EFFECT OF YOGIC PRACTICES ON BODY MASS INDEX AMONG OBESE WOMEN

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ABSTRACT

The purpose of the present study was find out the effect of yogic practices on body mass index (BMI) among obese women. To achieve the purpose of the study 30 obese women was selected from various area in Chennai district at randomly. They were in the age group of 35to 45 years. They were randomly divided into two group and each group contains thirty subjects. Group one acted as experimental group I (yogic practices) and group two acted as control group (no training).The following variables on namely on body mass index were selected for the study. They were tested with Weight in Kilogram / Height in meter^2 test respectively. The training period was six weeks. The analysis of covariance (ANACOVA) was used to assess the collected data. From the analysis of data it was proved that there was body mass index was significantly decreased due to 6 weeks yogic practices among obese women.

KEYWORDS: Body Mass Index (BMI), Obese Women, Yogic Practices

INTRODUCTION

The word yoga comes from the Sanskrit root yuj which means to join or attach or union. Yoga is an ancient Indian art of physical and mental disciplines. It is also associated to meditative practices for physical and mental fitness. There are many braches in yoga is also practiced as exercise the defines asana –postures are practiced as forms of exercise. Obesity is excessive body weight. The Imposes strain on the body and various physiological system such as BMI, BP, heart, circulatory and respiratory systems ect. The BMI is a statistical measurement derived from your height and weight. Although considered to be a useful way to estimate healthy body weight . It does not measure percentage of body fat. The BMI measurement can sometimes be misleading - a muscleman may have a high BMI but have much less far than an unfit person whose BMI is lower However In general, the BMI measurement can be a useful indicator the average person.

BMI Table for Adults

This is the World Health Organization's (WHO) recommended body weight based on BMI values for adults. It is used for both men and women, age 18 or older.

Category	BMI range - kg/m^2
Severe Thinness	< 16
Moderate Thinness	16 – 17
Mild Thinness	17 - 18.5
Normal	18.5 – 25
Overweight	25 – 30

Obesity (body mass index ≥30) in urban women aged 15-49 years is higher in the richest 20% of Africa, the Americas, and Asia, when compared to women in the poorest 20% of these regions; this pattern is reversed in Europe

Causes of obesity is due to an individual taking in more calories than they burn extended period of time.

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the effect of yogic practices on body mass index (BMI) among obese women.

HYPOTHESIS

It was hypothesized that there would be significant improvement on body mass index (BMI) among obese women due to yogic practices.

METHODOLOGY

The purpose of the study 30 obese women was selected from various area in Chennai district at randomly. They were in the age group of 35to 45 years. They were randomly divided into two groups and each group contains thirty subjects. Group one acted as experimental group I (yogic practices) and group two acted as control group (no training).The following variables on namely on body mass index were selected for the study. They were tested with Weight in Kilogram / Height in meter^2 test respectively. The training period was six weeks. The analysis of covariance (ANACOVA) was used to assess the collected data.

TABLE I
TRAINING SCHEDULE ON YOGIC PRACTICES FOR OBESE WOMEN

Yogic Practices for First and Second Week				Yogic Practices for Third and Fourth Week			Yogic Practices for Fifth and Sixth Week		
S. N	**Name of Practice**	**Time**	**Duration**	**Name Of Practices**	**Time**	**Duration**	**Name Of Practices**	**Time**	**Duration**
1	Prayer	1	5 min	Prayer	1	5 min	Prayer	1	3 min
2	Lectures on Yama	1	15 min	Loosening Exercises	1	10 min	Lecture on	1	15 min
3	Loosening	2	10 min	Kapalabhati	2	3 min	Loosening Exercises	1	5 min
4	Tadasana	2	5 min	Jalaneti	2	5 min	First four weeks	1	30 min
5	Vrikshasana	2	5 min	Kapalabhati	2	3 min	Paschimothasana	2	5 min
3	Ardha Padmasa	2	5 min	First two weeks	1	20 min	Viparitha karani	2	5 min
4	Padmasana	2	5 min	Padahasthasana	2	5 min	Shasanakasana	2	5 min
5	Vajrasana	2	5 min	Ardhakatichakrasana	2	5 min	Ushtrasana	2	5 min
6	Anuloma Viloma	2	10 min	Ardhachakrasana	2	5 min	Nadi Shudhi	2	5 min
7	Suryana maskar	1	10 min	Shalabasana	2	5 min	Antar Trataka	2	5 min
8	Shavasana	1	10 min	Vakrasana	2	5 min	Relaxation -	1	15 min
9	Savasana	2	5 min	Matsyasana	2	5 min			
10				Brahmari	2	5 min			
11				Meditation	1	10			
12				Savasana	1	10 min			

