

INFLUENCE OF YOGA PRACTICES AND JOGGING ON SELF CONCEPT AMONG DIABETES PATIENTS

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ABSTRACT

The intent of this research was to measure the self concept level among diabetes patients before and after the yoga practices and jogging programme. To attain the purpose sixty Diabetic patients were chosen on random basis from Madurai district in Tamilnadu. Their age group ranges from thirty five to forty five. The subjects were randomly assigned into four groups with fifteen subjects in each. The experimental group A would considered, as control group not attend any treatment and the experimental group B underwent jogging for forty-five minutes in morning and evening that was forty five minutes jogging and 5 minutes rest. Group C underwent Yoga practices for forty-five minutes in morning and evening. Group D underwent Yoga practices for forty-five minutes in morning and jogging for forty-five minutes in evening. Above trainings would be given to the subjects for twelve weeks, six days per week. The data collected experimental group prior and after experimentation on self concept were statistically examined by using 't' test and Analysis of Covariance (ANCOVA). Scheffes post hoc test is used to find out the paired means differences. To test the significance, 0.05 level of confidence was used. The analysis of co-variance of self concept indicated that experimental group B (Jogging), experimental group C (Yoga), and experimental group D (Jogging and Yoga) were significantly changes the self concept level. It may be due to the effect of Yoga, Jogging and Yoga and Jogging training. The findings of the study also showed that the experimental group D had improved self concept more than the experimental group C & B. It was further showed that the experimental group B was better than experimental group A in improving the self concept.

Key words: *Yogic practices, Jogging Programme, self concept and diabetic patients.*

INTRODUCTION

Yoga is the art and science of living in harmony with one's nature. The practices of yoga enable us to achieve optimum physical health and a mind free from stress, anxiety and the negative effects of tension. They enable us to improve the quality of our mind so we have greater clarity, concentration and

memory. Yogic practices are designed to awaken the dormant potential within, which leads to a more balanced and harmonious life. In this way, yoga becomes a path of self-discovery and self-knowledge. The goal of yoga is to unite the mind, body, and spirit through exercise, breathing, and meditation. According to Saraswati (Saraswati, 2001.) yoga can help people gain a better understanding of life, learn methods to manage the mind and one's potential, and transform personality. Yoga also helps with the development of resiliency factors, such as self-awareness (Taylor, 2003). Research has shown an association between self concept and health practice across the life span, Also some studies show that education program alone improve glycemic control , and promote Quality of life in patients with type 2 diabetes (Trento et al., 2002). Since Yoga is a wholesome science and art-related discipline, which not only deals with physical exercises but also has a spiritual and mental dimension, it can be extensively used in all climatic conditions to bring about an ideal positive mental makeup. Hence, this study was undertaken as a research to measure the self concept level among diabetes patients before and after the yoga practices and jogging programme.

METHODOLOGY

Selection of Subjects

To reach the goal sixty Diabetic patients were chosen on random basis from Madurai district in Tamilnadu. Their age group ranges from thirty five to forty five. The subjects were randomly assigned into four groups with fifteen subjects in each namely Group A, B, C and D.

Training Programme

The experimental group A would considered, as control group not attend any treatment and the experimental group B underwent jogging for forty-five minutes in morning and evening. Group C underwent Yoga practices for forty-five minutes in morning and evening. Group D underwent Yoga practices for forty-five minutes in morning and jogging for forty-five minutes in evening. Above trainings would be given to the subjects for twelve weeks, six days per week. Subjects were underwent following training schedule: Yoga training contains loosening the limbs – 3 minutes , Relaxation by Shavasana – 2 minutes ,

Asana – 30 minutes - Padmasana, Sarvangasana, Halasana, Shalabhasana, Bhujangasana, Dhanurasana, Matsyasana, Paschimottasana and Yoga mudrasana, Relaxation by Shavasana – 2 minutes Pranayama for 6 minutes - Nadi suddhi Pranayama, Relaxation by Shavasana – 2 minutes. Jogging programme includes Warming up- 5 minutes, jogging for 35 minutes in standard track and Warming down for 5 minutes.

Test Standardized questionnaire of cratty adaptation of piers Harri's self concept scale was used to measure the self concept level of diabetic patients.

