A STUDY ON DIRGA PRANAYAMA ON TRIGLYCERIDES AMONG MIDDLE AGED WOMEN

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Abstract

The purpose of the present study was to investigate the effect of dirga pranayama on triglycerides among middle aged women. To achieve the purpose of the study thirty middle aged women were selected from Bangalore, Karnataka, India during the year 2020. The subject's age ranges from 35 to 45 years. The selected students were divided into two equal groups consists of 15 women each namely experimental group and control group. The experimental group underwent a dirga pranayama programme for six weeks. The control group was not taking part in any training during the course of the study. Triglyceride was taken as criterion variable in this study. The selected subjects were tested on Triglycerides was measured through Triglycerides analyzer method (blood test in lab). Pre-test was taken before the training period and post- test was measured immediately after the six week training period. Statistical technique 't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to dirga pranayama practices given to the experimental group on Triglycerides when compared to control group.

Keywords: Dirga Pranayama Practices, Triglycerides and't' ratio.

INTRODUCTION

Yoga is basically an otherworldly control dependent on an incredibly inconspicuous science, which spotlights on bringing amicability among brain and body. It is a craftsmanship and study of sound living. Today, sports have become a part and parcel of our culture. It is being influenced and does influence all our social institutions including education, economics, arts, politics, law, mass communication and even international diplomacy (Alaguraja, K. et.al, 2019)[4]. Yoga is universally benefiting all people of all ages. The study of Yoga is fascinating to those with a philosophical mind and is defined as the silencing of the mind's activities which lead to complete realization of the intrinsic nature of the Supreme Being (Alaguraja, K. et.al., 2017)[1]. In the sports world, physical education is the most

essential aspect due to the fact physical schooling increases the performance and the effectiveness of the sports (Alaguraja, K. et.al., 2018)[2].

Yoga is a system of exercises which helps the mind and body in order to achieve tranquillity and spiritual insight (Alaguraja, K. et.al, 2019)[5]. Make sure that when you practice yoga asanas, you don't just stretch the body because the mind has to be with the body. (Alaguraja, K. et.al, 2019)[8]. One can start practicing Yoga at any given moment of time and you may start with meditation or directly with pranayama without even doing the asanas (postures). (Alaguraja, K. et.al, 2019)[3]. Today's there is an escalating emphasis on appearing smarter, feeling etter and living longer. In order to achieve these ideals as, scientific evidence tells us that one of the keys is high fitness and exercises (Alaguraja, K. et.al, 2019)[7]. When consciousness is operating with the intellect and with all the senses, by making an individual think that he or she is awake and aware, but the mind is actually less receptive and more critical (Yoga, P. et. al., 2019)[10]. Yoga is a practical aid, not a religion and its techniques may be practiced by Buddhist, Jews, Christians, Muslims, Hindus and Atheist alike. Yoga is union for all (Selvakumar, K. et.al, 2019)[9]. The act of Yoga is accepted to have begun with the very sunrise of human progress. The sages conveyed this incredible yogic science to various pieces of the world.

RESEARCH METHODOLOGY

Selection of subjects

The purpose of the study was to find out the effect of dirga pranayama practices on triglycerides among middle aged women. To achieve this purpose of the study, thirty middle aged women were selected as subjects at random. The age of the subjects were ranged from 35 to 45 years.

Selection of variable

Independent variable

- Dirga Pranayama Practices

Dependent variable

- Triglycerides

EXPERIMENTAL DESIGN AND IMPLEMENTATION

The selected subjects were divided into two equal groups of fifteen subjects each, such as a dirga pranayama practices group (Experimental Group) and control group. The experimental group underwent dirga pranayama practices for six days per week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following bio chemical variable namely Triglycerides was selected as criterion variable. All the subjects

of two groups were tested on selected criterion variable Triglycerides was measured through Triglycerides analyzer method(blood test in lab) at prior to and immediately after the training programme.

Statistical technique

The‘t’ test was used to analysis the significant differences, if any, difference between the groups respectively.

Level of significance

The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

ANALYSIS OF THE DATA

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent‘t’ test was used with 0.05 levels as confidence.

TABLE I
Analysis of t-ratio for the pre and post tests of experimental and control group on Triglycerides
(Scores counts in number)

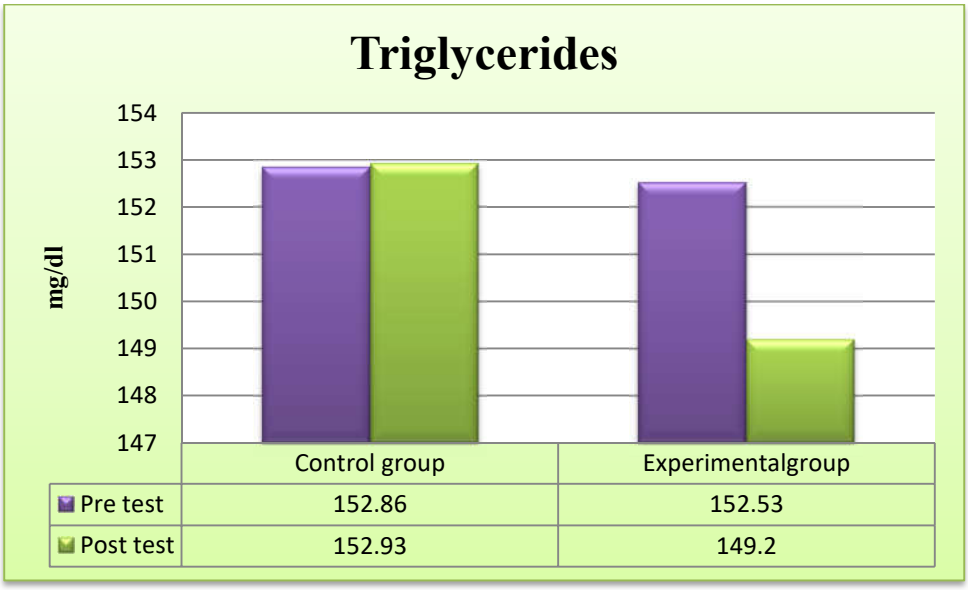
Variables	Group	Mean		SD		df	‘t’ ratio
		Pre	Post	Pre	Post		
Triglycerides	Control	152.86	152.93	3.41	3.43	14	0.25
	Experimental	152.53	149.20	3.29	2.80		**11.60***

**Significance at .05 level of confidence.*

The Table-I shows that the mean values of pre-test and post-test of the control group on Triglycerides were 152.86 and 152.93 respectively. The obtained ‘t’ ratio was 0.25, since the obtained ‘t’ ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on Triglycerides were 152.53 and 149.20 respectively. The obtained ‘t’ ratio was 11.60* since the obtained ‘t’ ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in Triglycerides. It may be concluded from the result of the study that experimental group improved in Triglycerides due to six weeks of dirga pranayama practices.

Figure-1

Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Triglycerides



DISCUSSIONS ON FINDINGS

The result of the study indicates that the experimental group, namely dirga pranayama practices group had significantly improved the selected dependent variable, namely Triglycerides, when compared to the control group. It is also found that the improvement caused by dirga pranayama practices when compared to the control group.

CONCLUSION

On the basis of the results obtained the following conclusions are drawn,

1. There was a significant difference between experimental and control group on Triglycerides after the training period.
2. There was a significant improvement in Triglycerides. However the improvement was in favor of experimental group due to six weeks of dirga pranayama practices.

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