

Effect of Yoga therapy on Anxiety and Depression of Women's.

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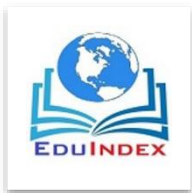
Abstract

The present study was aim to find out effect of yoga therapy on Anxiety and Depression level of women's. The samples of 60 women's (30 experimental group and 30 control group) were selected. The Anxiety test by Sinha & Sinha and Depression test by Thakur and Sing was used to data collection for pre and post test. For statistical analysis t test was used. The obtained findings show that there was a decreased level of depression and anxiety after the yoga therapy program.

Keywords: Anxiety, Depression, Yoga Therapy.

Yoga is an old discipline designed to carry parity and wellbeing to the physical, mental, passionate, social and spiritual dimensions of the person. In current boisterous life, the issue of psychological wellbeing is increased in women's. In the event that women become mindful of their own as well as family wellbeing, society will be sound. In any society, the glad and solid personality of women is the reflection of a family. It is also the impression of a solid society.

Yoga therapy will be useful to keep this impression of healthiness and happiness. Yoga has insignificant side effects and is cost-successful in comparison with pharmacological treatments and psychotherapy. Yoga's additional advantage is that it improves physical fitness and encourages self-dependence. By 2020, the World Health Organization predicts that



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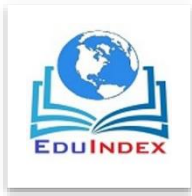
depression will be the second-largest supporter of worldwide disease trouble. Anxiety is also being diagnosed at a more prominent rate than it was in the past. Despite these increases in diagnosis, treatment regimens normally incorporate pharmaceutical therapies that are not sufficient to forestall further illness or advance mental prosperity. Viably addressing psychological wellness concerns entails a comprehensive methodology that addresses the base of the issue.

The use of yoga as a helpful intercession, which started right off the bat in the twentieth century, takes a bit of leeway of the various psychophysiological benefits of the segment practices. The physical exercises (Asanas) may increase patient's physical adaptability, coordination, and strength, while the breathing practices and reflection may quiet and focus the brain to create more noteworthy awareness and diminish anxiety (Kirkwood G. et.al. 2005), and thus result in a higher calibre of life.

Review of Literature:

Javnbakht et al. (2009) assessed the impact of yoga on assuaging symptoms of depression and anxiety in women and found a significant decrease in apparent levels of anxiety. Joshi and De Sousa have also emphasized the benefits of consolidating yoga practice in the administration of anxiety and depressive disorders. Chao-Jung T. et. al. (2014) examines the effectiveness of an 8-week yoga exercise program in advancing the psychological and physical soundness of women with breast malignant growth experiencing adjuvant chemotherapy in terms of depression, anxiety and weakness. Analysis using the Johnson-Neyman system found that the yoga exercise diminished generally speaking weariness, however, didn't lessen depression and anxiety.

Beam, U. S. et. al. (2001) observed any advantageous impact of yogic practices during preparing period on the youthful trainees. 54 trainees of 20-25 years age bunch were partitioned arbitrarily into two groups, for example, yoga and control gathering. Yoga gathering (23 males



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and 5 females) was administered yogic practices for the first five months of the course while the control gathering (21 males and 5 females) didn't perform yogic exercises during this period. From the sixth to tenth month of preparing both the groups played out the yogic practices. There was an improvement in various psychological parameters like decrease in anxiety and depression and a superior mental capacity after yogic practices.

Kirkwood et al. (2005) found that asanas are exceptionally useful in improving the physical adaptability, coordination and strength, while the breathing practices and contemplation are useful for diminishing anxiety prompting the higher calibre of life.

Pilkington et al. (2005) led a trial study where sincerely distressed women are treated with 90-min yoga classes seven days for 3 months. Toward the finish of 3 months, women in the yoga bunch announced improvements in saw stress, depression, anxiety, vitality, weariness, and prosperity. Depression scores improved by half, anxiety scores 30%, and in general prosperity scores by 65%. Beginning complaints of headaches, back agony, and poor sleep quality also resolved considerably more often in the yoga bunch than in the control gathering.

Objectives of the study:

- 1) To study the anxiety level of women's.
- 2) To study the effect of yoga therapy on the anxiety of woman's.
- 3) To study the depression level of women's.
- 4) To study the effects of yoga therapy on the depression of women's.

Hypotheses:

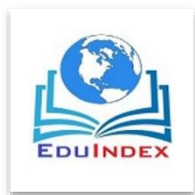
- 1) The effects of yoga therapy will be seen positive on the level of anxiety of women's.
- 2) The effects of yoga therapy will be seen positive on the level of depression of women's.

