

EFFECT OF YOGIC PRACTICES ON STRESS AMONG ADULT MEN SUFFERING FROM SINUSITIS

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Abstract

For the random group experimental study, 30 sinusitis adult men were selected by using random sampling group design from Tirunelveli between the age group of 35 and 45 years and they were divided into two groups A and B with 15 subjects each. It was hypothesized that there would be significant differences on Stress due to Yogic practices among adult men suffering with sinusitis than the control group. Pre- test was conducted for the two Groups (A and B) on the selected dependent Parameter before the start of the training program. Group A was given Yogic practices; Group B (Control Group) didn't receive any specific treatment but were in active rest. After the experimental period of Twelve weeks, the two Groups (A and B) were retested on the same selected dependent variables. Analysis of co-variance (ANCOVA) was used to find out the significant differences between experimental group and the control group. The results proved that Yogic practices reduced Stress among adult men at 0.05 level of confidence. It is concluded that yogic practices are beneficial to adult men to reduce stress in their life.

Key words: yogic practice, Stress, Adult Men, Sinusitis

1. Introduction

Sinus is a hollow space in the body, there are many types of sinuses. But sinusitis affects the para nasal sinuses. The spaces behind the face lead to the nasal cavity. The para nasal sinuses have the same mucous membrane lining as the nose. They produce a skinny secretion can cause headache. Sinusitis is the inflammation and swelling of the tissue lining the sinus. Healthy sinuses are filled with air. But when they become blocked and filled with fluid, called mucus. The keeps the nasal passages most are traps dirt particles and germs. headaches are quite wide and cause varied and multi-folded stress, physical or mental exhaustion, fatigue, depression, anxiety, extreme hot or cold environment, dizziness, suppression of nature desire inadequate or too much sleep germs

can grow and cause an infection. The causes are common cold, allergic rhinitis, nasal polyp deviated septum.

2. Aims & Objectives of the Study

To find whether there would be any significant difference on selected Psychological factor due to Yogic Practices.

3. Significance of the Study

Mind and body are interrelated. Any malfunctioning of one would affect the other Energy level blockage cause retardation of functional efficiency of the system. In turn it would affect the individual efficiency and productivity. If this is properly controlled effectively through yogic practices, expenditure in manufacturing medicines for this purpose, loss of labour hours on this score would be contained or controlled. Besides, individual can lead peaceful healthy happier life free from effect of the disease.

4. Hypothesis

It is hypothesized that there would be significant differences due to the practices of yoga Stress among adult men suffering with sinusitis than the control group.

5. Delimitations

- The study is to be delimited only on adult man suffering with sinusitis of age 35 to 45 years only
- The study is delimited to sinusitis patients residing in Tirunelveli only.
- The studies are to be delimited to Yoga practices as independent Parameter only.
- The studies are to be delimited to the dependent variable Stress only

6. Limitations

- The factors like lifestyle, body structure, and social activities are not to be taken into consideration for this study
- Certain factor like environmental and climatic conditions and economical background are not taken into consideration and also day to day work.
- The factors like medication and personal habits are not to be taken into consideration.

7. Methodology

For the random group experimental study, 30 sinusitis adult men were selected by using random sampling group design from Tirunelveli between the age group of 35 and 45 years and they were divided into two groups A and B with 15 subjects each. It was hypothesized that there would be significant differences on Stress due to Yogic practices among adult men suffering with sinusitis than the control group. Pre-Scores were taken using Dr Latha Sathish Stress Questionnaire, the two Groups (A and B) were retested on the same selected dependent variables. Analysis of co-variance (ANCOVA) was used to find out the significant differences between experimental group and the control group. Today, owing to change in life style the

human systems undergo lot of stress and strain leading to mal functioning of organs. And there is certain asana specifically beneficial for the sinusitis. The following yogic practices given:

- Loosening Exercises
- Suryanamaskar
- Asana: adhomugasuvangasana, halasana Paschimottanasana, supta vajrasana, janu sirsana
- Pranayama: Kapalabhati, Basthirika Nadishodana.
- Yoga Nidra:

The Yoga practices act in two distinct ways to overcome sinusitis. Firstly, the paranasal sinus is the mucous membrane lining the nose. They produce a sling secretion. It keeps nasal passages and traps dirt particles.

