



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 978-980

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www.theyogicjournal.com

Received: 11-11-2018

Accepted: 13-12-2018

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## Effect of yogic practices on stress among low back ache men

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### Abstract

The purpose of the study was to find out effect of yogic practices on stress among Low Back Ache Men. To achieve the purpose of the study, 30 subjects were selected randomly from Tirunelveli in the age group of 30 – 60 years there are divided into two groups. Each group consists of 15 subjects. Group I underwent yogic practice and group II acted as control group. The pre-test scores were taken to the two groups before giving yogic practices. After the experimental period of six weeks, post test scores were obtained from all two groups. The difference between initial and final scores on psychological variables considered as the effect of varied packages of yogic technique on subjects. The mean differences were tested for significance using analysis of T- Test. The result of the study it was hypothesized that the Yogic practices had significantly decreased stress level when compared to control group.

**Keywords:** Yogic practices, stress, low back, ache

### Introduction

The term Hatha Yoga has been commonly used to describe the practice of asana (postures). The syllable 'ha' denotes the pranic (vital) force governing the physical body and 'tha' denotes the chitta (mental) force thus making Hatha Yoga a catalyst to an awakening of the two energies that govern our lives. More correctly the techniques described in Hatha Yoga harmonise and purify the body systems and focus the mind in preparation for more advanced chakra and kundalini practices.

The life style of men changed due to technological modernization and advancement of science. Increased standard of living has brought a great comfort to mankind but they are worried about health. Everyone is sick having either physical or mental problem. Yogasanas are one of the important parts of yogic exercises which contribute to physical as well as mental health. Yoga is a mind body practice that combines stretching exercises, controlled breathing and relaxation. It is considered a mind body type of complementary and alternative medicine practice. The health benefits of Yoga with a regular practice of Yoga poses, breathing exercise and meditation is grouped into three kinds: physiological, psychological and biochemical effects. Yogasanas have an equal balancing effect on all organs simultaneously without making an effort to think about different parts and internal organs of the body.

### Methods and materials

The purpose of the study was to find out effect of yogic practices on stress among Low Back Ache Men, 30 subjects are to be selected in random from Tirunelveli. Their age ranged from 30 to 60 years. All the subjects were assigned to one experimental group (EXPG 1) and one control group (CG II) each consisting of 15 subjects. The treatment will be given for 6 weeks. Initial test and final test will be taken on all the groups.

The program of yogic technique was given to experimental Group A, control group (B) was not given any kind of yogic practices. The pre-test scores were taken to the two groups before giving yogic practices. After the experimental period of six weeks, post test scores were obtained from all two groups. The difference between initial and final scores on psychological variables considered as the effect of varied packages of yogic technique on subjects. The mean differences were tested for significance using analysis of T- Test.

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**Training Schedule**

**Table 1:** Yogic training for six weeks

S. No	Yogic Training	Frequency	Duration	Rounds	Rest	Total Duration
1	loosening exercises	1	2	3	3 to 6 sec	10 minutes
2	Pavanamuktasana (Wind releasing pose) series	3	20 sec	2	3 to 6 sec	2 minutes
3	Ardha Navasana (half boat pose)	3	20 sec	2	3 to 6 sec	2 minutes
4	Uttanapadasana (straight leg raise pose)	3	20 sec	2	3 to 6 sec	2 minutes
5	Sethubandhasana breathing (bridge pose lumbar stretch)	3	20 sec	2	3 to 6 sec	2 minutes
6	Supta Udarakarshanasana (folded leg lumbar stretch)	3	20 sec	2	3 to 6 sec	2 minutes
7	Shavaudarakarshanasana (crossed leg lumbar stretch)	3	20 sec	2	3 to 6 sec	2 minutes
8	Bhujangasana (serpent pose)	3	20 sec	2	3 to 6 sec	2 minutes
9	Shalabhasana breathing (locust pose)	3	20 sec	2	3 to 6 sec	2 minutes
10	Marjari-asana (cat stretch pose)	3	20 sec	2	3 to 6 sec	2 minutes
11	Shashankasana breathing (moon pose)	3	20 sec	2	3 to 6 sec	2 minutes
12	Ardha Chakrasana (half wheel pose)	3	20 sec	2	3 to 6 sec	2 minutes
13	Prasarita Pada Hastasana (forward bend with	3	20 sec	2	3 to 6 sec	2 minutes
14	Ardha kati Chakrasana (lateral arc pose)	3	20 sec	2	3 to 6 sec	2 minutes
15	Nadi Shoddana (Alternate Nostril Breathing)	4	15 to 20 sec	4	3 to 6 sec	6 minutes
16	Pain management Meditation	1	5 min	1	-	5 minutes
17	Quick relaxation technique in Shavasana (corpse pose)	1	10 min	1	-	10 minutes

