COMPARATIVE STUDY OF SKY YOGA WITH DIET AND ONLY SKY YOGA ON BOBY BALANCING OF MIDDLE AGE WOMEN

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ABSTRACT

The aim of the study is to find out how Sky Yoga with diet helps to understand our own body, its balancing ability and analyses one's balancing fitness. For the study, 60 middle aged working women were picked randomly from in and around Bengaluru city as the subjects. The subject’s age ranged from 30 to 35 years. The subjects were distributed into 3 group’s namely experimental group I, experimental group II and control group where experimental group I had undergone Sky Yoga with Proper food diet control & experimental group II went through only Sky Yoga for seven days a week for 8 weeks. The control group were not given any training or exercise. The pre-test and post-test were piloted before and after the training for all three groups. The data gathered were statistically analysed using Analysis of Co-Variance (ANCOVA) to determine the substantial difference and tested at 0.05 level of significance. The result of the study showed that the body balancing was significantly increased for the Experimental Group I as result Sky Yoga with diet. And it has been concluded that the Sky Yoga with proper food diet helped in knowing our body ourselves very well among middle aged working women.

INTRODUCTION

Yoga shows that happiness can be obtained without any desire. It is predominantly concerned with maintaining, a state of equanimity at all costs. It is an ancient form of relaxation and exercise that has many health benefits, including lowering cholesterol. It is the result of human wisdom and insight on physiology, psychology, ethics and spirituality collected together and practiced over thousands of years for the wellbeing of humanity. Yoga is very much recommended for the society in this competitive, stressful working atmosphere for those who suffer from headaches, back and shoulder aches, allergies and asthma. The consistent practice of yoga helps us to accept whatever physical or mental conditions we might be suffering from, by increasing our immediate sense of well-being, concentration and calmness. Much healing can be done, but it takes practice and consistency.

OBJECTIVES OF THE STUDY

To view that the impact of Sky Yoga with and without diet on body balancing of middle aged working women were selected randomly from in and around Bengaluru on basis of knowing their own body and to analyse themselves which helps them in long way life.

STATEMENT OF THE PROBLEM

In this fast running world, we don’t use our time to look after our body and its strength which leads to the various health issues and diseases. The working women lose their physical strength and develop many health related issues at their work. As this study targets the middle aged working women which will be an eye opener for their family members and co-workers. As this study target the middle aged working women which will be an eye opening for their family members and co-workers.

REVIEW OF RELATED LITERATURE

Khosravi et al., (2015) determined the impact of general programme of yoga on the muscle fitness, body composition and metabolic risk factors in middle aged women with overweight. Thirty middle aged women with overweight were randomly assigned to the yoga intervention group or the control group. Muscle endurance and flexibility, fat percentage, body...
mass index (BMI), blood glucose and lipids levels were obtained, before and after 8 weeks of yoga practice. The data were analyzed with liberated test by SPSS 19.

Sasikala, T.S (2013) found out, Effect of Simplified Physical Exercises with Kayakalpa Practices and SKY meditation on Selected Biochemical and Psychological variables among Middle aged women*, had revealed that HDL significantly increased and LDL significantly decreased. Three groups each having 15 subjects from the total subjects of 45 formed. Experimental Group-I was given only Simplified physical exercise of Simplified Kundalini yoga. Experimental Group-II was given Simplified physical exercise with Kayakalpa practices and SKY meditation of Simplified Kundalini Yoga. No treatment was given to Control Group. Research of co-variance (ANCOVA) was applied to conclude the significance of mean variance between three groups. Group-II which was given Simplified physical exercise with Kayakalpa practices and SKY meditation of Simplified Kundalini Yoga has shown significantly more than Group-I which was given only Simplified physical exercise of Simplified Kundalini yoga.

**Hypothesis**

There were significant differences in the subjects on selected variable of stork balance test due to the practices of Sky Yoga with proper food dieting group and only Sky Yoga group than the Control group.

**Limitations**

1. The hereditary difficulties were not taken into the consideration.
2. The food routines, life style, sleep etc., were taken into control and controlled for one of the groups.
3. Financial and traditional status were not considered for the study.

**Selection of Subjects**

For the study 60 middle aged working women who are working in and around Bengaluru were selected randomly. Their age ranged between 30 to 35 years.

**METHODODOLOGY**

The subject of 60 middle aged working women were selected for this project. They had undergone pre-test on physical variable of stork balance test. The subjects were divided into three groups equally. Experimental group I underwent Sky Yoga with proper food diet for all seven days a week for 8 weeks. Experimental group II go through only sky yoga for all seven days for 8 weeks. And the control group were not given any kind of training. The post-test has been conducted after the 8 weeks of training.

**Selected variables for Exprement Dependent variables**

**Physical variables**

Stork balance test

The stork balance test involves the subject to stand on one leg for as long as possible. The test is carried out on an even surface not on any boards or inclined surface.

**Purpose**

To assess the ability to balance without any footwear and to measure the strength of legs, pelvic and trunk muscle.