8. Results and Discussion on Stress

The Scores calculated through the reply given in questionnaire, to the before and after the training period were statistically analyzed by using Analysis of Co-variance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance. The Analysis of Covariance (ANCOVA) on pulse rate through yogic practices and control group was analyzed and are presented in Table

Table 1. Computation of Analysis of Covariance of Training Groups and Control Group on Stress

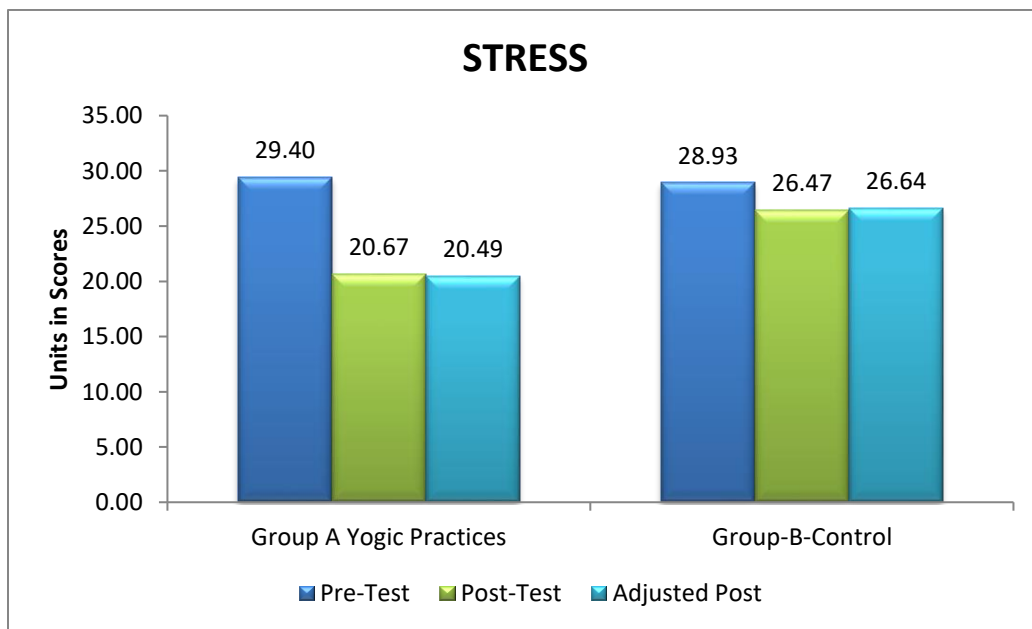
TEST	Experimental Group	Control Group	Source of Variance	Degree of Freedom	F Ratio
Pre	29.40	28.93	Between	1	0.80
			Within	28	
Post	20.67	26.47	Between	1	4.40*
			Within	28	
Adjusted Post	20.49	26.64	Between	1	7.44*
			Within	27	

***Significant at 0.05 level of confidence. (Table F ratio at 0.05 level of confidence for 1 and 28(df) =4.2, 1 and 27(df) = 4.21)**

As shown in Table I, The obtained F value on post test means was 4.40, which was greater than the required table value of 4.21 the study was significances. Taking into consideration of the pre test means and post test means adjusted post test means were determined and analysis of covariance was done and the obtained F value 7.44 was greater than the required table value of 4.2 and hence it was accepted that there was significant differences among the treated groups as substantiated by (Arora, S et al 2008)

“Stress is a constant factor in today's fast-paced life that can jeopardise our health if left unchecked. Only in the last half-century has the role of stress in diseases ranging from the common cold to AIDS been highlighted, and the mechanisms involved in this process have been studied. Stress is thought to influence the immune response by activating the hypothalamic-pituitary adrenal axis, the hypothalamic pituitary-gonadal axis, and the sympathetic-adrenal-medullary system. These complex bidirectional interactions between the central nervous system (CNS) and the immune system are mediated by a variety of neurotransmitters, neuropeptides, hormones, and cytokines. The effects of stress on immune responses cause changes in the number of immune cells as well as cytokine dysregulation. Meditation, yoga, hypnosis, and muscle relaxation are all stress management techniques have been shown to reduce the psychological and physiological effects of stress in cancer and HIV infection. This review will look at how stress affects the immune system and how relaxation techniques like Yoga and meditation can help to regulate cytokine levels and thus immune responses during stress.”

Fig. 1. Bar Diagram Showing the Mean Difference of Experiment Groups and Control Group on Stress



*Significant at 0.05 level of confidence. (Table F ratio at 0.05 level of confidence for 1 and 28 (df) =4.2, 1 and 27(df) = 4.21)

9. Discussion on Hypothesis

After yogic practices, stress level reduced among sinus infected adult men than the control group. Hence hypothesis was accepted at 0.05 level of confidence

10. CONCLUSION

It was concluded that Yogic practices (Group I) and Yogic practices reduced Stress than the Control group among adult men suffering with sinusitis than Control Group (Group II).

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