**Results**

The stress was measured through stress questionnaire. The Table- I shows the ‘t’ of stress on yoga practices (Group I) and

Control group (group II) of Low Back Ache Men. The anxiety was measured through questionnaire.

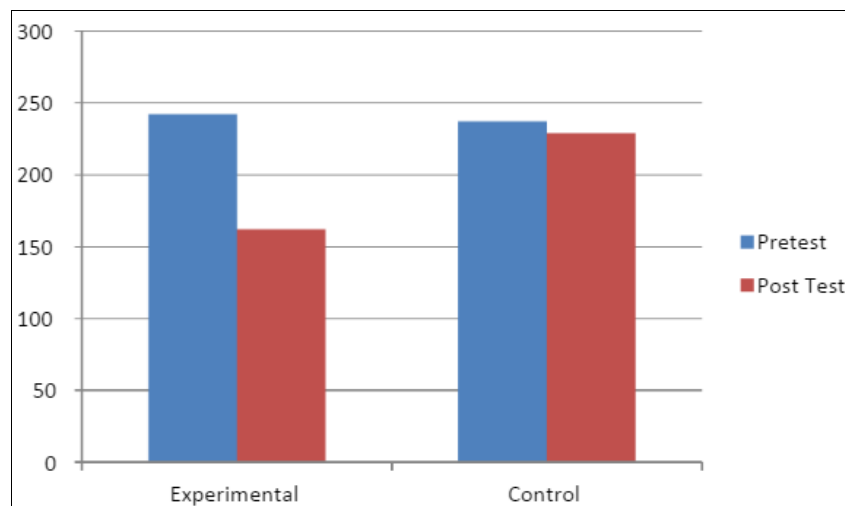
**Table 2:** Computation of analysis of ‘t’ test–stress

Group		Pre Experiment	Post Experiment	T Values
Experimental	Mean	16.3	10.8	3.3207
	SD	4.3	4.76	
	N	15	15	
Control	Mean	15.8	15.27	0.6402
	SD	2.97	3.17	
	N	15	15	

‘t’ ratio at 0.05 level of confidence for the degree of freedom (DF) at 14=2.14

The obtained ‘t’ value 3.3207 of the experimental group with respect to stress levels was significantly higher than the required ‘t’ value (2.14) and it is proven that there is a

significant difference in the stress levels of the experimental group.



**Fig 1:** Effect of yogic practice on stress of the pretest and Posttest of the control group and experimental group

The result of the study on Stress reveals that the experimental group namely combination of pranayama and group of Asanas had significantly decreased after the train.

**Discussion on hypothesis**

For the purpose of this study it was hypothesized that the Yogic practices had significantly decreased stress level when

compared to control group.

The results presented in Tables I and table II proved that there was a significant difference due to six weeks Yogic practices on stress. Thus, the hypothesis was accepted at 0.05 level.

**Conclusion**

Within the limitations of the study the following conclusion

was drawn.

1. The yoga group showed significant improvement in the decrease in stress level

Compared with the control group.

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