EFFICACY OF YOGA ON SELF-ESTEEM AND DEPRESSION OF WOMEN LABOURERS

Naorem Shyami Devi, Naorem Jiteswori Devi and Ashween Shashikant Bilagi
Efficacy of Yoga on Self-Esteem and Depression of Women Labourers

Naorem Shyami Devi¹, Naorem Jiteswori Devi² and Ashween Shashikant Bilagi³*

¹Distance Education, Svyasa University, Eknath Bhavan, Gavipuram Circle, K G Nagar, Bangalore
²Bapu Nature Cure Hospital and Yogashram, Mayur Vihar-I, Delhi-91, India
³Svyasa University, Eknath Bhavan, Gavipuram Circle, K G Nagar, Bangalore

ABSTRACT

The objectives of the study were to investigate the effect of yoga on self-esteem and depression of women labourers. Thirty five (35) women labourers with ages ranging from 18 to 60 years have undergone yoga intervention program for 3 months. They were assessed on the 1st and the last day of the programme using BDI II and RSES questionnaire. There were significant reduction after yoga intervention in depression scores (BDI-II) (p<0.001) and significant increment in Self-esteem scores (p<0.001). Regular Yoga can be a beneficial, cost effective and self-corrective practice for labour women’s to retain the healthy mental health, further RCT's are required to support.

INTRODUCTION

Yoga, with origins in ancient India, is a generic term that refers to specific physical, mental, and spiritual disciplines that are practiced in order to establish a state of permanent inner peace. The teachings of yoga are sometimes likened to a tree with eight limbs or aspects: yama (universal ethics), niyama (individual ethics), asana (physical poses), pranayama (breath control), pratyhara (control of the senses), dharana (steadiness of mind), dhyana (meditation), and samadhi (Subramanya & Telles, 2009).

A study (Carmody & Baer, 2008) showed that mindfulness meditation improved psychological wellbeing and reduced psychological symptoms of stress related problems, illness and anxiety. Gupta et al., (2006) concluded that lifestyle modification based on yoga and stress management led to remarkable reduction in anxiety score within a period of ten days. Yogic breathing relieves post-traumatic stress disorder and depression (Descilo et al., 2010).

Women form an integral part of the Indian workforce. According to the information provided by the office of Registrar General & Census Commissioner of India, As per Census 2011, the total number of female workers in India is 149.8 million and female workers in rural and urban areas are 121.8 and 28.0 million respectively. Out of total 149.8 million female workers, 35.9 million females are working as cultivators and another 61.5 million are agricultural labourers. Of the remaining female workers, 8.5 million are in household Industry and 43.7 million are classified as other workers. The work participation rate for women in rural areas is 30.02 per cent as compared to 15.44 per cent in the urban areas (“Home - Women Labour-About Women Labour:Ministry of Labour and Employment, Government of India,” 2015).

Many characteristics of women’s work activities have adverse consequences for their health and well-being. The Socio-Economic factors related health such as malnutrition, overburden of physical work, and lack of approach to available facilities reflect gender discrimination and related problems. For women, it made them more vulnerable to diseases and ill-health. The poor dietary intake due to heavy physical labour, performing all house- hold duties along with work outside the home leads to chronic energy deficiency and severe anemic condition. The status of women’s health is largely reflected by female mortality and morbidity, disease burden, reproductive behaviors, nutrition, work environment, violence and its consequences on the health care system(K.B, 2015).

*Corresponding author: Ashween Shashikant Bilagi
Svyasa University, Eknath Bhavan, Gavipuram Circle, K G Nagar, Bangalore
Hence, still there is not only a need to look at women’s health and some of their social and physical environment and experiences to understand their status, but also to find the some measures to improve their health. Yoga can be one of the therapy which can help them to achieve wellbeing of physical and mental health.

A study done by Woolery, et al (2004) found that Subjects who participated in the yoga class confirmed significant decrease in self-reported symptoms of depression, trait anxiety, levels of negative mood and fatigue following yoga classes. Morning cortisol levels were increased in the yoga group, compared to controls which showed evidence of improvement in depression. Yoga showed greater decreases on the depression score and somatic score compare to control group. Thus, yoga is an effective tool in reducing depression symptoms in women(Mitchell, 2012).

Another study concluded that of yoga enhanced attention and self-esteem among students. By improving their mental health, yoga can help them in improving their academic achievement for students. It was suggested that yoga was one of the effective and culturally acceptable interventions for improving mental health,(Sethi, Nagendra, & Sham Ganpat, 2013).

Objectives: To study the effect of yoga on Self esteem and depression of women labourers.

MATERIALS AND METHODS

Subjects: 35 women labourers with the mean of age 45 ± 13.62 years, who agreed to participate in the study, were taken as subjects.

Inclusion Criteria
- Women labourers 18 to 60 years old.

Exclusion criteria
- Substance abuse,
- Under treatment with psychotherapy / psychiatry
- Pregnancy and breast-feeding women
- Critical health implications
- Abdominal surgery less than six months

Source of Subjects
Subjects were residents of Kakching, Manipur.

Place of study
Community hall - known to all the subjects, who have undergone Yoga intervention (Kakching).

Ethical consideration: The study was approved by IRB of SVYASA University, Bangalore. A signed Informed consent was obtained from all the subjects who participated in the study.

Design of the study
It is one group pre post design. The yoga group has undergone intervention program for the span of three months. Assessments were made before and after the three months program.

