

## EFFECT OF YOGIC PRACTICES WITH DIET ON LIFE SATISFACTION AMONG MIDDLE AGED WORKING WOMEN

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### Abstract

The purpose of the present study was to investigate the study on transcendental meditation and surya bhedan pranayama practices on life satisfaction among middle aged working women. To achieve the purpose of the study thirty working women were selected from Karaikudi, Tamilnadu, India during the year 2022. The subject's age ranges from 35 to 55 years. The selected subjects were divided into two equal groups consists of 15 subjects each namely experimental group and control group. The experimental group underwent a transcendental meditation and surya bhedan pranayama practices programme for 8 weeks. The control group was not taking part in any training during the course of the study. Life satisfaction was taken as criterion variable in this study. The selected subjects were tested on Life satisfaction was measured through perceived scale. 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 transcendental meditation and surya bhedan pranayama practices given to the experimental group on Life satisfaction when compared to control group.

**Keywords: Transcendental Meditation And Surya Bhedan Pranayama Practices, Diet, Life satisfaction and 't' ratio.**

### INTRODUCTION

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)<sup>4</sup>. 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)<sup>1</sup>. 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)<sup>2</sup>.

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)<sup>5</sup>. 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)<sup>8</sup>. 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)<sup>3</sup>. Today's there is an escalating emphasis on appearing smarter, feeling better 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)<sup>7</sup>. 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)<sup>10</sup>. 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)<sup>9</sup>.

## RESEARCH METHODOLOGY

### Selection of subjects

The purpose of the study was to find out the effect of transcendental meditation and surya bhedan pranayama practices with diet on life satisfaction among middle aged working women. To achieve this purpose of the study, working women were selected as subjects at random. The age of the subjects were ranged from 35 to 55 years.

### Selection of variable

#### Independent variable

- Combined transcendental meditation and surya bhedan pranayama practices with diet

#### Dependent variable

- Life satisfaction

## EXPERIMENTAL DESIGN AND IMPLEMENTATION

The selected subjects were divided into two equal groups of fifteen subjects each, such as a transcendental meditation and surya bhedan pranayama practices group with diet (Experimental Group) and control group. The experimental group underwent combined transcendental meditation and surya bhedan pranayama practices with diet 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 psychological variable namely Life satisfaction was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable Life satisfaction was measured through perceived scale 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 Life satisfaction**

(Scores in number)

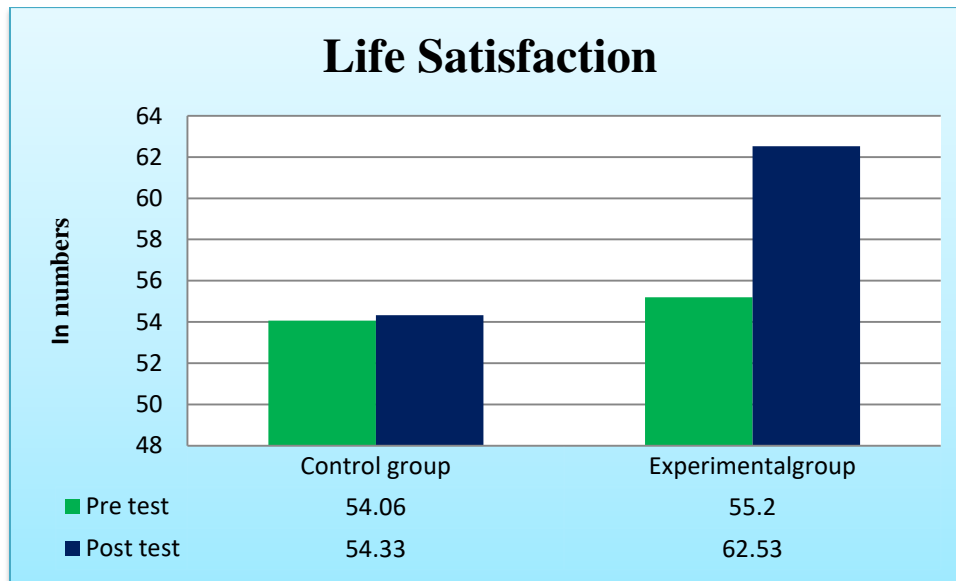
| Variables         | Group        | Mean  |       | SD   |      | df | 't' ratio     |
|-------------------|--------------|-------|-------|------|------|----|---------------|
|                   |              | Pre   | Post  | Pre  | Post |    |               |
| Life Satisfaction | Control      | 54.20 | 54.33 | 1.85 | 1.67 | 14 | 0.41          |
|                   | Experimental | 55.06 | 62.67 | 1.90 | 1.98 |    | <b>12.19*</b> |

*\*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 Life satisfaction were 54.20 and 54.33 respectively. The obtained 't' ratio was 0.41, 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 Life satisfaction were 55.06 and 62.67 respectively. The obtained 't' ratio was 12.19 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 Life satisfaction. It may be concluded from the result of the study that experimental group improved in Life satisfaction due to 8 weeks of transcendental meditation and surya bheda pranayama practices with diet.

### Figure-1

**Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Life satisfaction**



## DISCUSSIONS ON FINDINGS

The result of the study indicates that the experimental group, namely transcendental meditation and surya bheda pranayama practices with diet group had significantly improved the selected dependent variable, namely Life satisfaction, when compared to the control group. It is also found that the improvement caused by transcendental meditation and surya bheda pranayama practices with diet 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 Life satisfaction after the training period.
2. There was a significant improvement in Life satisfaction. However the improvement was in favor of experimental group due to eight weeks of combined transcendental meditation and surya bheda pranayama practices with diet.

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