Research Methodology:

Statement of problem:

“To Study the Effect of Yoga Therapy on Depression and Anxiety in women.”

Research Variables:



1) Independent variables :

Yoga Techniques:

a) Aasan b) Pranayam c) Shuddhikriya d) Bandh e) Yognidra

2) Dependent Variables :

a) Anxiety level b) Depression

3) Control variables :

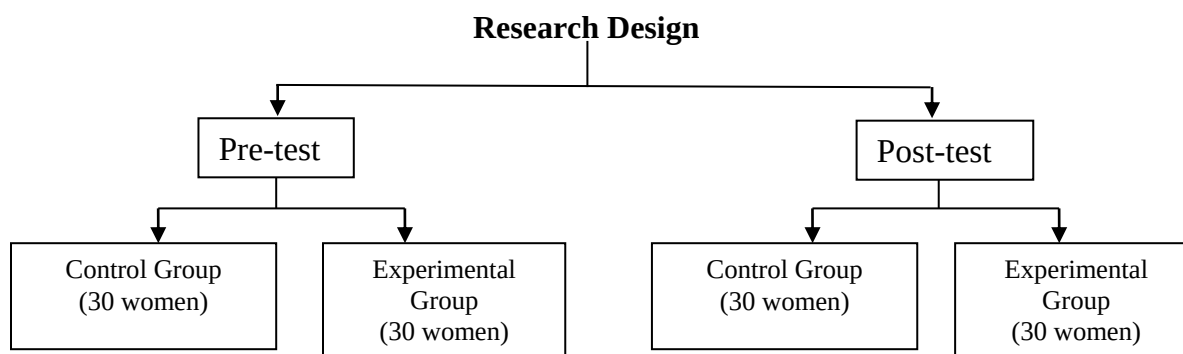
a) Diet b) Exercise c) Medication

Operational Definition:

- i) **Anxiety:** It is composite score obtained on the Anxiety test developed by P.K.Sinh and, L.N.K.Sinha.
- ii) **Depression:** It is composite score obtained by subject on the Depression test developed by G.P. Thhakur and R.N.Sing.

Yoga treatment:

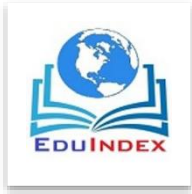
The training of techniques such as Aasan, Pranayam, Mudra, Bandh, Meditation, Yognidra is known as yoga treatment.



A) Pre-test :

Measurement of Anxiety level and Depression

B) Yoga Training Intervention (programme)



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Duration: Three months, one hour in morning.

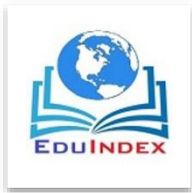
Sr. N.	Yoga Techniques	Types	Duration
1	Aasan	Wajraasan, Halaasan, Sarwangaasan, Pawanmuktiaasan, Mandhukaasan, Kurmaasan, Aardhamustyaasan, Gomukhaasan, Shirshasaan, Supta-Wajraasan.	20 minutes
2	Prannayam	Anlom-Wilom, Bhramari, Bhstrika	5 minutes Each
3	Shuddhikriya	Kapalbhati, Agnisar	5 minutes Each
4	Bandh	Jiwabandh, Uddiyanbandh	5 minutes
5	Mediation	Ddhyana	10 minutes
6	Yognidra	Shawasan	15 minutes

C) Post test : Measurement of Anxiety level and Depression

Sample:

In this research, sample was taken from 300 women's from hospitals from Kannad and Sillod taluka having age range 25 to 45. Researcher were select 60 women's among them. In this research there was two groups. The first group is 'control group'. In which there was 30 women's. In second, that is 'experimental group' there was 30 women's. The women's in the experimental group was get yoga treatment for one and half hour in the morning, for 3 months. But women's in control group wasnot get any kind of yoga treatment. Researcher was take information about their daily diet, medicine and it was be continue as usual. The subjects were from local community and recruited through personal contacts with various women's organizations, and self-help groups. The informed consent was obtained from the subjects before starting the intervention.

Tools of study:



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1) Anxiety test : P.K.Sinha, L.N.K.Sinha

Statements : 90

Scoring: Yes / No: Yes – 1 No – 0

Re-test reliability : 0.85

Validity : 0.62

Norms : B.A. 400 students.

