a science of preventive health and holistic path for all-round development. Simplified Kundalini Yoga as lifestyle, is based on certain principles which are beneficial for healthy living, Yogic principles are universe in nature and can be adapted by all human beings irrespective of time, place, age, gender, profession or race. These principles are related to every aspect of life and treat the person as a whole. The Simplified Kundalini yogic principles bring about harmony between body and mind. At physical level they focus on strength, stamina and endurance and at mental and emotional level they are concerned with concentration, right knowledge, calm, peace, happiness. Simplified Kundalini Yoga can play an important role in stress management.

Drastic change in lifestyle or women's lesser body resistance; women's increasing health issues are catching everyone's eyes. The most common health issues that women of India today are dealing with breast cancer, stroke, polycystic ovarian disease, weight gain, stress etc. Women have health issues that deserve special consideration - everywhere. Achieving and maintaining general health by focusing on major health concerns for women become imperative. The use of yoga for health maintenance and well being of every group of people is felt increasingly by every one day by day. There are different forms of yogic practices and among which Simplified Physical Exercises is very much useful for women with stress because its simplicity. In this research, an effort is made to scientifically prove the effect of .Maharishi Vethathri's Simplified Physical Exercise on selected psychological variables among stressed home maker women The system of physical exercises developed by Shri Vethathiri Maharishi after years of intense research fulfils the need of maintaining the proper circulation of blood, heat, air, energy and bio-magnetism, ensuring maintenance of health and prevention of disease in a gentle way.

The focus of Simplified Physical Exercises was on maintaining and improving the health of their productive organs, balancing the hormonal system and easing stress. The cycles of a women's life from menstruation to menopause affect a women's hormones in a way that causes stress on the physical, physiological and emotional levels. The Simplified Physical Exercises poses not only strengthen and elasticize the muscles but also massage and tone the internal organs. As a result, the metabolic system is balanced – improving overall health, increasing mental and physical alertness, balance, endurance and vitality. It develops the immunity system and thus acts as a preventive and as a curative to various diseases caused due to stress like depression, self-confidence, anxiety.

Anxiety is complex emotional state characterized by a general fear of fore bonding usually accompanied by tension. It often has to do with inter personal relation social situation and feeling of rejection and insecurity and usually a part of anxiety. We can manage anxiety effectively by stretching our body and also by relaxing our body and mind.

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the effect of Simplified Physical Exercises on selected psychological variables among stressed home maker women\.

HYPOTHESIS

It was hypothesized that there would be a significant differences on anxiety among Stressed home maker women due to Simplified Physical Exercises than the control group.

REVIEW OF RELATED LITERATURE

Berger, Owen and Man (1993) determined the exercise and mental health literature and then examined the influence of rational difference on the acute mood benefits of swimming on women college students (N=70) from Czechoslovakia and the United States. They completed the POMS before and after class on these occasions. The United States swimming classes met for 50 minutes twice a week through out a 14 weeks semester Czechoslovakian swimming classes met for 90 minutes once a week throughout a biweek semester in comparison with their respective controls. Czechoslovakian swimmers reported greater mood changes than the United States swimmers. The Czechoslovakian and United States swimmers reported mood improvement on tension, depression, anger, vigor and confusion.

Niemen et al. (1993) experimented and concluded that cardio respiratory exercise improve psychological wellbeing and moods in elderly women. 30 sedentary women, 67 to 85 years of age were randomly assigned to either experimental and control groups. Women in both groups exercised 30 to 40 minutes a day, 5 days a week for 12 weeks. All were measured for body composition, cardiorespiratory fitness, and psychological wellbeing and mood state before and after the experiment. Both groups showed improvement in their mood and psychological wellbeing scores by the end of the 12 week study.

METHODOLOGY

The purpose of the study was to find out the effect of Simplified Physical Exercises on anxiety among Stressed home maker women. For the purpose of this study, Thirty Stressed home maker women were chosen on random basis from Hosur only. Their age group ranges from 30 to 40. The subjects were divided into two group of fifteen each. The experimental group would undergo Simplified Physical Exercise and the control group not attend any practices, and the pre test and post tests would be conducted before and after the training. Training would be given for eight weeks. It would be found out finally the effect of Simplified Physical Exercises on anxiety among Stressed home maker women in scientific method. Anxiety was measured by the Taylor's Anxiety Scale questionnaire. The collected data were statistically analyzed by using analysis of covariance (ANCOVA).

The analysis of Covariance on the data obtained for Anxiety of Pre and Post-test of EXPG. CG have been presented in Table I.

