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Effect of Yogic Practices on Selected Psychological Variable Among Diabetes Tribal Women

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Abstract: Food, clothes, and a safe place to live are essential to human life. People's minds move on to matters of safety, pride, and success after those necessities have been met. However, if they conduct themselves in accordance with the law of life, the way of life, and the law of nature, they will be successful and healthy regardless of what they choose to do with their lives. The same is true for how their lifestyle choices may affect their wellbeing. Finding out how Yogic practices affect stress among tribal women with diabetes was the focus of the current research. Forty diabetic women from remote tribal communities participated in this study. Forty women with diabetes living in a tribal community were divided into two groups: the control group received no instruction, while the experimental group practiced Yogic techniques for six weeks. Before and after the experiment, participants filled out a questionnaire to gauge their stress levels. Analysis of Co-variance was used on the collected data, and it was inferred that Yogic practices significantly lowered stress levels ($P < 0.05$).

Keywords: Yogic practices, Diabetes, Tribal Women, Stress

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Introduction

By focusing on the whole person—body, mind, and spirit—Yoga is a comprehensive science that meets the World Health Organization's criteria for wellness. Doctors are not immune to the effects of stress, which may be seen across all age groups and professions. Although there are a variety of therapies available, many individuals are looking for non-pharmaceutical ways to deal with mental health issues including depression, anxiety, and stress. Yoga is a well-liked treatment

option for a variety of health issues, including prevention and upkeep. Yoga is a wonderful method of self-care and upkeep. Its traditional practices are beneficial for both physical and mental health. Through the practice of yoga, one may become more self-aware and therefore more attuned to their inner and outside worlds. People have a tendency to reject unhealthy routines and influences in favor of those that promote health and happiness. The eight limbs of yoga, as

described in the ancient literature, provide the basis of the traditional representations of yoga as a lifestyle.

Type 2 diabetes is a growing epidemic since it is mostly attributable to people's sedentary lifestyles. One in three Indians suffer from one of the many non-communicable illnesses, and this number is rising rapidly. Because of the prevalence of Type II Diabetes Mellitus and stress among tribal people, this study aimed to determine the effects of yoga on a number of predetermined variables in diabetic women from the Kodaikanal hill tribe.

The goal of the research was to determine the impact that yoga practices on the amount of stress experienced by diabetic women who live in tribal areas. It was expected that there would be substantial variations in the levels of stress experienced by diabetic women living in tribal areas owing to yogic practices compared to those experienced by the control group.

Materials and Methods

Forty diabetic women (between the ages of 35 and 45 years) who were residents of tribal areas in Kodaikanal were chosen at random for participation. The participants were divided into two groups of twenty individuals each. The experimental group participated in yogic practices, while the second group, considered as the control group, not participated in any practices. Pre- and post-tests were carried out prior to and after the training, respectively. The training continued for a total of eight weeks. Analysis of Covariance (ANCOVA), a statistical method, was used to evaluate the data.

The table value for significance at 0.05 level of confidence with df 1 and 38 was 3.10. The ordered adjusted means are presented in Figure 1.

Training Schedule:

Group I (Experimental Group) : Yogic practices were performed such as Prayer, Loosening exercises, suryanamaskar, asanas, pranayama,

Kriyas, meditation and relaxation and ending prayer.

Group II: Control Group (No Training).

Results and Discussion

Taking into consideration of the pre-test means, post-test means and adjusted post test means were determined and Analysis of Covariance was done and the obtained F value 17.43 was greater than the required value of 3.10 and hence it was accepted that the Yogic practices significantly improved the stress among female diabetes middle aged women living in tribal.

Malhotra *et al.* (2005) noted that consistent yoga intervention revealed a good impact on stress management. They also proposed that practitioners should teach yoga as a method of stress management since consistent practice of yoga has a favorable influence on one's ability to handle stress, and they suggested that practitioners should teach yoga.

Yoga Nidra was investigated by Malhotra *et al.* (2002a, b) as a potential supplementary therapy for stress and depression symptoms in individuals who suffered from menstruation disorders. Patients who suffer from menstruation disorders often experience stress, tension, symptoms, and sadness. Patients who were suffering from mild to severe stress and depressed symptoms showed considerable improvement after receiving Yoga Nidra treatment. Patients who were suffering from acute stress and indications of depression have not shown any meaningful signs of recovery.

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between yogic practices group and control group on Stress . This proved that due to six weeks yogic practices, Stress was significantly improved among diabetes middle aged women living in tribal.