2) Depression test : G.P. Thhakur and R.N.Sing

Statements : 60

Scoring : 4, 3, 2, 1 and 0 for positive items

0, 1, 2, 3, 4 negative items

Pre-test reliability : 0.87

Split half reliability : 0.84

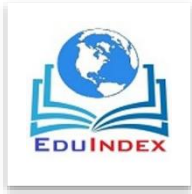
Validity : 0.78

Result and Discussion:

There was 60 women's participated in the study. The suitable statistical method was used to analyze the data by using IBM statistics SPSS 20. The mean, S.D. is used as a part of descriptive statistics. For finding the effect of yoga treatment on anxiety and depression the paired sample t test analysis was used as inferential statistics.

Table 1 shows the difference in pre and post data among anxiety and depression of women's.

Variable	Group	Test	Mean	S. D.	df	t	Sig.
Anxiety	Experimental	Pre test	29.43	4.78	29	4.1	S
		Post test	24.66	4.03			
	Control	Pre Test	29.46	3.76	29	1.04	NS
		Post Test	28.33	3.53			



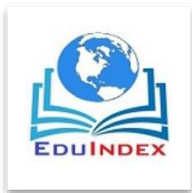
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Depression	Experimental	Pre test	75.20	6.51	29	5.16	S
		Post test	66.30	5.49			
	Control	Pre test	76.10	5.75	29	1.45	NS
		Post test	74.83	5.30			

The descriptive statistics of the obtained sample has been shown in Table 1. The table 1 shows the obtained values of women's on the Anxiety and Depression. On Anxiety, the obtained value for pre test in Experimental group ($M = 29.43$, $SD = 4.78$) is higher ($t = 4.1$) than Post test ($M = 24.66$, $SD = 4.03$). There is significant difference on anxiety on pre test and post test was found, it means that women's from experimental group shows the decrease in the level of anxiety after the successful completion of yoga program. However, no significant difference for pre test and post test on Anxiety for control group was found, it means that women's do not differ on anxiety. In this, the hypothesis 1 stating that the 'effects of yoga therapy will be seen positive on the level of anxiety in women' is accepted.

On the Depression, the obtained value of women's for experimental group in post test ($M = 66.30$, $SD = 5.49$) is lesser ($t = 5.16$) than obtained value in pre test ($M = 75.20$, $SD = 6.51$). Thus, significant difference in pre and post test on Depression was found. However, no significant difference for pre test and post test score on Depression for control group was found, it means that women's do not differ on depression level in women thus, the hypothesis stating that the 'The effects of yoga therapy will be seen positive on the level of depression in women' is accepted.

In the present study, findings are in accordance with the previous findings. Javnbakht et al. (2009) assessed the impact of yoga on mitigating symptoms of depression and anxiety in women and found a significant decrease in apparent levels of anxiety. Joshi and De Sousa have also emphasized the benefits of consolidating yoga practice in the administration of anxiety and depressive disorders. Chao-Jung T. et. al. (2014) detailed the effectiveness of a multi-week yoga



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exercise program in advancing the psychological and physical strength of women with breast malignant growth experiencing adjuvant chemotherapy in terms of depression, anxiety and weakness. Pilkington et al. (2005) led an exploratory study where sincerely distressed women are treated with 90-min yoga classes seven days for 3 months. Toward the finish of 3 months, women in the yoga bunch revealed improvements in saw stress, depression, anxiety, vitality, weariness, and prosperity. Depression scores improved by half, anxiety scores 30%, and in general prosperity scores by 65%. Hence that it is discovered that there was an improvement in various psychological parameters like decrease in anxiety and depression and a superior mental capacity after yogic practices.

CONCLUSION AND IMPLICATION:

Conclusion:

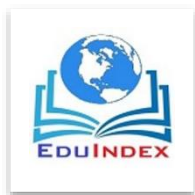
For experimental and control group comparison of pre-post data showed statistically significant differences for Anxiety level and Depression. There was an overall improvement in the scores indicating decreased levels of depression and anxiety after the yoga therapy program. Findings are substantial and relevant on the line of hypotheses. These results are mentioned here in brief.

- 1) The effects of yoga therapy will be seen positive on the level of anxiety of women's.
- 2) The effects of yoga therapy will be seen positive on the level of depression of women's.

Implications:

Based on the result of the study the following recommendations have been made.

1. It is recommended that yoga should be a part of health-care facilities for as it can enhance the QOL by improving women's overall mental health status.
2. Yoga is relatively simple to learn and is economical, non-invasive with multiple collateral lifestyle benefits. Group and individual practice may also help to improve physical health and enhancing psychological well-being.



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