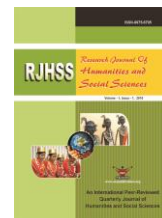


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RESEARCH ARTICLE

An Experimental Study on Effects of Integrated Yoga Module on Mental Health with Special reference to female Employees of Raipur District of Chhattisgarh State

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ABSTRACT:

The present research study was aimed to see the Effects of Integrated Yoga Module on Mental Health with Special Reference to Female Employees of Raipur District of Chhattisgarh State. For the purpose the mental health was studied under its six dimensions i.e. emotional stability, total Adjustment, leadership ability, security-insecurity dimension, self-concept and intelligence dimension. To achieve the purpose objectives and hypotheses were framed according to the dimensions of mental health which were specifically taken for the present study. Sessions of Pre Practice was applied on the selected samples and difference between Pre Yoga Practice and Post Yoga Practice was calculated statistically. The findings revealed that the significant difference found in between mental health, emotional stability dimension of mental health and Leadership Ability dimension of mental health of pre and post yoga of female employees. Whereas no significant difference found in between Leadership Ability dimension of mental health, self-concept dimension of mental health and Intelligence dimension of mental health of female employees.

KEYWORDS: Attitudinal barriers, absenteeism,

INTRODUCTION:

Conceptual Framework of the Study:

Mental health difficulties can affect an individual's functional and working capacity in numerous ways. Depending on an individual's age at the onset of a mental health problem, his or her working capacity can be significantly reduced. In the workplace, this can lead to absenteeism, require sick leave, and reduce productivity.

Long-term mental health difficulties are, according to a WHO report, one of the three leading causes of disability, along with cardiovascular disease and musculo-skeletal disorders, and they are a major reason for granting disability pensions in several countries. The United Nations estimates that 25% of the entire population is adversely affected in one way or another as a result of disabilities. Mental health problems do not just affect the individual. They impact the entire community. The cost of excluding people with mental health difficulties from an active role in community life is high. Exclusion often leads to diminished productivity and losses in human potential. The cost of mental health problems, and of other disabilities, has three components:

- The direct cost of welfare services and treatment, including the costs of disability benefits, travel, access to services, medication etc;
- The indirect cost to those who are not directly affected such as caregivers;

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- The opportunity costs of income foregone due to incapacity.

People with mental health difficulties face environmental, institutional and attitudinal barriers in finding mainstream employment or returning to work and retaining jobs after treatment. Attitudinal barriers and social exclusion are often the hardest obstacles to overcome and usually are associated with feelings of shame, fear, and rejection.

The ancient Yoga from India dating back to thousands of years is now getting the recognition all over the world as a practice of mind-body medicine. Its practices have the potential to promote physical and mental health. It was observed that practice of Yoga improves joint flexibility, respiratory endurance, and strengthening of muscles among all age groups. Yoga practice also improved the dexterity in students. The other documented physical health benefits of Yoga are reduction in body fat, improved shoulder flexibility in elderly females, improvement in immunological tolerance, noticeable and favorable changes in neuro-endocrine functions including melatonin and cortisol secretions, lower perceived exertion after exhaustive exercise. In addition to these facts it is also verified by several researches that different forms of yoga benefitted intensively the mental health as well. Also the mental health can be enriched by practicing the yoga module.

Yoga, which is considered to be a tool for both physical and mental development of an individual, is being recognized around the globe only in the last century although it has been practiced in India over several centuries to promote positive health and well-being. It can give great relief to the sick. Several studies have demonstrated the beneficial effects of yoga on health behavior in many lifestyle-related somatic and muscular problems.

