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EFFECT OF COMBINED AND ISOLATED YOGIC PRACTICES AND YOGIC DIET ON STRESS MANAGEMENT AND INTER PERSONAL RELATIONSHIP OF OBESE ENGINEERING COLLEGE WOMEN

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Abstract:

The increasing prevalence of overweight and obesity in humans is a growing public health concern. Concomitants include poor health behaviors and reduced psychological well-being. This study was to find out the combined and isolated effects of yogic practices and yogic dieting on stress management and interpersonal relationship of obese engineering college women students. 80 obese engineering college women whose BMI was above 30 kg/m² were randomly selected. The subjects were assigned to four equal groups of twenty in each. The groups were assigned as Experimental Groups I (Yogic practices), II (yogic diet), III (combined) and control group respectively. Pre tests and post test scores were collected. The results proved that the results presented in this study proved that there was significant influence on stress management and interpersonal relationship due to combined and isolated effects of yogic practice and yogic diet ($P < 0.05$). The post hoc analysis revealed that combined group experimented with yogic practices and yogic diet was significantly better than isolated groups yogic practices; and control group in improving interpersonal relationship. The post hoc analysis further proved that isolated yogic practices group and combined group significantly improved stress management than control group. It was concluded that combined group and isolated groups yogic practices and yogic diet were improved stress management and interpersonal relationship of the obese engineering college students.

KEYWORDS:

Yogic Practices, Yogic Diet, Combined Training, Stress Management, Interpersonal Relationship.

INTRODUCTION

The increasing prevalence of overweight and obesity in humans is a growing public health concern. Concomitants include poor health behaviors and reduced psychological well-being. Preliminary evidence suggests yoga and treatment paradigms incorporating mindfulness, self-compassion (SC), acceptance, non-dieting, and intuitive eating may improve these ancillary correlates, which may promote long-term weight loss. Braun TD et al. (2012) Obesity is a burgeoning problem in the developed world, and certain behaviors, such as increased portion sizes and reduced physical activity, can help explain why the obesity epidemic is spreading. While the problem of obesity has been well publicized, clinicians should also understand that societal factors play a prominent role in obesity. In research sponsored by the World

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Health Organization involving 26 different populations worldwide, surveys of over 30,000 subjects found an inverse trend between BMI and highest educational level attained. Women with lower educational attainment were significantly more likely to be obese compared with men with similar educational backgrounds, although lower educational levels in both sexes were associated with higher obesity. Moreover, the negative association between educational attainment and obesity increased over the 10-year study period, indicating that the obesity gap between well-educated and poorly educated individuals was increasing. To reinforce these data, another study limited to developed countries found that increased income disparity was associated with not only higher rates of obesity, but also diabetes mortality as well among subjects at the lower end of the income scale. (Brunner EJ, Chandola T, Marmot MG. (2007)

Studies document that children, adults, and even health care professionals who work with obese patients hold negative attitudes towards them (Crandall and Schiffhauer 1998 ; Greenberg et al. 2003). Further, studies document the pervasiveness of prejudicial attitudes toward obese persons, few researchers have explored whether overweight and obese adults themselves experience poorer relationships with significant others, including spouse, family, friends, and coworkers. This line of inquiry is important, given the well-documented links between social relationships and emotional and physical health (Cohen and Syme 1985) . Supportive relationships may help individuals to manage their weight and may help to buffer against the distress associated with weight-based discrimination and health problems (House, Landis, and Umberson 1988) . Strained relationships, in contrast, may contribute to the onset and persistence of obesity, and may exacerbate weight-related health concerns (Okun and Keith 1998) .

Yoga practice has been effectively prescribed in conjunction with other medical and yogic procedures in the management of severe psychosomatic diseases, including cancer, bronchial asthma, colitis, peptic and ulcer. It improves strength and flexibility, and may help control physiological variables such as blood pressure, lipids, respiration, heart rate, and metabolic rate to improve overall exercise capacity and evaluate the effects of Yogic Practice on anxiety/depression associated with obesity and found supports yoga as an effective tool with no diet restriction to improve anxiety and depression symptoms as well as obesity in obese subjects. Dhananjai S et al. (2013)

Ross A, et.al. (2012) studied the frequency of yoga practice predicts health: results of a national survey of yoga practitioners. Yoga shows promise as a therapeutic intervention, but relationships between yoga practice and health are under explored. Frequency of home practice favorably predicted ($P < .001$): mindfulness, subjective well-being, BMI, fruit and vegetable consumption, vegetarian status, sleep, and fatigue. Each component of yoga practice (different categories of physical poses, breath work, meditation, philosophy study) predicted at least 1 health outcome ($P < .05$). Home practice of yoga predicted health better than years of practice or class frequency. Different physical poses and yoga techniques may have unique health benefits. Ray US et al (2012) found Psychological parameters like personality, learning, arithmetic and psychomotor ability, mental well being were psychological parameters like reduction in anxiety and depression and a better mental function after yogic practices Vandana B., et.al. (2011) conducted a study on Meditation induces a positive response during stress events in young Indian adults. Relaxation techniques like meditation have been found to be beneficial in reducing stress.

The theoretical foundations laid proved that obesity plays vital role in influencing stress and interpersonal relationship of obese women. It was also laid that yogic practices were beneficial for healthful living including obesity. However, it was found that there was further scope for research to find out the combined and isolated effects of yogic practices and yogic dieting on stress management and interpersonal relationship of obese engineering college women students. Hence, this study was undertaken.

