

## Effect Of Hatha Yoga Practice On Psycho-Physical Fitness On Women

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### Abstract

The aim of the study was to find out the effect of Hatha Yoga practice on psycho-physical fitness variables on women. For the purpose of the study 20 Women from Maharashtra Mandal Gultekdi, Pune, Maharashtra were randomly selected as subjects for the study, The Single Group Experimental research design was framed for this study. The selected sample underwent one month of Hatha Yoga practice five days in a week for one-hour duration. Pretest and post-test were conducted on the selected psycho-physical fitness variables of women such as Anxiety, Depression, Stress, Flexibility, Body Mass Index. The mean, standard deviation and 't' test were calculated, and the level of significance was set at 0.05. The results showed the significant mean difference in Anxiety level, Depression level, Stress level, Flexibility, and Fat level, of the subjects after 8 weeks of Hatha Yoga practice. In conclusion, it appeared that the Hatha Yoga practice program resulted in improvement of psycho-physical fitness in women.

**Keywords:** Psycho-Physical Fitness, Hatha Yoga Practice.

### Introduction

Yoga is a science which deals with the development of the human personality and which leads to the awakening of untapped energy sources within the human body and mind. The practices of yoga are not new. Ancient rishis, saints and sages have been talking about it for the last fifty thousand years in the yoga upanishads. Hatha yoga is described as a means of attaining physical and mental purification and balance. The main objective of hatha yoga is to create an absolute balance of the interacting activities and processes of the physical body, mind and energy. In the process of hatha yoga purification and synchronization on the physical dimension as well as the mental dimension is achieved. Yoga means the union of pranic and mental forces. When union between the pranic and mental forces takes place, then a great event occurs in humans. This is the awakening of higher consciousness. prana shakti, the life force, and manas shakti, the mental force, are the two fundamental creators. What makes this method of treatment

so powerful and effective is the fact that it works. In the physical body, the various organs and systems all have their own functions to carry out, but there should be complete coordination between them. Physical and mental therapy is one of the most important achievements of hatha yoga. according to the principles of harmony and unification, rather than diversity. The three important principles on which physical and mental therapy is based are as follows- Conferring absolute health to one part or system of the body thereby influencing the rest of the body. Balancing the positive and negative energy poles- ida and pingala, prana and apana. Purifying the body of the three types of wastes. The Hatha Yoga practice includes cleansing process, asanas, bandhas, mudras, pranayama and dharana. When we are examining yoga practices, we need to have both a partial and a holistic view. These hatha yoga practices combine group classes for women. Worldwide yoga is very popular and every international day of yoga various themes were declared for example – yoga for harmony and peace, yoga for connect the Youth, yoga for health, yoga for peace, yoga for heart, yoga at home with family, yoga for wellbeing.

### **Objectives of the Study**

To find out the effect of Hatha Yoga practice on Psycho-Physical Fitness (Anxiety, Depression, Stress, flexibility and fat level) on women.

### **Methodology**

The methodology of this study consisted of a single group design for testing the effect of Hatha Yoga practice program for the promotion of selected psycho–physical fitness variables of women. 20 women between the age group 30 to 50 years were selected as subjects from Maharashtra mandal, Yoga and Ayurved Prabodhini, Pune. With a view to find out the impact of the Hatha Yoga practice program on selected psycho physical variables on women. The pre and post-test were conducted on a selected psycho physical variable (anxiety, depression, stress, cardiovascular endurance, flexibility, body composition.) on the selected 20 Women before and after training. The Hatha Yoga practice was given five days per week for eight weeks for one hour in the morning/evening.

### **Hath Yoga Practice Programme**

Om chanting, **shudhikriya**, asanas, mudras, bandhas, pranayam, relaxation these all practices are very important to do in a regular basis. These practices are performed under the guidance of yoga teacher. Method of the practices is traditional way and maintain all the disciplines of yoga. Hatha yoga practices is very much effective is method of teaching is correct. The way of teaching method of hatha yoga is also important if,

need positive results. And for that experience teachers and traditional methods can practiced.

### Statistical Analysis and Findings

The data obtained during the pre and post-test was then analyzed by using statistical procedure of 't' test for further understanding and interpretation of scores obtained.