**Equipment required**

Flat, non-slipper or non-inclined surface, stopwatch, paper and pencil.

**Procedure**

Remove the footwear and place both hands on the hip, then position the non-supporting foot against the inside knee of the supportive leg.

The subjects are allowed to practice the balancing for one minute. The subject raises the heel to balance on the ball of the foot. The stopwatch is triggered as the heel is upraised from the floor. The stopwatch is stopped if any of the follow occur:

- the hand(s) come off the hips
- the supportive foot spins or moves (hops) in any direction
- the non-supporting foot drops contact with the knee.
- the heel of the non-supporting foot touches the floor.

**Scoring**

The total time in seconds is recorded. The score is the best of three attempts.

**Independent variables**

- Sky Yoga
- Diet

**Diet Breakup**

- GRAINS - 30%
- DAIRY PRODUCTS - 20%
- VEGETABLES AND FRUITS - 27%
- NUTS - 5%
- PULSES, COOKING OIL, FATS - 18%

**FOOD INTAKE**

- PROTEIN - 60GM
- CARBOYDRATE - 400GM
- FAT - 80GM

**RESULTS AND DISCUSSIONS**

The physical variable of stork balance test was measured by using the reference of Johnson BL, Nelson JK. Practical measurements for evaluation in physical education. The results of the Study on stork balance test among middle aged working women presented in table I.

<table>
<thead>
<tr>
<th>TEST</th>
<th>Exp Grp 1</th>
<th>Exp Grp 2</th>
<th>Cnt Grp</th>
<th>df</th>
<th>SS</th>
<th>MOS</th>
<th>F Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre</td>
<td>26.7</td>
<td>25.7</td>
<td>25.3</td>
<td>2</td>
<td>57</td>
<td>20.8</td>
<td>10.4</td>
</tr>
<tr>
<td></td>
<td>5166.6</td>
<td>1010.6</td>
<td>2021.2</td>
<td>57</td>
<td>3834.45</td>
<td>67.27</td>
<td>10.4</td>
</tr>
<tr>
<td>Post</td>
<td>40.65</td>
<td>32.95</td>
<td>26.45</td>
<td>2</td>
<td>57</td>
<td>1829.11</td>
<td>914.55</td>
</tr>
<tr>
<td></td>
<td>20.4</td>
<td>729</td>
<td>2686.93</td>
<td>56</td>
<td>47.98</td>
<td>19.06*</td>
<td></td>
</tr>
</tbody>
</table>

Table 1: computation of mean and analysis of covariance of Stork balance test (Scores in seconds)

*Significance at 0.05 level

Table 1 displays the adjusted post-test means values of Stork balance test for Sky yoga with diet Group, only Sky Group and
Control Group are 40.27, 33.04 and 26.73 respectively. The obtained F-ratio of 19.06 for adjusted posttest mean is much greater than the table rate of 3.16 for df 2 and 56 required for significant at .05 level of confidence. The results of the study show that there are substantial differences among the adjusted post-test means of Sky Yoga with diet group, only Sky Yoga Group and Control Group on the Stork balance test.

To determine which of the paired means had a substantial difference, the Scheffe's Post hoc test was applied as Post hoc test and the results are presented in Table II.

Table II Scheffe’s check for the variances between the adjusted post-test means on Stork balance test

<table>
<thead>
<tr>
<th>Groups</th>
<th>Mean</th>
<th>CD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group1</td>
<td>40.27</td>
<td>33.04</td>
</tr>
<tr>
<td>Group2</td>
<td>26.73</td>
<td>7.22</td>
</tr>
<tr>
<td>Group3</td>
<td>6.31</td>
<td>3.45</td>
</tr>
</tbody>
</table>

* Significant at .05 level of confidence

Table II shows that the adjusted post-test means differences on Sky Yoga with diet Group and Only Sky Yoga Group, Sky Yoga with Diet Group and Control Group, Only Sky Yoga Group and Control Group are 7.22, 13.54 and 6.31 respectively. The value 3.45 which shows substantial differences at 0.05 level of confidence.

It could be also concluded that Sky Yoga with diet Group is better than only Sky Yoga Group and Control Group in improving body balancing skill.

The mean and adjusted values of pre and posttest of Sky Yoga with food diet Group, Only Sky Yoga Group and Control Group on Body balancing ability are graphically represented in the Figure -I.

Figure I

CONCLUSIONS

Based on the result of the study the following conclusions were drawn.

1. There was a significant difference between Sky yoga with Diet group and Only Sky yoga group when compared to the control group on physical variables of Body balancing ability.
2. There was a significant improvement in body strength and increase in ability of balancing with one leg due to Sky yoga with diet when compared to the control group.
3. Sky yoga with diet was found to be better than only Sky yoga group and control group in physical variables of body balancing ability.

Recommendations

1. A similar study may be conducted by selecting other Physical variables as criterion variables.
2. An alike study may be conducted by selecting Performance related variables as criterion variables.
3. An equivalent study may be tried by selecting other psychological variable for the subjects.
4. A related study may be conducted for other female age group or male group as subjects.

References

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