Review and status of Research and Development in the subject

Jiwtode Manoj T. and Rathod Vyankatesh (2015) have conducted a research study on Effect of integrated yoga module on respiratory pressures and pulmonary functions in children. From this study the researchers concluded that yoga training for four months improved lung functions, strength of inspiratory and expiratory muscles in children. They also concluded if yoga is practiced since childhood, it can form a strong foundation for healthy adult life

Choudhary Rajeev (2010) has conducted a study on Effect of Sahaj Yoga on Vulnerability of the Seriously Vulnerable Individuals to stress and found that the decrease in stress vulnerability as a result of Sahaj Yoga might be due to change in tension, stress, anxiety,

depression and hypertension, heart rate, blood pressure, the level of blood lactic acid, VMA in urine, state and trait anxiety, beta-endorphins.

Nitin J Patil, Raghuaram Nagarathna, Padmini Tekur,¹ Dhanashree N Patil, Hongasandra Ramarao Nagendra, and Pailoor Subramanya have conducted a study on Designing, validation, and feasibility of integrated yoga therapy module for chronic low back pain. Integrated yoga therapy module having 26 practices for CLBP, was designed on the basis of literature review, which was validated by 30 Yoga experts. Among 26 yoga practices, 20 were found to be essential ($CVR \geq 0.33$) and 6 not essential ($CVR \leq 0.33$) for CLBP. Feasibility study showed that validated IYTM was found to be beneficial for pain, disability, and perceived stress in patients with CLBP. The present validation brings greater acceptability and better therapy module for CLBP.

OBJECTIVES OF THE STUDY:

- To know the difference between Pre Yoga Practice and Post Yoga Practice on mental health of female employees in Raipur City.
- To know the difference between Pre Yoga Practice and Post Yoga Practice on Emotional stability dimension of mental health of female employees in Raipur City.
- To know the difference between Pre Yoga Practice and Post Yoga Practice on Total Adjustment dimension of mental health of female employees in Raipur City.
- To know the difference between Pre Yoga Practice and Post Yoga Practice on Leadership Ability dimension of mental health of female employees in Raipur City.
- To know the difference between Pre Yoga Practice and Post Yoga Practice on Security - Insecurity dimension of mental health of female employees in Raipur City.
- To know the difference between Pre Yoga Practice and Post Yoga Practice on Self - Concept dimension of mental health of female employees in Raipur City.
- To know the difference between Pre Yoga Practice and Post Yoga Practice on Intelligence dimension of mental health of female employees in Raipur City.

HYPOTHESES:

H_{0d1.0} There will be significant difference between Pre Yoga Practice and Post Yoga Practice of female employees on mental health.

H_{0d1.1} There will be significant difference between Pre Yoga Practice and Post Yoga Practice of female employees on Emotional stability dimension of mental health.

H_{0d1.2} There will be significant difference between Pre

Yoga Practice and Post Yoga Practice of female employees on Total Adjustment dimension of mental health.

H_{0d1.3} There will be significant difference between Pre Yoga Practice and Post Yoga Practice of female employees on Leadership Ability dimension of mental health.

H_{0d1.4} There will be significant difference between Pre Yoga Practice and Post Yoga Practice of female employees on Security - Insecurity dimension of mental health.

H_{0d1.5} There will be significant difference between Pre Yoga Practice and Post Yoga Practice of female employees on Self - Concept dimension of mental health.

H_{0d1.6} There will be significant difference between Pre Yoga Practice and Post Yoga Practice of female

employees on Intelligence dimension of mental health.

METHODOLOGY:

Female employees of Chhattisgarh State were selected as subjects for this study. 100 subjects were randomized 50 cases and 50 controls. Cases were taught with Integrated Yoga Module- session neck exercises and shoulder stretching 6 minutes, Tadasana 2 minutes, Parvatasana 2 minutes, Ardha Matsyendrasana 2 minutes, Bhujangasana 2 minutes, Shalabhasana 2 minutes, Pawanamuktasana 2 minutes, Naukasana 2 minutes, surya namaskar 5 minutes, 5 minutes of relaxative asana will be followed between intervals of asanas, for about 30 minutes daily for a period of 3 months.

