ANALYSIS OF THE CHANGES ON STRESS LEVEL AMONG MOBILE PHONE AND MEDIA ADDICTED MIDDLE AGED HOMEMAKERS IN RESPONSE TO SELECTED YOGA PRACTICES

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ABSTRACT

This study aims to analyze the effect of selected yoga practices on stress level among mobile phone and media addicted middle aged homemakers. For the purpose of this study, the investigator has randomly selected 40 middle aged women from Coimbatore, Tamilnadu State in the age group of 35 and 45 years and they have been divided in to two groups of twenty subjects in each group. The subjects were assigned to yoga practices and control groups. The data obtained from the experimental and control groups on stress level was statistically examined using the paired 't' test. Additionally, percentage changes were calculated to determine the change on dependent variable as a result of experimental treatment. The data gathered from the two groups before and after the experiment on chosen dependent variable was statistically evaluated to determine the significant difference, if any, by using the Analysis of Covariance (ANCOVA). The level of confidence for significance was set at 0.05. After participating in selected yogasanas for 12 weeks, mobile phone and media addiction middle aged homemaker's stress level was significantly reduced.

Key words: *Yoga Practices, Stress level*, *Mobile phone and media addiction, Middle aged homemakers*

INTRODUCTION

The relative lack of attention to midlife health ignores the evidence that critical changes are occurring during this life-stage that warrant changes in lifestyle, behavior, social engagement and health care practices. As suggested by the old saying -- *At 40, your eyesight starts to go; at 50 everything else starts to go* – the midlife is a period of substantial physiologic change that requires adaptive change to optimize health and functioning. The goal of *Women's Midlife Health* is to provide a forum for increased scientific inquiry into the mechanisms that underlie the physiologic changes of the midlife, the triggers for and nature of the aging-and ovarian-aging related processes that are initiated during this life-stage, and the critical factors, particularly modifiable ones, that influence the risk of healthy versus unhealthy aging. Given the increasing wealth of knowledge about the impact of ovarian senescence, research on non-ovarian triggers of symptomatic and non-symptomatic aging-related physiologic changes is a specific priority.

The modern world has witnessed technical developments in the past few years. Due to the complexity of today's environment, internet use is helping educational institutions teach

pupils a variety of learning abilities that are now required of them. Scholars have expressed worry, meanwhile, over the overuse of this technology as well as the hidden risk factors associated with internet users, including mental and physical health (Abbas et al., 2019). Getting the information you need to communicate with people worldwide is simple and quick with the help of the Internet. However, an inability to control one's excessive internet use can lead to unstable emotions, disrupt family relationships, and lower living standards (Zhang et al., 2018; Reshadat et al., 2015). Global Internet usage has skyrocketed, and the digital industrial revolution is currently reaching its pinnacle. Future technological revolutions will surely bring with them new challenges and opportunities (Reshadat et al., 2015; Bener et al., 2018).

Both vigorous and moderate activities may be beneficial to the metabolic issue among middle-aged populations. The intensities of activity need to be taken into consideration when elaborating the relationship between PA and sleep quality. A low to moderate-intensity Tai Chi program was demonstrated to be beneficial in improving self-rated sleep quality. It revealed that participating in an exercise training program has positive effects on sleep quality in middle-aged and older adults. In this regard, this would indicate that physical exercise may elicit larger changes in sleep.

Given that age is likely an important mediating factor influencing the intensity of physical exercise, it is important to examine the incidental effect of age. The aging population is faced with a high prevalence of physical disability. It has been examined that poor physical function is associated with sleep fragmentation and hypoxia in older men. However, it was suggested that vigorous exercise is positively related to adolescents' sleep, which the adolescents are athletes. The interaction of age in the functioning of physical intensities on sleep requests more exploration. As reported, physical inactivity is prominent in the causal constellation for factors predisposing to cardiovascular disease.

Yoga is one such alternative form of physical activity that is used increasingly for the purpose of health promotion. Yoga comprises mainly body postures (asanas), breathing exercises (pranayama), and meditation (dhyana). Yoga is also gaining increasing popularity as a therapeutic measure. It has been reported that peoples had taken up the practice with the explicit goal of improving their health. In this setting, the hope to lose weight was one of the most important reasons for taking up yoga.

