



EFFECT OF TWELVE WEEKS YOGIC PRACTICE ON SELECTED PSYCHOLOGICAL VARIABLES OF WORKING WOMEN OF AMRAVATI DISTRICT

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Abstract

This paper is related to the effect of twelve weeks of Yogic practice on selected psychological variables of working women of Amravati District. The objectives were to find out the effect of twelve weeks yogic practice on selected psychological variables between the control group and the experimental group of working women of Amravati District. The hypotheses were set that there is a significant difference in post-test adjusted mean scores of selected psychological variables between the control group and the experimental group of working women of Amravati District by considering their pre-test mean scores as covariates. Method: For the study, 63 working women of Amravati District, have been selected randomly. The age range of the subjects was 39 to 45 years, and the following variables were selected for the present study: The dependent variable: Depression and Happiness Level, and the independent variable: Yogic practice. The pretest-posttest randomized group design was selected for this study, which consists of an experimental group (n=31) and a control group (n=32). For the collection of data, the Beck Depression Inventory and Oxford Happiness Questionnaire were used. The Beck Depression Inventory was developed by Aaron T. Beck (1961) to assess the depression level and the Oxford Happiness Questionnaire was developed by Argyle et al., (1989) for assessing the happiness level. The data has been collected before and after twelve weeks of Yogic practice. The data was analyzed by applying the Analysis of Co-Variance (ANCOVA) Technique to find out the effect of Yogic practice practices on selected psychological variables of working women of Amravati, District. The level of significance was set at 0.05. Result: The findings of the study revealed that a significant difference exists in post-test adjusted means of selected psychological variables between the control group and the experimental group of working women. The hypotheses were set that there is a significant difference in post-test adjusted mean scores of selected psychological variables between the control group and the experimental group of working women of Amravati, District, by considering their pre-test mean score as a covariate is accepted. Conclusion: Based on the findings of the study, the following conclusions are drawn: Participants in the experimental group showed significant improvement in reducing their depression level and positive impact on happiness after twelve weeks of Yogic practice practices.

Key Words: BDI - Beck Depression Inventory, OHQ - Oxford Happiness Questionnaire and MDD - Major Depressive Disorder

INTRODUCTION

At present, interest in unconventional therapies for mental health and mental well-being has grown-up significantly, mostly amongst populations facing high levels of stress and depression, such as working women. One such practice that has increased attention is Yogic practice, a rhythmic breathing technique imitative from ancient Indian traditions and popularized by the Art of Living Foundation. Yogic practice combines specific breathing patterns with meditation and yoga to promote physical, mental, and emotional relaxation. The unique rhythmic breathing patterns in Yogic practice are supposed to have profound effects on the autonomic nervous system, influencing physiological processes and prompting a state of deep relaxation. Followers of Yogic practice recommend that consistent practice can improve symptoms of depression, anxiety, and stress, while improving overall happiness and well-being.

Objectives

1. To find out the effect of twelve weeks yogic practice on depression between the control group and the experimental group of working women of Amravati, District.
2. To find out the effect of twelve weeks yogic practice happiness between the control group and the experimental group of working women of Amravati, District.

Hypotheses

1. There is significant difference in post-test adjusted mean scores of depression between the control group and the experimental group, consider their pre-test mean scores as covariates.
2. There is significant difference in post-test adjusted mean scores of happiness between the control group and the experimental group, consider their pre-test mean scores as covariates.

Methodology

For the purpose of the study, 63 working women of Amravati District, have been selected randomly. The age range of the subjects was 39 to 45 years, and the following variables were selected for the study: Dependent variable: depression and happiness, and independent variable: twelve weeks Yogic practice practices. The pretest-posttest randomized group design was selected for this study, which consists of an experimental group (n=31) and a control group (n=32). For the collection of data, the Beck Depression Inventory and Oxford Happiness Questionnaire were used. The Beck Depression Inventory was developed by Aaron T. Beck (1961) to assess the depression level and the Oxford Happiness Questionnaire was developed by Argyle et al., (1989) for assessing the happiness level. The data has been collected before and after twelve weeks of Yogic practice to find out the effect of Yogic practice on selected psychological variables.

Analysis of Data

The data was analyzed by applying the Analysis of Co-Variance (ANCOVA) Technique to find out the effect of twelve weeks Yogic practice practices on selected psychological variables. The level of significance was set at 0.05 to test the hypotheses.