According to the results of an analysis of covariance performed on stress, the levels of

Table 1: Computation of mean and analysis of covariance of stress on experimental and control group

Group	Experimental group	Control Group	Source of Variance	Sum of square	Df	Mean Square	'F' ratio
Pre-Test Mean	28.8	26.33	Between	47.51	1	23.75	0.564
			Within	1769.73	38	42.13	
Post-Test Mean	20.73	31.47	Between	1377.64	1	688.82	17.43*
			Within	1659.6	38	39.51	
Adjusted Post -Test Mean	19.85	32.59	Between	1742.83	1	871.41	72.95*
			Within	489.74	37	11.94	

* significant at 0.05 level of confidence

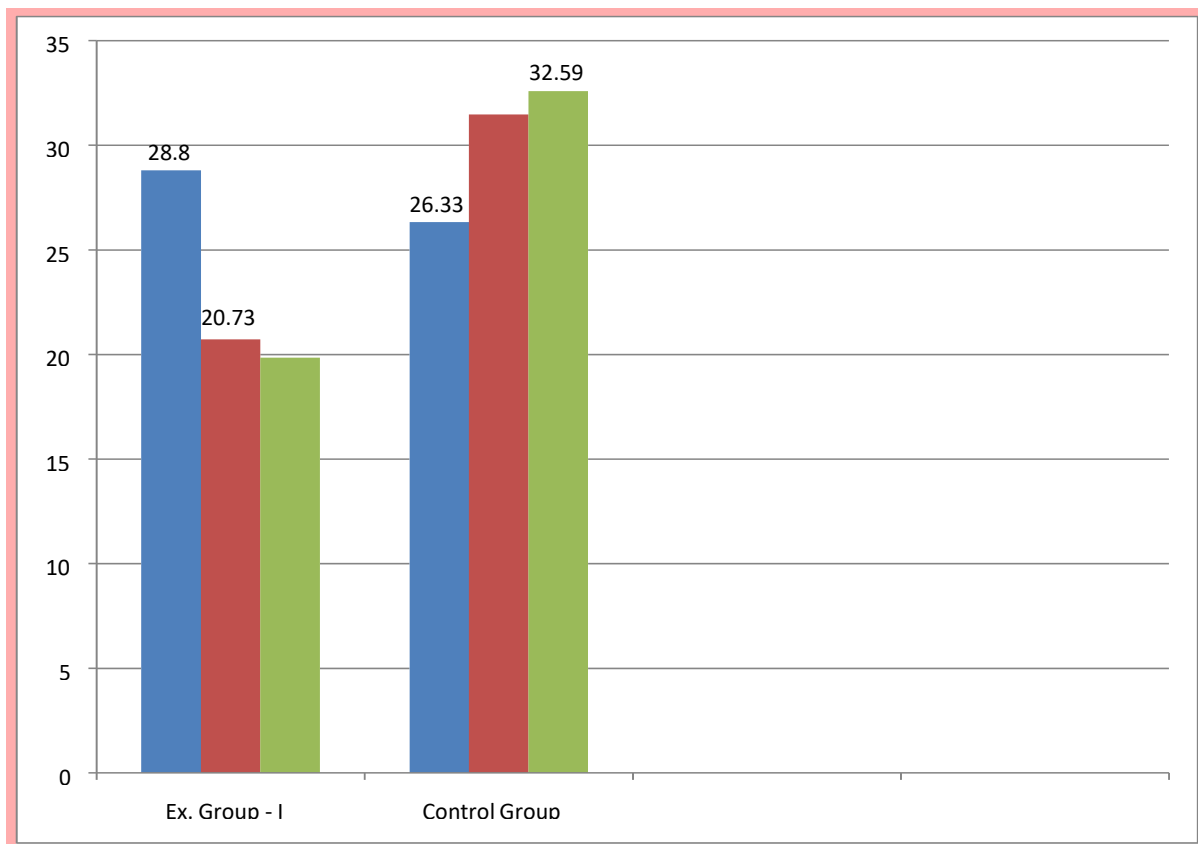


Fig. 1: Mean difference among experimental group and control group of stress.

stress in the experimental groups that engaged in yogic practices were considerably lower than those in the control group. It is possible that the impact is a result of doing yogic practices.

Conclusion

According to the post-test analysis of the stress score, the patients in the experimental group scored a 20.73 on the stress scale, whereas the patients in the control group scored a 31.47. The F ratio value that was achieved is 17.43, which is more than the minimum needed F value of 3.10. It would seem that the standard deviation of the stress score is much higher than the figure that was obtained. Therefore, it has been shown that

practicing yoga has been quite successful in lowering the levels of stress experienced by diabetic patients.

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