RESULTS AND DISCUSSION

TABLE- II
COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF BODY MASS INDEX (BMI) EXPERIMENTAL AND CONTROL GROUP AMONG OBESE WOMEN

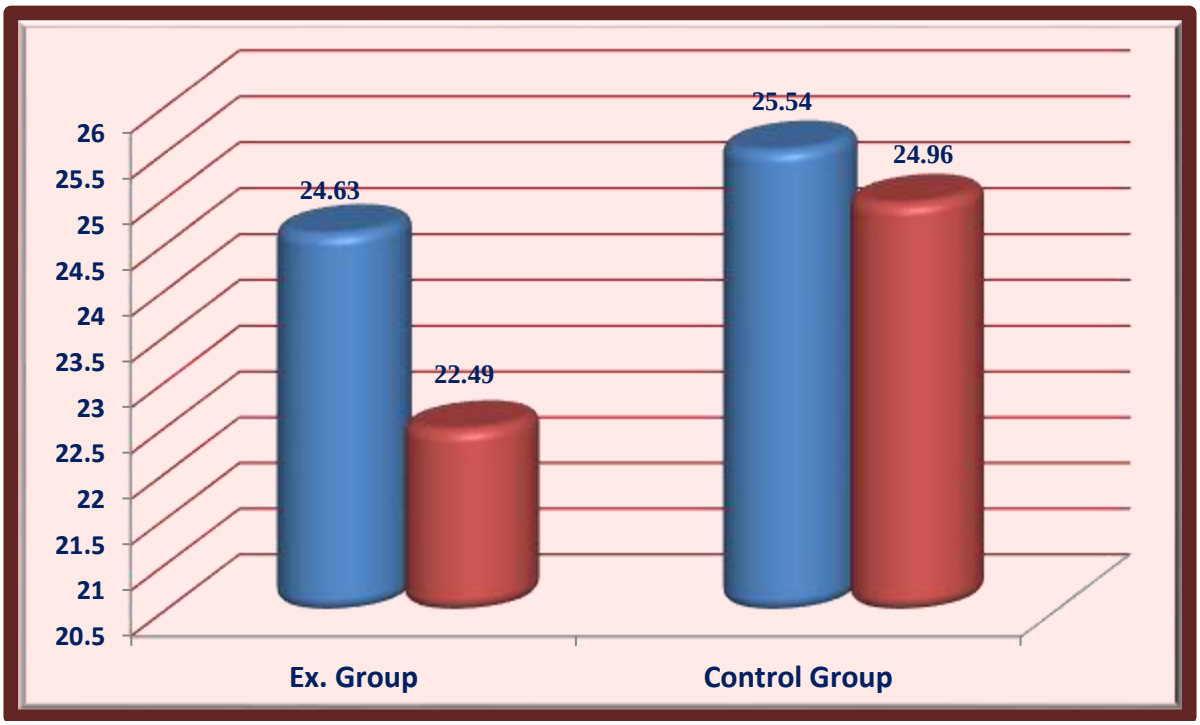
Test	Experimental Group – I (yogic practices)	Control group	Source of variance	df	Sum of square	Mean square	F
Pre-test mean	24.63	25.54	Between	2	0.69	0.344	**0.56**
			Within	57	262.47	3.02	
Post-test mean	22.49	24.96	Between	2	362.40	181.20	**48.26***
			Within	57	293.60	3.37	
Adjusted mean	22.79	25.14	Between	2	360.72	180.36	**50.46***
			Within	56	291.466	3.39	

*Significant at 0.05 level of confidence

Table value for significance at 0.05 level of confidence with df 2 and 57 was 3.1 and Table value for df 2 and 56 was 3.103.

Table II shows that the pre test mean scores of BMI (body mass index) of Experimental group I (yogic practices)was 24.63. and control group was 25.54. The post test means showed differences due to Six weeks of Yogic practices and mean values recorded were 22.49 and 24.96 respectively. The obtained F value on pre test scores 0.56 was lesser than the required F value of 3.1 to be significant at 0.05 level. This proved that there was no significant difference between the groups at initial stage and the randomization at the initial stage was equal. The post test scores analysis proved that there was significant difference between the groups as the obtained F value at 48.26 was greater than the required F value at 3.1. This proved that the differences between the post test mean at the subjects were significant. Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value at 50.46 was greater than the required F value at 3.1. This proved that there was Significant differences among the means due to Six weeks of yogic practices and BMI on the physiological variable BMI. The obtained adjusted mean values were presented through bar diagram in figure 1.

FIGURE - 1
BAR DIAGRAM SHOWING ADJUSTED POST-TEST VALUES OF CONTROL GROUP AND EXPERIMENTAL GROUPS ON BMI AMONG OBESE WOMEN



CONCLUSION

The body mass index was significantly decreased due to 6 weeks yogic practices among obese women.

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