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## International Journal for Research in Applied Science & Engineering Technology (IJRASET)

# Beneficial Effects Of Meditative Practices And Selected Asana Practices On Stress Management Among Working Women

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*Abstract - The purpose of the study was to find out the beneficial effects of meditative practices and selected asana practices on stress management among working women. To achieve this purpose thirty working women were selected as subjects randomly from different places of Chidambaram, Tamilnadu, their aged ranged between 35-45. The selected subjects were divided into three equal groups of ten subjects each, namely Group – I – Meditative Practices Group , Group – II, Asana practices Group and Group – III - Control Group. Experimental groups were trained for three alternative days in a week for twelve weeks with their specific training. Stress was selected as dependent variable and it was tested prior to and immediately after the 12 weeks of meditative practices and asana practices programmes by using Stress Inventory Scale (Questionnaire method) respectively. The ANCOVA was applied to find out the significant difference in each criterion variables, if any, among the groups. Since, three groups were compared, whenever the obtained 'F' ratio for the adjusted post test means was found to be significant, the Scheffe's post hoc test was applied to determine the paired mean differences, if any, was used. The results of the study revealed that there was a significant beneficial improvement on stress due to perform meditative practices and asana practices groups as compared to control group.*

*Key words: Meditative Practices, Asana Practices and Stress.*

## I. INTRODUCTION

Yoga strives to increase self awareness on both physical and psychological level. Regular physical exercises maintain our body healthy and prevent from diseases. Physical exercises is any bodily activity that enhances or maintains physical fitness and overall health. Physical fitness is functioning of the blood vessels, heart, lungs and muscles at optimum efficiency. Psychological problems such as anxiety and stress are an unavoidable reality of life among working men and women in today's world. You can't beat it entirely, and you can't live without it. The goal of development coping skills to managing these problems isn't to be completely without the psychological problems. Now a days psychological problem management through yogic practices is an essential part of our lives. To get the maximum benefits of yoga one has to combine the practices of yogasanas, pranayama and meditation. The psychological problems have become global problem now about 70-80 percentage of human problems is psychological such as stress, anxiety and tension related. Practicing yoga towards management of psychological in daily life for better living. The objectives of the study was to improve stress management among working women by practicing meditative practices and selected asana practices after completion 12 weeks of meditative practices and selected asana practices period. To examine how far the experimental group differ in their changes on stress variable after the respective experimental treatment.

## II. MATERIALS AND METHODS

The purpose of the study was to find out the beneficial effects of meditative practices and selected asana practices on stress among working women. To achieve this purpose thirty working women were selected as subjects randomly from different places of chidambaram, tamilnadu, their aged ranged between 35-45. The selected subjects were divided into three equal groups of ten subjects each, namely Group – I – Meditative Practices Group , Group – II, Asana practices Group and Group – III - Control Group. Experimental groups were trained for three alternative days in a week for twelve weeks with their specific training. Stress was selected as dependent variable and it was tested prior to and immediately after the 12 weeks of meditative practices and asana practices programmes by using Stress Inventory Scale (Questionnaire method) respectively. The ANCOVA was applied to find out the significant difference in each criterion variables, if any, among the groups. Since, three groups were compared, whenever the obtained 'F' ratio for the adjusted post test means was found to be significant, the Scheffe's post hoc test was applied to determine

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the paired mean differences, if any, was used.

### III. RESULTS AND DISCUSSION

The data collected prior to and after the experimental period on stress of meditative practices group and selected asana practices group and control group were analyzed and presented in Table I.

TABLE I

Analysis Of Covariance Of Data On Stress Between Pre And Post Test Of Meditative Practices Group And Selected Asana Practices Group And Control Group

	Test	Meditative Practices Group	Asana Practices Group	Control Group	Source of Variances	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
<b>STRESS</b>	<b>Pre-test</b>								
	Mean	22.2	19.1	22.2	Between	112.067	2	56.033	3.13
	SD	4.34	4.81	2.53	Within	436.1	27	16.152	
	<b>Post-test</b>								
	Mean	16.5	18.7	23.6	Between	1110.86	2	555.433	111.08*
	SD	3.4	0.82	1.65	Within	135.1	27	5.00	
	<b>Adjusted Post-test</b>								
	Mean	12.45	17.78	23.55	Between	920.54	2	460.272	108.74*
				Within	134.66	26	5.177		

\* Significant at .05 level of confidence.

(The table value required for significance at .05 level with df 2 and 27 & 2 and 26 are 3.35 and 3.37)

Table I shows that the obtained "F" ratio value 108.74 for adjusted post test mean values on Stress which was greater than the required table value of 3.37 for significance with df 2 and 26. The results of the study showed that there was a significant difference among three groups on Stress. Since three groups were involved, the Scheffe's post hoc test was applied to find out the paired mean differences, if any, and it is presented in the Table II

TABLE II

Scheffe's Post Hoc Test For The Difference Between Six Paired Adjusted Post Test Means Of Stress

Variables	Meditative Practices Group	Asana Practices Group	Control Group	Mean Difference	Confidence Interval
<b>STRESS</b>	12.45	17.82	-	5.35*	4.17
	12.45	-	23.55	11.11*	4.17
	-	17.82	23.55	5.73*	4.17

\*Significant at 0.05 level of confidence.

Table II shows that the obtained confidence interval value were greater than the confidence interval value of 4.17 at .05 level which

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indicates that there was significant different among meditative practices and selected asana practices group , meditative exercises group and control group and asana practices group and control group were 5.323,11.10 and 5.78 respectively on Stress.

### IV. CONCLUSIONS

- A. Meditative Practices and Asana Practices are best methods for reducing Stress Management among working women.
- B. Stress was significantly reduced due to 12 weeks of meditative practices and asana practices group as compared to control group.
- C. The result of the study shows that, there was a significant differences among the group. Asana practices group was better than the Meditative practices group.

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