RESULT

Table I Mean and 'T' Values on Self Concept

Tests	Control Group	Jogging Group	Yoga Group	Jogging & Yoga Group
Pre-Test (Mean $\pm$ SD)	12.733 $\pm$ 2.658	12.933 $\pm$ 2.712	13.067 $\pm$ 2.492	12.933 $\pm$ 2.251
Post-Test (Mean $\pm$ SD)	12.600 $\pm$ 2.849	14.600 $\pm$ 2.586	15.400 $\pm$ 2.197	15.800 $\pm$ 1.859
't' test	0.564	10.458*	8.122*	8.911*

* Significant at 0.05 level. (Table value required for 0.05 level of significance with df 14 is 2.15).

Table II Analysis of Covariance on Self Concept

Adjusted Post-test mean				Source	SS	df	MS	F
Control Group	Jogging Group	Yoga Group	Jogging & Yoga Group					
12.760	14.585	15.269	15.785	Between	78.472	3	26.157	28.68*
				Within	50.166	55	0.912	

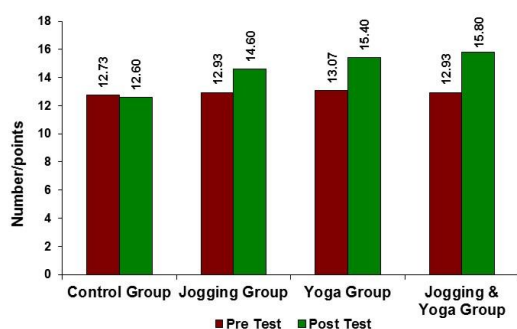
* Significant at .05 level of confidence. (The table value required for 0.05 level of significance with df 3 & 55 is 2.78)

Table III Scheffe's Test for Differences of the Adjusted Post-Test Paired Means on Self Concept

Adjusted Post-test means				Mean Differences	Confidence Interval
Control Group	Jogging Group	Yoga Group	Jogging & Yoga Group		
12.760	14.585			1.826*	1.007
12.760		15.269		2.510*	
12.760			15.785	3.026*	
	14.585	15.269		0.684	
	14.585		15.785	1.200*	
		15.269	15.785	0.516	

* Significant at 0.05 level.

The pre and post-test mean values of Control, jogging, Yoga and Yoga - jogging groups on Self Concept are graphically presented in Figure I.



Statistical Technique

The data collected from the experimental and control groups prior and after experimentation on self concept were statistically examined by using 't' test and analysis of covariance (ANCOVA). Scheffe's post hoc test is used to find out the paired means differences. To test the significance, 0.05 level of confidence was used.

The adjusted post-test mean values of Control, Walking, Yoga and Yoga - jogging groups on Self Concept are graphically presented in Figure II.



DISCUSSIONS

The analysis of co-variance of Self Concept indicated that experimental group B (Jogging), experimental group C (Yoga), and experimental group D (Jogging and Yoga), were significantly improved the Self concept. It may be due to the effect of Yoga, Jogging and Yoga and Jogging training. The findings of the study showed that the experimental group D had increased in Self Concept more than the experimental group C & B. It was further showed that the experimental group B was better than experimental group A in increasing Self Concept. The result of the study supported by the findings of Milmic Ibrahim and Nerfic Morrison which states that there is a significant improvement in Self Concept due to regular training. Physical activity can have a significant effect on mental health. Physically active adults have enhanced Self Concepts and self esteem, as indicated by increased confidence, assertiveness, emotional stability, independence and self control.)

Yoga "is an effective treatment in improving the quality and duration of sleep". It is also an "accessible and low-cost intervention." "Suggesting that a gently Yoga practice" could significantly change overall health and well-being. Yoga and jogging improves fitness, lowers blood pressure, promotes relaxation and self-confidence and reduces stress and Anxiety. People who practice Yoga tend to have good coordination posture, flexibility, range of motion, concentration, sleep habits and digestion. Yoga is a complementary therapy that has been used with conventional therapies to help treat a wide range of health problems, but it is not a cure for any particular disease.

CONCLUSION

The findings of the study showed that the experimental group D had improved self concept more than the experimental group B & C. It was further showed that the experimental group B was better than experimental group A in improving the self concept.

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