### Results

**Table 1** Comparison of Pre-test and Post-test on Psycho-physical Fitness of Women

| Psycho-Physical Fitness Variable | Test     | Mean             | SD           | SEM            | Df | 't'     |
|----------------------------------|----------|------------------|--------------|----------------|----|---------|
| Anxiety                          | Pre Post | 8.15<br>2.65     | 3.30<br>2.50 | 0.74<br>0.56   | 19 | 14.691* |
| Depression                       | Pre Post | 4.55<br>2.35     | 2.63<br>0.67 | 0.59<br>0.15   | 19 | 8.220*  |
| Stress                           | Pre Post | 5.50<br>3.35     | 3.05<br>1.73 | 0.68<br>0.39   | 19 | 10.572* |
| Flexibility                      | Pre Post | 2.50<br>4.95     | 1.40<br>1.50 | 0.31<br>0.34   | 19 | 7.653*  |
| Body Mass Index                  | Pre Post | 26.705<br>25.335 | 4.47<br>4.36 | 0.999<br>0.974 | 19 | 8.601*  |

Level of significance is 0.05\*

- From the above table it is clear that:
- In the case of anxiety, the mean performance of the experimental group in pre-test was 8.15 and post-test 2.65. In SEM gain of experimental group in Pre-test 0.74 and Post-test 0.56, and for Standard deviation (SD) pre-test 3.30 and post-Test 2.50. The Degree of freedom (df) is 19. The Result of paired 't' tests of the group showed the significant demotion in anxiety ( $t=14.6310$ ).  
The study has proved significance at 0.5 level. Hence, it is interpreted that Hatha Yoga practice shows significant effect on anxiety of women.
- In the case of Depression, the mean performance of the experimental group in pre-test was 4.55 and post-test 2.35. In SEM gain of experimental group in Pre-test 0.59 and Post-test 0.15, and for Standard deviation (SD) pre-test 2.63 and post-Test 0.67. The Degree of freedom (df) is 19. The Result of paired 't' tests of the group showed the significant demotion in Depression ( $t=8.2203$ ).  
The study has proved significance at 0.5 level. Hence it is interpreted that Hatha Yoga practice has a significant effect on depression on women and it reduces it significantly.
- In the case of Stress, the mean performance of the experimental group in pre-test was 5.50 and post-test 1.35. In SEM gain of experimental group in Pre-test 0.68 and Post-test

0.39, and for Standard deviation (SD) pre-test 3.05 and post-Test 1.73. The Degree of freedom (df) is 19.

The Result of paired 't' tests of the group showed demotion in Stress ( $t=10.5725$ ).

The study has proved significant at 0.5 level. Hence, it is interpreted that Hatha Yoga practice shows significant effect in reducing stress on women.

- In the case of Flexibility, the mean performance of the experimental group in pre-test was 2.50 and post-test 4.95. In SEM gain of experimental group in Pre-test 0.31 and Post-test 0.34, and for Standard deviation (SD) pre-test 1.40 and post-Test 1.50. The Degree of freedom (df) is 19. The Result of paired 't' tests of the group showed a significant improvement in Flexibility ( $t=7.6525$ ).

The study has proved significant at 0.5 level. This proves that Hatha Yoga practice significantly improves flexibility of women.

- In the case of Body Mass Index, the mean performance of the experimental group in pretest was 26.705 and post-test 25.335. In SEM gain of experimental group in Pre-test 0.999 and Post-test 0.974, and for Standard deviation (SD) pre-test 4.466 and post-Test 4.355. The Degree of freedom (df) is 19. The Result of paired 't' tests of the group showed a significant improvement in Body Mass Index ( $t=8.6006$ ). Though there is significant difference found in BMI, it shows that the subjects were in the same category of over-weight after one-month Hath Yoga Practice. The fact that they had lost weight made this study significant in terms of health risk.

The study has proved significant at 0.5 level. After Hatha Yoga practice, the body weight of women was reduced which shows significant difference in pre & post-test BMI.

### **Conclusion**

While concluding, it may be stated that, within the limits of the present study, selected Hatha Yoga practice contributes positively towards the improvement of Psycho – physical variables such as anxiety, depression, stress, flexibility, BMI of women. From the results it is recommended that Hatha Yoga practice may be carried out to enhance the Psycho-Physical fitness of women. Yoga teachers' knowledge, education and experience is very important, researcher observed method of teaching of yoga and recognized true value of yoga by the yoga teachers as well as women. According to health Yoga can help each and every individual to improve their quality of life. The way of teaching method of hatha yoga is also important if , need positive results. And for that experience teachers and traditional methods can practiced.

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