Table-1

Summary of One-Way ANCOVA of Depression of working women of, Amravati Districts

Test	Groups		One Way Analysis of Covariance (ANCOVA)						
	Control	Experimental	Sources of Variance	SS	df	MSS	F	Sig.	Partial Eta Squared
Pre – Mean	25.03	24.32	B	7.90	1	7.90	0.441	0.509	0.624
			W	1093.74	61	17.930			
Post – Mean	25.93	15.35	B	1763.44	1	1763.44	102.54	0.000	
			W	1048.92	61	17.19			
Adjusted Post – Mean	25.91 ^a	15.38 ^a	B	1732.71	1	1732.71	99.73	0.000	
			W	1042.44	61	17.37			

**= Significant at 0.05 Level

From Table 1 it can be seen the adjusted F-value is 99.73^a which is highly statistical significant at 0.05 level with df=1/60. It indicates that there is significant difference of adjusted post-test mean scores of depression between Control group and Experimental group of working women of Amravati District, consider their Pre-test mean scores of depression as covariates. Further the adjusted mean scores of depression of Experimental Group is 15.38^a which is significantly lower than those Control Group whose adjusted mean scores of depression is 25.91^a. Hence, it indicates that Yogic practice was found to significantly effective in decreasing the depression level of working women of Amravati, District. The partial eta. Squared value is 0.624, which representing that twelve weeks Yogic practice 62.4% effective in reducing the depression level of working women of Amravati District.