Yoga has been shown to elicit many favorable health benefits, including increasing muscular strength and reducing body fat, but the mechanisms responsible remain unclear in the literature. Growth hormone (GH), which can be stimulated through exercise has been shown to facilitate increases in muscular strength and reductions in abdominal fat and overall adipose tissue. Due to the nature of yoga, it can be argued that it can be considered a muscular strength, muscular endurance, and/or aerobic endurance exercise, which can be performed at light, moderate and higher intensities.

There is a wealth of information regarding yoga and its psychological benefits. but the explanation for yoga's effects on mobile addition remains unclear. In this investigation, an attempt was made to understand the recent advancements in the field of internet addiction and how Yoga can be used to address this problem. Yoga may help manage an individual's mobile phone and media addiction. Hence, the present study has been planned to find out the effect of selected Yoga practices on stress among mobile phone and media addicted middle aged homemakers.

METHODOLOGY

Subjects and Variables

For the purpose of this study, the investigator has randomly selected 40 middle aged women from Coimbatore, Tamilnadu State in the age group of 35 and 45 years and they have been divided in to two groups of twenty subjects in each group. The subjects were assigned to Yoga intervention and Control Groups. Internet Addiction Test Scale developed by Dr. Kimberly Young was utilized to assess the mobile phone and media addition level. The stress level was selected as dependent variable and was assessed by using the tool DASS –21 (Lovibond & Lovibond, 1995).

Training Schedule

The subjects were assigned to Experimental (select yoga practices) and Control Group. The Yoga intervention programmes were scheduled for one session a day, each session lasted one hour approximately excluding warming up and warming down. During the training period, the experimental groups underwent yoga training six days a week for twelve weeks. The Yoga intervention programme was conducted fo the experimental group in the morning sessions between 6.00 -7.00 pm. The selected yoga intervention programme consisted of Suriya Namaskar, Asanas, Pranayama and meditation respectively.

Statistical Technique

The data collected from the experimental and control groups on stress level was statistically analyzed by paired 't' test to find out the significant differences if any between the pre and post test. Further, percentage of changes was calculated to find out the changes in stress level due to the impact of experimental treatment. In order to nullify the initial mean differences the data collected from the two groups prior to and post experimentation on stress level was statistically analyzed to find out the significant difference if any, by applying the Analysis of Covariance (ANCOVA). Since two groups were involved, whenever the obtained 'F' ratio value was found to be significant for adjusted post test means, the Scheffe's test was applied as post hoc test. In all the cases the level of confidence was fixed at 0.05 level for significance. The data were analyzed by computer using statistical packages.

Results

The obtained results on stress level through the application of paired 't' test statistical technique, in order to estimate the effectiveness of selected Yoga practices among mobile phone and media addicted middle aged homemakers are put on view in table-I.

Table – I: Descriptive Analysis on Stress Level of Mobile Phone and Media Addicted Middle Aged Homemakers Belong to Yoga Practices and Control Groups

Group	Test	Mean	Standard Deviation	Mean Differences	't' ratio	Percentage of Changes
Yoga Intervention	Pre test	21.80	6.153	4.700	11.26	21.56%
	Posttest	17.10	5.712			
Control (CG)	Pre test	20.50	7.338	1.000	1.70	4.88%
	Posttest	21.50	7.072			

Table t-ratio at 0.05 level of confidence for 19 (df) =1.73
**Significant*

The pre and post test mean on stress level of yoga intervention and control groups vary to a great extent since the yoga intervention group (11.26) and also control group (4.88) derivative 't' values are better than table value (df 19 =1.73). In response to selected yoga practices 2.23% decrease in stress level was found among mobile phone and media addicted middle aged homemakers.

By using ANCOVA statistics, mobile phone and media addicted middle aged homemaker's stress level of yoga intervention and control groups were analyzed and put on view in table –II.

Table-II: ANCOVA Results on stress Level of Mobile Phone and Media Addicted Middle Aged Homemakers Belong to Yoga Practices and Control Groups