Assessments
Assessments were made on the group before and after three months of intervention. The following Psychological variables were assessed:

Beck Depression Inventory (BDI-II)
The Beck Depression Inventory (BDI) is a 21-item, self-report questionnaire that assesses depressive symptoms experienced in the past two weeks. Scores range from 0 to 63, with higher scores indicating higher levels of depressive symptoms (Beck, Ward, Mendelson, Mock., & Erbaugh, 1961). The BDI-II is positively correlated with the Hamilton Depression Rating Scale with a Pearson r of 0.71, showing good agreement. The test was also shown to have a high one-week test–retest reliability (Pearson r =0.93)(Beck, Steer, & Brown, 1996).

Rosenberg Self-Esteem Scale (RSES)
It is used for measuring self-esteem which has 10 items (4 points Likert scale). Convergent validity Pearson r of 0.83 with Health Self-Image Questionnaire (Heath1965); reliability 2-week test-retest coefficient of 0.85 (Silber & Tippett, n.d.).

Intervention
The intervention was given for 3 months. The 6 days in a week (one hour and 10 mins per day) schedule for yoga practices are detailed table 1 below.

<table>
<thead>
<tr>
<th>Name of practice</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warming up(Sithilikaranavyayama)</td>
<td>5mins</td>
</tr>
<tr>
<td>Surya Namaskara</td>
<td>15mins</td>
</tr>
<tr>
<td>Relaxation Techniques(QRT) in Savasana</td>
<td>4mins</td>
</tr>
<tr>
<td>Asana: Ardha kati chakrasana, Ardha chakrasana, Trikomasana, Vakrasana, Matsyasana, Viparita karni, Bujangasana, Ustrasana, Relaxation techniques(DRT) in Savasana</td>
<td>15mins</td>
</tr>
<tr>
<td>Pranayama</td>
<td>10mins</td>
</tr>
<tr>
<td>Meditation</td>
<td>15 mins</td>
</tr>
</tbody>
</table>

Note: Out of the seven days, one day (every Saturday) to be devoted only to Kriya.

Data extraction and Analysis
Data was extracted using standard procedures for all the variables. Psychological variables were scored as per standard scoring guidelines.

Data was organized and tabulated for statistical analysis. Data was analyzed using statistical package SPSS software (Version 16.0). The data was normally distributed. Hence the effect of intervention was analyzed using Paired t-test.
RESULTS

It was pre-post studies of the yoga group constituted of thirty five subjects. Pair t test was done to compare within the group. There was significant reduction after yoga intervention in depression scores (BDI-II) (p<0.001) (TABLE 2) and significantly increased in self-esteem (RSES) scores (p<0.001)(TABLE 3). Graphs are shown in fig 1 and 2.

Table 2 Comparison between pre and post depression scores

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Pre (Mean ± SD)</th>
<th>Post(Mean ± SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BDI II</td>
<td>32.8±6.12</td>
<td>16.9±4.69**</td>
</tr>
</tbody>
</table>

*p<0.001 and *p<0.05

Table 3 Comparison between pre and post self-esteem scores

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Pre (Mean ± SD)</th>
<th>Post(Mean ± SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>RSES</td>
<td>19.9±3.66</td>
<td>24.5±6.03**</td>
</tr>
</tbody>
</table>

*p<0.001 and *p<0.05

DISCUSSION

The present study evaluated the effect of Yoga on depression and self-esteem of the women labourers. The study has shown that there has been a significant reduction after yoga practice in the depression scores (BDI-II). Again it showed an increased in self-esteem (RSES) scores. This study concluded that yoga can help in reducing depression and increasing self-esteem in the women labour forces.

Previous studies had shown that yoga improved mental health (Schell, Allocco, & Schonecke, 1994) and physical health of women (Shahabi, Naliboff, & Shapiro, 2015). A study was done by Kovačić (2011) showed that yoga improved self esteem score significantly (p<0.0005) as compare to the control group (p>0.05) and indicated that yoga relaxation training in adjunct with physiotherapy could be a useful clinical intervention to improve self-esteem. Yoga was found to be a feasible and acceptable intervention with reductions in symptoms of anxiety and depression (Davis, Goodman, Leiferman, Taylor, & Dimidjian, 2015). The practice of yoga reduces perceived stress and negative feelings and that it improves psychological symptoms (Yoshihara, Hiramoto, Oku, Kubo, & Sudo, 2014). Yoga enhanced greater self-awareness and self-esteem, which in turn had an implicit impact on their life. The participants had learnt to see things differently, which enriched and recast their perception of themselves and their lives. (Anderzén-Carlsson, Persson Lundholm, Köhn, & Westerdahl, 2014).

Yoga has been shown to be an adjunct to assisting the way of women-labourers’ lives. Yoga can build up strength to fight their depressions while balancing self-sustainment with continued growth. When they are confident in ones abilities to manage their own thoughts and behaviors, they regain power over their external detrimental factors and their ability to control their own happiness.

Thus this study has shown that yoga practice can help in the improvement of health and self-realization, which enables the individual to face stress, and therefore it’s an effective measure to soothe their nerves for their well beings.

CONCLUSION

Regular Yoga can be a beneficial, cost effective and self-corrective practice for labour women’s to retain the healthy mental health, further RCT’s are required to support. Some of the physiological parameters can be used since in this only psychological parameters were used. The control group engaged in some form of prescribed physical activity to better compare the results.

Acknowledgment

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Reference


Depression or Anxiety. *Complementary Therapies in Clinical Practice*, 21(3), 166–72. http://doi.org/10.1016/j.ctcp.2015.06.005


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