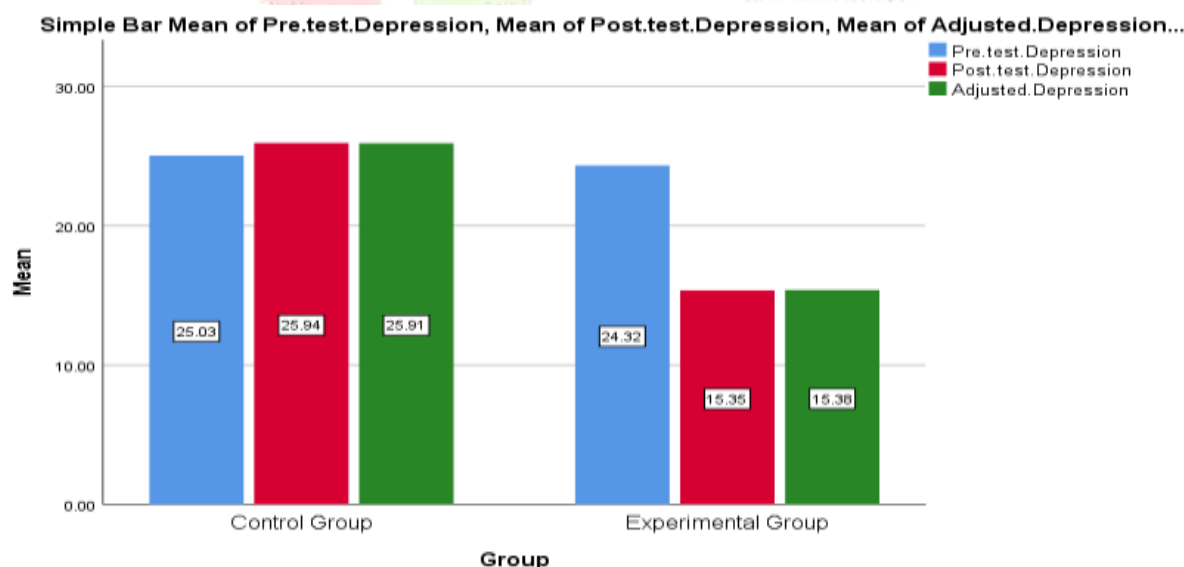


Table-1

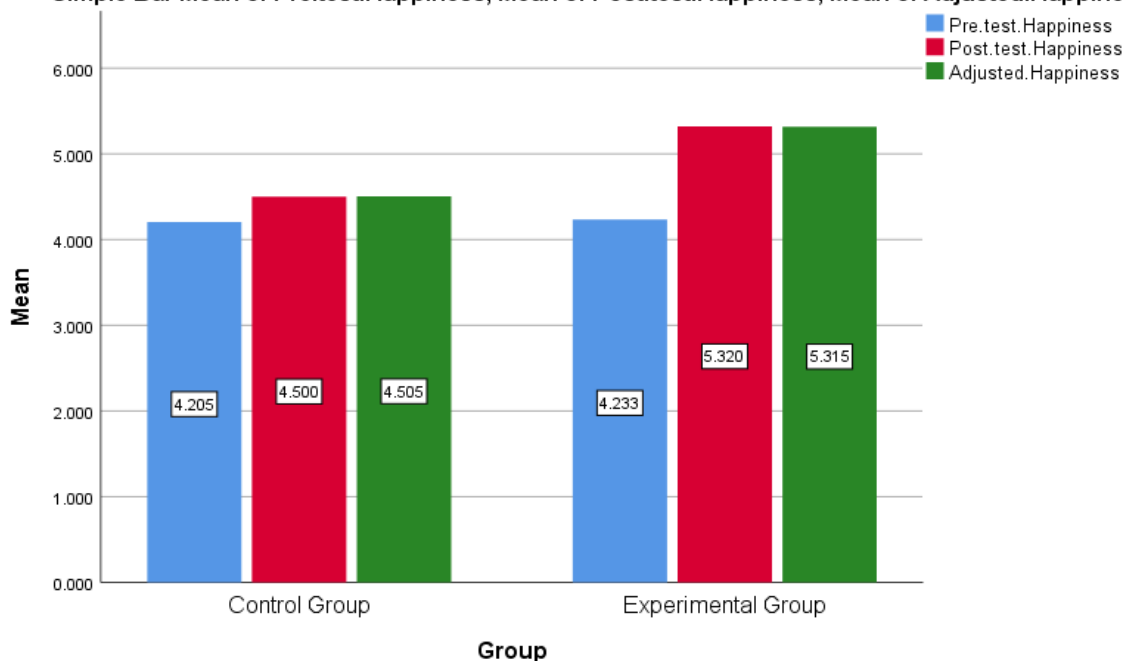
Summary of One-Way ANCOVA of Happiness Level of working women of, Amravati Districts

Test	Groups		One Way Analysis of Covariance (ANCOVA)						
	Control	Experimental	Sources of Variance	SS	df	MSS	F	Sig.	Partial Eta Squared
Pre – Mean	4.204	4.233	B	0.013	1	0.013	0.033	0.857	0.446
			W	24.041	61	0.394			
Post – Mean	4.50	5.320	B	10.596	1	10.596	39.344	0.000	
			W	16.428	61	0.269			
Adjusted Post – Mean	4.505 ^a	5.315 ^a	B	10.306	1	10306	48.21	0.000	
			W	12.811	60	0.214			

**= Significant at 0.05 Level

From Table 2 it can be seen the adjusted F-value is 48.21^a which is highly statistical significant at 0.05 level with $df=1/60$. It indicates that there is significant difference of adjusted post-test mean scores of happiness level between Control group and Experimental group of working women of Amravati District, consider their Pre-test mean scores of happiness as covariates. Further the adjusted mean scores of happiness of Experimental Group is 5.315^a which is significantly higher than those Control Group whose adjusted mean scores of happiness is 4.505^a. Hence, it indicates that Yogic practice was found to significantly effective in improvement the happiness level of working women of Amravati, District. The partial eta. Squared value is 0.446, which representing that twelve weeks Yogic practice 44.60% effective in increasing the happiness level of working women of Amravati District.

Simple Bar Mean of Pre.test.Happiness, Mean of Post.test.Happiness, Mean of Adjusted.Happiness...



Testing Hypotheses

Hypotheses	Statement	On the basis of statistical results
H ₁	There is significant difference in post-test adjusted mean scores of depression between the control group and the experimental group of working women of Amravati, District.	H ₁ is accepted
H ₁	There is significant difference in post-test adjusted mean scores of happiness between the control group and the experimental group of working women of Amravati, District.	H ₁ is accepted

Findings

The statistical findings here clearly show that the practice of twelve weeks Yogic practice had effective in reducing their depression level and betterment of their mood. Similar results were found by **Sharma et al. (2017)** assessed a breathing-based meditation, including Yogic practice, in place of patients with major depressive disorder and the effects shown significant improvements in depressive signs, underscoring the potential of Yogic practice as a complementary treatment. **Kanchibhotla (2023)** conducted a case control observational study in Singapore, which shown a positive association between performing Yogic practice and improved happiness levels, signifying the boarder benefits of this practice on emotional well-being.

Conclusions

Recognizing the limitations of this study and on the basis of statistical findings the following conclusions may be drawn:

- i. Yogic practice was found significantly effective in bringing change in depression level.
- ii. Yogic practice brought 62.4% effective in reducing depression level of working women of Amravati District.
- iii. Yogic practice was found significantly effective in bringing change in happiness level.
- iv. Yogic practice brought 44.60% effective in improvement the happiness level of working women of Amravati District.

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