COMPUTATION OF ANALYSIS OF COVARIANCE ON ANXIETY

	EXPERIMENTAL GROUP	CONTROL	SOURCE OF VARIANCE	SUM OF SQUARES	DF	MEAN SQUARES	OBTAINED F
Pre Test Mean	23.27	28.40	Between	197.63	1	197.63	11.06*
			Within	500.53	28	17.88	
Post Test Mean	10.67	29.40	Between	2632.03	1	2632.03	641.21*
			Within	114.93	28	4.10	
Adjusted Post Test Mean	11.45	28.62	Between	1584.23	1	1584.23	627.13*
			Within	68.21	27	2.53	
Mean Diff	-12.60	1.00					

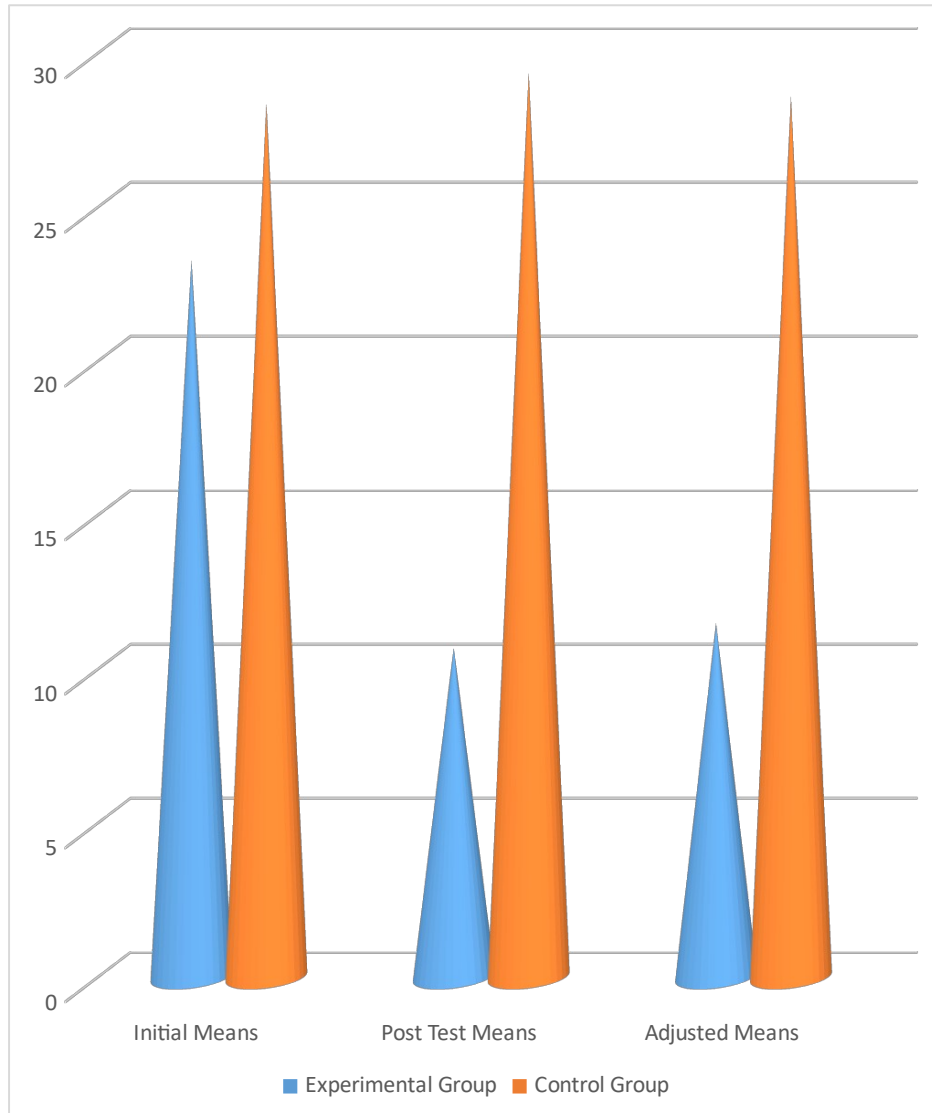
*Significant at 0.05 level. (Required table value at 0.05 level of significance for 1, 28 & 1, 27 degrees of freedom are 4,20 & 4,21 respectively).

The obtained F-ratio values were higher than the table value; it indicates that there was significant difference among the posttest and adjusted post-test means of the Experiment Group and the Control Group on Anxiety.

The ordered adjusted means were presented through bar diagram for better understanding of the results of this study in Figure I.

FIGURE 1

Bar Diagram Showing Initial, Final and Adjusted Means on Anxiety of Experimental and Control Groups



RESULTS AND DISCUSSIONS OF ANXIETY

Taking into consideration of the pre test means and post test means adjusted post test means were determined and Analysis of Covariance was done and the obtained F value 627, 13 was greater than the required value of 4.11 and hence it was accepted that the Simplified Physical Exercises significantly reduced the anxiety among Stressed home maker women at 0.05 level.

This proved that due to eight weeks Simplified Physical Exercises practices anxiety was significantly reduced among Stressed home maker women.

DISCUSSION ON THE FINDINGS OF ANXIETY

The Analysis of Co-variance of Anxiety indicated that experimental group were significantly improved than the control group on anxiety. It may be due to the effect of Simplified Physical Exercises

The findings of the study showed that the experimental group (Simplified Physical Exercises) had improvement on anxiety more than the Control group. Nearly everything in life requires balance. Simplified Physical Exercises on its own is a good step toward a healthy life style. However, as individual, it is important to realise that we need to work on our body as well as our mind. We can use Simplified Physical Exercises not only as part of a program to improve stress but also as a way to assist in attaining other goals,

CONCLUSION

There was a significant improvement in anxiety of experimental groups when compared to the control group. Simplified Physical Exercises has shown mild improvement than the Control group.

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