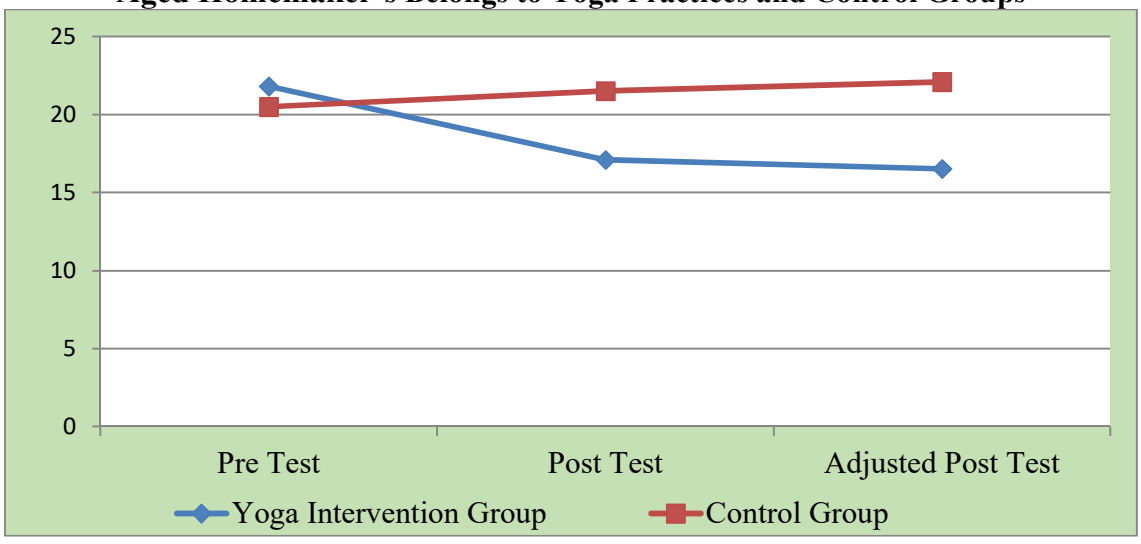
Mean	Yoga Practices Group	Control (CG)	SoV	SS	df	MS	'F' ratio
Adjusted post test	16.52	22.08	B	306.398	1	306.398	63.48*
			W	178.598	37	4.827	

*(Table value for df 1 & 37 is 4.12)*Significant (.05 level)*

The derived ANCOVA statistics results established that the selected yoga practices and control groups (CG) adjusted (post-test) mean (92.66 & 95.06) data on stress level vary to a great extent because the found 'F' value [F=63.48(df 1&37 =4.12)] is higher. The mobile phone and media addicted middle aged homemaker's stress level was decreased greatly due to regular practices (12 weeks) of selected yogasanas.

The displayed figure-I shows the stress level mean scores of yoga practices and control groups.

Figure –I: **Graph Showing the Stress Level of Mobile Phone and Media Addicted Middle Aged Homemaker's Belongs to Yoga Practices and Control Groups**



Discussion

The mobile phone and media addicted middle aged homemaker's stress level was decreased greatly due to regular practices (12 weeks) of selected yogasanas. The holistic science of yoga is the best method for prevention as well as management of stress and stress-induced these disorders. Several studies have shown yoga to have an instant down-regulating effect on both the HPA axis responses to stress. The efficiency of yoga against

stress management is well recognized (Michalsen et al., 2005). despite the consequences of the pathophysiologic pathway; yoga has been shown to have immediate psychological effects: decreasing anxiety (West et al., 2004; Gupta et al., 2006) and way of thinking of emotional, social and spiritual health (Chandra et al., 2012). Since the 1970s, meditation and other stress-reduction techniques have been studied as possible treatments for psychosomatic disorders. The presented reviews of a wide range of yoga practices suggest that they can reduce the impact of the embroidered stress responses and they may be helpful for psychological disorders.

The possibility of yoga used therapeutically as a type of complementary and alternative medicine (CAM) is growing in importance as public demand drives health management organizations and health care providers to include various CAM therapies in their coverage (Pelletier, Marie, Krasner, & Haskell, 1997). As with other users of CAM therapies, yoga practitioners use yoga to supplement and support, rather than replace, conventional therapies (Jonas, 2001). However, health care providers have an interest in seeing more objective demonstration of clinical efficacy as well as cost effectiveness in determining whether to offer coverage for certain therapies (Pelletier et al., 1997). Yoga has been reported to have various beneficial effects. The studies have shown that the practice of yoga reduces the perceived stress and negative feelings and improves mental and physical symptoms (Kirkwood et al., 2005; Smith et al., 2007) Yoga has therapeutic benefits on various mental Disorders (Carei et al., 2010; Shapiro et al., 2007). The stress and stress-induced disorders like obesity, depression, anxiety and hypertension are fast growing epidemics and curse of “modern” society.

Conclusion

After participating in a selected yoga practices for 12 weeks on a regular basis, the mobile phone and media addicted middle aged homemaker’s stress level, was significantly altered. In response to selected yoga practices 21.56% decrease in stress level was found among mobile phone and media addicted middle aged homemakers.

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