METHODOLOGY

To achieve the purpose of the study, 80 obese engineering college women whose BMI was above 30 kg/m² were randomly selected. The subjects were assigned to four equal groups of twenty in each. The groups were assigned as Experimental Groups I (Yogic practices), II (yogic diet), III (combined) and control group respectively. Pre tests were conducted for all the subjects on stress management and interpersonal relationship using Personality Development Index authored by Kaliappan (1993) . The experimental groups participated in combined and isolated treatments for twelve weeks. After the experimental period, post test scores were obtained. The differences between the initial and final scores were considered as the influence of respective treatments. To determine statistical significance, the pre and post test scores were statistically analysed using ANCOVA.

RESULTS

The results of ANCOVA on selected variables are presented in Table I.

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Tab I: Influence of Combined and Isolated Yogic Practices and Yogic Diet on Stress Management and Inter Personal Relationship of Obese Engineering College women students

	Yoga Group	Yogic Diet Group	Combined Group	Control Group	SOV	Sum of Squares	df	Mean Squares	Obtained F
STRESS MANAGEMENT									
Pre Test Mean	31.90	34.70	33.55	33.5	B	79.44	3	26.48	0.88
Std Dev	4.42	5.43	5.53	6.33	W	2273.95	76	29.92	
Post Test Mean	34.50	36.80	36.75	33.8	B	142.74	3	47.58	1.74
Std Dev	5.18	5.20	4.76	5.75	W	2079.15	76	27.36	
Adjusted Post Test Mean	35.87	35.64	36.63	33.7	B	91.58	3	30.53	10.36*
					W	221.02	75	2.95	
Mean Diff	2.60	2.10	3.20	0.30					
INTERPERSONAL RELATIONSHIP									
Pre Test Mean	23.20	22.00	21.25	21.4	B	48.30	3	16.10	1.26
Std Dev	3.75	3.16	3.26	4.06	W	971.50	76	12.78	
Post Test Mean	25.40	24.75	25.05	21.6	B	189.74	3	63.25	6.10*
Std Dev	3.83	3.32	1.93	3.47	W	788.45	76	10.37	
Adjusted Post Test Mean	24.38	24.71	25.62	22.0	B	139.45	3	46.48	24.50*
					W	142.30	75	1.90	
Mean Diff	2.20	2.75	3.80	0.20					

SOV: Source of Variance; B: Between; W: Within

Required F(0.05), (df 3,76) = 2.72

* Significant at 0.05 level of confidence

Since significant F values were obtained, the scores were further subjected to post hoc analysis using Scheffe's post hoc analysis and the results are presented in Table II.

Tab II: Multiple Comparisons of Paired Adjusted Means of Yogic Practices, Yogic Diet, Combined and Control Groups on Stress Management and Interpersonal Relationship

Yoga Group	Yoga Diet Group	Combined Group	Control Group	MEAN DIFF	Required C.I.
STRESS MANAGEMENT					
35.87	35.64			0.23	1.55
35.87		36.63		0.76	1.55
35.87			33.72	2.15*	1.55
	35.64	36.63		0.99	1.55
	35.64		33.72	1.92*	1.55
		36.63	33.72	2.90*	1.55
INTERPERSONAL RELATIONSHIP					
24.38	24.71			0.33	1.24
24.38		25.62		1.24*	1.24
24.38			22.04	2.34*	1.24
	24.71	25.62		0.91	1.24
	24.71		22.04	2.67*	1.24
		25.62	22.04	3.58*	1.24

* Significant

DISCUSSIONS

Rioux J et al. (2014) developed and tested the feasibility of a whole-systems lifestyle intervention for obesity treatment based on the practices of Ayurvedic medicine/ Yoga therapy. They recommended a comprehensive diet, activity, and lifestyle modification program based on principles of Ayurvedic medicine/yoga therapy with significant self-monitoring of lifestyle behaviors. Neumark-Sztainer D. (2012) documented that Weight-related problems, including unhealthy weight control behaviors, binge eating, overweight and obesity, and eating disorders, are prevalent in youth. Although dieting and body dissatisfaction strongly predict weight gain over time, these findings are not always taken into account in the design of obesity interventions for youth. Possible reasons as to why risk factors such as dieting, body dissatisfaction, and weight stigmatization may be not adequately addressed within interventions addressing obesity required further researches in this area and to address this problem, the investigator in this study made an attempt to find out the effect of combined and isolated effect of yogic practices and yogic diet on stress management and inter personal relationship among obese engineering college women students.

The results presented in this study proved that combined and isolated yogic practices and yogic diet significantly influenced stress management and interpersonal relationship of obese engineering college women students. ($P < 0.05$). The post hoc analysis revealed that combined group experimented with yogic practices and yogic diet and isolated groups, yogic practices and yogic diet were significantly better than control group on stress management and interpersonal relationship. It was further found that combined group was significantly better than isolated yogic practices in improving inter personal relationship of the obese engineering college students.

Ray, et.al. (2001) undertook a study to observe any beneficial effect of yogic practices during training period on the young trainees and found improvement in Psychological parameters like personality, learning, arithmetic and psychomotor ability, mental well being. Vandana B., et.al. (2011) conducted a study on Meditation induces a positive response during stress events in young Indian adults. Relaxation techniques like meditation have been found to be beneficial in reducing stress. Yadav RK, et.al. (2012) studied the Efficacy of a short-term yoga-based lifestyle intervention in reducing stress and inflammation and this brief yoga-based lifestyle intervention reduced the markers of stress and inflammation among obese people.

In this study the combined and isolated yogic practices and yogic diet improved psychological parameters like personality including interpersonal relationship, and reduced stress among obese engineering college women students, hence there was significant improvement among the subjects. Thus, the findings of this study were in agreement with the findings of Vandana B. et al. (2011), Yadav RK et al. (2012) and Ray et al. (2001). It was concluded that combined and isolated yogic practices and yogic diet were significantly improved stress management and interpersonal relationship of obese engineering college women students.

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