RESULT AND CONCLUSION:

Table No. 1 Overall Analysis of Pre and Post Yoga of female employees on Mental Health and its dimensions

	Pre – Yoga			Post – Yoga			t – value
	N	M	SD	N	M	SD	
Emotional Stability	25	8.41	1.32	25	9.706	2.42	2.35*
Total Adjustment	25	26.13	4.37	25	28.26	2.76	2.06*
Leadership Ability	25	11.37	2.82	25	12.36	2.805	1.24 ^{NS}
Security – Insecurity	25	10.72	1.95	25	11.31	1.096	1.31 ^{NS}
Self – Concept	25	8.77	3.53	25	9.66	3.96	0.838 ^{NS}
Intelligence	25	12.39	4.62	25	15.97	3.34	3.13**
Mental Health	25	71.76	14.83	25	81.24	12.38	2.45*

NS = Not Significant, S** = 0.01 Level of significance, S* = 0.05 Level of significance

To observe the table no.1 we found that the difference between pre and post yoga of mental health of female employees is $t = 2.45$ which is significant at 0.05 level of significance at $df = 48$ because our table value is smaller than the obtained value which is 1.98. It shows that there is significant difference found in between mental health of pre and post yoga of female employees. Hence **our hypothesis is accepted**.

To investigation of the table no. 1 we found that the difference between pre and post yoga of emotional stability dimension of mental health of female employees is $t = 2.35$ which is significant at 0.05 level of significance at $df = 48$ because our table value is smaller than the obtained value which is 1.98. It shows that there is significant difference found in between emotional stability dimension of mental health of pre and post yoga of female employees. Hence **our hypothesis is accepted**.

In table no. 1 when we observe the t value of pre and post yoga of Total Adjustment we found that is $t = 2.06$ which is significant at 0.05 level of significance at $df = 48$. The table value of 0.05 level is 1.98, thus **our proposed is accepted**.

To investigation of the table no. 1 we found that the difference between pre and post yoga of Leadership Ability dimension of mental health of female employees is $t = 1.24$ which is not significant at 0.05 level of significance at $df = 48$ because our table value is greater than the obtained value which is 1.98. It shows that there is no significant difference found in between Leadership Ability dimension of mental health of pre and post yoga of female employees. Hence **our hypothesis is rejected**.

In table no. 1 when we observe the t value of pre and post yoga of Security - Insecurity we found that is $t = 1.31$ which is not significant at 0.05 level of significance at $df = 48$. The table value of 0.05 level is 1.98 and our obtain value is smaller than the table value, thus **our hypothesis is rejected**.

To observe the table no.1 we found that the difference between pre and post yoga of Self – Concept dimension of mental health of female employees is $t = 0.838$ which is not significant at 0.05 level of significance at $df = 48$ because our table value is greater than the obtained value which is 1.98. It shows that there is no significant difference found in between self-concept dimension of mental health of female employees. Hence **our hypothesis is rejected**.

To investigation of the table no. 1 we found that the difference between pre and post yoga of Intelligence dimension of mental health of female employees is $t = 3.13$ which is significant at 0.01 level of significance at $df=48$ because our table value is smaller than the obtained value which is 2.62. It shows that there is significant difference found in between Intelligence dimension of mental health of pre and post yoga of female employees. Hence **our hypothesis is accepted.**

CONCLUSION:

In the present research study the mental health, emotional stability dimension of mental health, Total adjustment dimension of mental health and intelligence dimension of mental health have shown significant difference while applying the integrated yoga module on the selected sample size i.e. 100 female employees of Raipur District whereas the rest of three dimensions of mental health i.e. Leadership Ability dimension of mental health, Security - Insecurity dimension of mental health and Self - Concept dimension of mental health were found insignificant in regard to applying integrated yoga module. Results indicate that yoga helps in boosting the overall mental health, emotional stability, adjustment and intelligence while it has no impactful effect on leadership, security-insecurity and self-concept.

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