

A Study Effect of Yoga Training on the Mental Health of Housewives

ASHA VANDARVALA

(Ph.D. Research Scholar)

GUJARAT VIDYAPITH AHMEDABAD,

Faculty of Physical Education and Sports Science,

Sadra TA. & Dist. – Gandhinagar, 382320

Email- ashavandarvala93@gmail.com

Abstract: *The purpose of this research is to study the effects of yoga training on the mental health of housewives. Total 100 housewives from Rajkot City were selected as a subject. These housewives were divided into two group i.e. 50 housewives in yoga training group and 50 housewives in control group. By Pramod Kumar the questionnaire method has been tested in the mental health. The result which are as under systematic the training has been implemental 12 weeks. Analysis of covariance (ANCOVA) was applied at 0.05 level of significance to test the hypothesis. It was observed from the result of the study that the experimental group improved significantly in mental health to the particular of yoga training.*

Key Words: *Yoga, Mental Health, Housewives.*

1. INTRODUCTION:

In today's modern age everyone wants to live an healthy life . Many people are doing physical activities such as gym, play different types of games. While playing game and performing different activities the body will fit but accept this all the social and mental health also play an important role in this. Not everyone is immortal in their life. Every person somehow get disturbed in their health issues. Yoga also helps the health as well as it also fight with internal and external organs cells. The another name of yoga is also called an exercise. In reality the yoga helps to pure the tissues and organs of the human body. Not only that, but it can even reduce levels of cortisol (hormone associated with stress) within your body If you are looking for a way to take care of yourself holistically while also boosting your mental health, yoga is a good option.

In India yoga is very important in ancient training method. It's not easy to say when this method has been established. While saying only this the study of yoga is very important. While keep in mind our ancestors has study the whole yoga literature with their experience. Asana and pranayama are beneficial for human. Through this physical, mental and spiritual increase will development.

Yoga is the act of keeping the inner health. His work will not be easy unless we get cleaned. We are analysing that the heart is working for 24 hours. While seeing all this no single day our organs are gone on rest that's why the yoga is more important for health and wellness.

The meaning of mental health is the goodness or these used in the absence of mental illness in our human beings. Mental health is the psychological state of an individual in which emotional and behaviour will satisfactory around them. In today's modern lifestyle humans are living in stress full life. While all this routine the negative effect has been seen in their mental health. The India has gifted the yoga and meditation. Which all the humans has to used daily.

Yoga is a fabulous way for woman of all ages to achieve the ultimate mind-body balance. From teens to seniors, yoga has been known to improve physical health, reduce stress levels and improve overall well-being. With regular practice, women can reap numerous positive benefits when it comes to their mental and emotional states, along with more physical gains -like improved flexibility and strength in muscles. Let's explore why getting into a regular yoga routine as a woman should be at the top of your priority list this year.



Every housewives work daily routine sometime get tried them in today’s era in every circumstances wives are helping in husbands work and they are very curious to present or different inspersion outside society. This type of wives are specially a married wife load. The mental health and responsibility balanced. For this the study of yoga is very important to maintain their mind calm and healthy. Various asans of yoga, pranayama, meditation, what kind of changes occur in psychology which are as follows,the thoughts are coming out from inner space.After coming out all the thoughts from mind the person’s mind feel relaxed. Due to this mind gets conflict and for this the person feel good at sleep their face also glows. While doing all this stress and anxiety get reduced and emotions also get reduced there stable in childish behaviours. The organs of the body also works properly. The fear also goes in every situation. Tiredness does not come out.

2. AIM OF THE STUDY :

The purpose of this research a study effect of yoga training on the mental health of housewives.

3. SELECTION OF SUBJECTS & MATERIAL :

Total 100 housewives from Rajkot City were selected as a subject. These housewives were divided into two group i.e. 50 housewives in yoga training group and 50 housewives in control group. By Pramod Kumar the questionnaire method has been tested in the mental health. The result which are as under systematic the training has been implemental 12 weeks.

CRITERION MEASURES:

Hypothesis for selected measuring standards given below:

NO.	VARIABLE	TEST	MEASUREMENT
1	Mental Health	By Pramod Kumar Questionary Method	Evaluation

STATISTICAL PROCEDURE :

To know difference between both the group Analysis of Covariance (ANCOVA) has been applied and it was checked at significant level of 0.05.

4. RESULT OF THE STUDY:

The result of the study is presented in following tables

Table 1.1
Means and Analysis of Covariance of Mental Health Test for Yoga & Control Group

Test	Group		ANCOVA TABLE			
	Yoga	Control	Sum of Square	Degree of Freedom	Mean Sum of Square	'F'
Pre Test Mean	11.240	10.280	23.040	1	23.040	0.466
			4843.200	98	49.420	
Post Test Mean	6.920	9.920	225.000	1	225.000	7.849*
			2809.360	98	28.667	
Adjusted Mean	6.635	10.205	317.094	1	317.094	27.895*
			1102.620	97	11.367	

* Sig. Level at 0.05 (1, 98) = 3.938 & (1, 97) = 3.939

It is observed from table – 1 that the means of Yoga Training Group; Pre-test is 11.240, post-test mean is 6.920 and adjusted mean is 6.635. Control Group; Pre-test is 10.280, post-test mean is 9.920 and adjusted mean is 10.205. The calculated '*F*' value of pre-test means of all the groups is not significant, calculated '*F*' value of post-test means of all the groups is significant and calculated '*F*' value of adjusted means of all the groups is significant.

5. CONCLUSION :

It was observed from the result of the study that the experimental group improved significantly in mental health as well as adjustment to the particular of Yoga Training.

REFERENCES :

1. Kumar Rajesh. (2017). Health And Yog, New Delhi: Khel Sahitya Kendr.
2. Kumar Anil And Aggarwal Vijay Narayan. (2017). Mental Health, Lucknow: Uttar Pradesh Hindi Sansthan Publisher.
3. Varma Prakash J. (2002) A Test Book on Sports Statistics, Gwalior: Venus Publication.
4. Sharma, O.P. (2013). Psychopathology, Jaipur :Ritu publication,
5. Kaur Sarbjit. (2013), Humans Psychology, Uttarpradesh: B.Jain regular publisher.
6. Modi Dushyant. (2013). Yogas in various disease, Navneet publication.
7. Gopal Usha. (2005). yogasan, Delhi : sports publication.