

A Study of Effects on the Adjustment of Housewives through Yoga Training

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Abstract: The purpose of this research is to study of effects on the adjustment of housewives through yoga training. 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 adjustment. 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 adjustment to the particular of yoga training .

Key Words: Yoga, Adjustment, housewives

1. INTRODUCTION:

In today's modern age everyone wants to live a 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. Another name of yoga is also called an exercise. In reality the yoga helps to pure the tissues and organs of the human body.

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 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 importance occurs of adjustment of many people in their internal condition and external condition. Every person needs desires and motivation. External conditions keeps changing from moment to moment and putting new pressures on the person as one tries to satisfy it and thereby relieve stress. The pressure needs solution when a person will adjust according to the situation also inter relationship with external conditions as well as others adjustment with individuals also becomes necessary.

Adjustment is an active process adjustment is not passive the animal has to be constantly to be adjust. If cold come take out sweaters, if heavy rain comes take out umbrella, adjust 4 in 3 seats in bus etc. people have to adjust sometime tornado comes we have to bow down in grass. Sometime we have to stair straight as an oak tree in every situation and brave. In today's life time many people are there who cannot adjust. When at that time the people will adjust a proper way.



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.

In today’s era housewives not only do their daily chores of routine life but also they help their families to achieving goal and success. They are curious to present as an inspiration for society. Thus they have a life of heavy workload. For this the study of yoga is very important to maintain their physical and mental health.

Various Asans of yoga, pranayam and meditation provide peace of mind and health of body. Yoga not only reduces stress and anxiety but also it also help to develop good thought, glow on face and proper working of body organs. Finally we can say that yoga is soon for them.

2. AIM OF THE STUDY:

The purpose of this research a study of effects on the adjustment of housewives through yoga training.

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 adjustment. 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	Adjustment	By Pramod Kumar the questionnaire 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
Means and Analysis of Covariance of Adjustment 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	23.940	21.220	184.960	1	184.960	2.930
			6187.400	98	63.137	
Post Test Mean	28.600	21.140	1391.290	1	1391.290	24.235*
			5626.020	98	57.408	
Adjusted Mean	27.566	22.174	705.858	1	705.858	33.384*
			2050.907	97	21.143	

* 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 23.940, post-test mean is 28.600 and adjusted mean is 27.566. Control Group; Pre-test is 21.220, post-test mean is 21.140 and adjusted mean is



22.174. 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 adjustment to the particular of Yoga Training.

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