

EFFECTIVENESS OF YOGA ON PSYCHOLOGICAL VARIABLES AMONG OBESE OLD AGE WOMAN IN SELECTED OLD AGE HOMES IN CHENNAI

MATHINI S. V¹ & V. HEMAVATHY²

¹Lecturer, Sree Balaji College of Nursing, Bharath University, Chrompet, Chennai, Tamil Nadu, India

²Principal, Sree Balaji College of Nursing, Chrompet, Chennai, Tamil Nadu, India

²Bharath University, Chennai, Tamil Nadu, India

ABSTRACT

Introduction

Yoga is practiced in India over thousands of years. It produces consistent psychological & physiological changes, which have sound scientific basis (Iyenger, 1968). Yoga provides one of the best means of self- improvement and gaining full potential of one's body, mind and soul.

Statement of the problem

A study to assess the effectiveness of yoga on psychological variables among obese old age woman in selected old age homes in Chennai.

Objectives

To assess the effectiveness of yoga among psychological variables. To determine the pre-test and post-test variables of old age among experimental group. To associate the post-test variables with demographic variables of the old age in experimental group.

Methodology

Quasi-Experimental approach was used in this study to assess the effectiveness of yoga on obese woman. Non-equivalent control group pre-test and post-test design was used for this study. In the present study population was old woman (50-80years) living in the selected old age homes. Obese old age people who fulfilled the inclusion criteria were selected as samples. The total sample size was 60, 30 in the experimental group and 30 in the control group. Purposive sampling technique was used for this study.

Results

The mean in the experimental group 19.9 was higher than the posttest mean 16.5, the mean difference was 3.4. The obtained 't' value 17.5 was very highly significant at 0.05 level. There was statistically significant effect of yoga in the experimental group when compared with control group.

There was no significant association between the level of post test score and demographic variables of the old age.

KEYWORDS: Yoga, Obese Old Age Women, Psychological Variables