

A Study on Impact of Yoga on Self-Control in Obese Women

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Abstract- The purpose of this study is to investigate the impact of ten days' *Yoga* practice on self-control in obese women. A sample of 13 (n = 13) women with average age 39 years was selected for this study from *Yoga Shibir* held at 'LIFE', Rajkot, organized by Saurashtra Medical & Educational Charitable Trust. We have performed pre-test and post-test scale to measure change, before and after *Yoga* practice. This scale is made by **Arun Kumar Singh** and **Alpana Sen Gupta** in English version and we have used its Gujarati version made by **Dr. Yogesh A. Jogsan**, Department of Psychology, Saurashtra University, Rajkot. Post observation was made on the last day intervention of *Yogic* Practices included *Omkar*, *Asanas*, *Pranayama*, *Kriyas*, *Dhyana* etc. The computed t-value was 0.20. It showed a non significant improvement at the parameter, but at the mean it showed better impact of *Yoga* on self-control. Weight-reduction through *Yoga* was a part of the study. It showed a satisfactory decrease of 1.3 kgs. (mean) in weight.

Thus, the findings indicate the beneficial effect of *Yoga* for weight-reduction of obese women to improve their self control.

Index Terms- *Yogic* Practices, self-control and Weight Reduction

I. INTRODUCTION

Obesity is fast becoming the developed world's greatest health problem. Adult obesity rates have almost quadrupled, become four times as great over the last 25 years. They are at least two to three stone overweight and putting their health at serious risk. Most of people eat more food than they require, and much of it is higher in calories that the human body was originally designed to cope with. Fast food, high calorie snacks, cold drink and large portion of meals given more energy than required. Thus, obesity is generated in the body.

According to figures, being obese can take up to nine years off the lifespan. It also makes a person far more likely to develop a range of health related problems or psycho-somatic disease, including: Heart Disease, Arthritis, Hypertension, Diabetes Mellitus, Spondylitis, Infertility, Depression etc.

Besides all these facts, there are so many complications in obese women like anger, aggressiveness, stress, anxiety, constipation, pre or post menstruation syndrome menopausal disorders etc and also we find lack of capacities like facing adverse circumstances, self-confidence, self-control etc.

Self-control is not just affected by how we are thinking at a specific moment that would be too easy. Everyone has a developed different amount of self-control. Some people seem to find it easy to resist temptation while others can be relied on to

always yield to self-gratification. To a certain extent we have to accept our starting point on the self-control sliding scale and do the best we can with it. It is observed in obese women that their self-control in different situations is not sufficient. Although a few obese women have very high level of self-control but others have very low level. Due to lacking of self-control, they face many critical problems like Hypertension, Heart attack, poor family life, destroyed inter-personal relationship etc. at not only on physical level but on mental level also.

II. CONCEPT

Yoga is worldwide accepted for its beneficial effects on different ailments. *Asanas*, *Pranayamas*, *Kriyas*, *Bandhas*, *Mudras*, *Dhyana* and chanting of *Mantras* are advantageous at all the levels of personality. Due to researches and advantages, now *Yoga* is being applied as a therapy around the world. It has observed that *Yoga* is very beneficial for obese people to remain healthy and also to reduce the weight. As we find, *Yoga* brings a very positive change in attitude and behavior and increases mental capacities. It can convert outlook towards the life and its complications in a positive direction, it may improve the level of self-control also. Because a person's identity recognizes through his or her responses in different situations and reactions and actions are based on self-control power we have inspired to investigate the impact of *Yoga* to improve self-control in obese women.

III. OBJECTIVE OF THE STUDY

1. To study the effect of a specific *Yogic Program* on self-control at psychological level in obese women.
2. To find effect of a specific *Yogic Program* for weight reduction in obese women.

IV. METHOD

13 obese women having average age 39 years were selected for this study from a ten days' *Yoga Shibir* held at 'LIFE', Rajkot, organized by Saurashtra Medical & Educational Charitable Trust in December, 2010. Pre and post observations through medical check-up were employed for data collection and *Yogic Program* under study was intervened for ten days among subjects. Through questionnaire method, we have performed pre and post test scale to measure change, first and last day of *Yoga*

practice respectively. This scale is made by **Arun Kumar Singh and Alpana Sen Gupta** in English version but in present study I used its Gujarati version made by **Dr. Yogesh A. Jogsan**, Department of Psychology, Saurashtra University, Rajkot.

V. TOOLS

I have applied a specific *Yogic Program* on subjects, designed for weight-reduction. They have practiced each *Asana* once for 30 seconds and required relaxation after each practice either in *Shavasana* or in *Makarasana*. *Yoga Program* was conducted for one and half an hour daily for 10 days under well qualified *Yoga Instructors*. The *Yoga Program* was:

1. Omkar - 10 times
2. Warm up with stretching, joints movements, rotation etc.
3. *Surya Namaskar* - 5 rounds
4. *Shavasana*
5. *Pawan-Muktasana*
6. *Ardha-Halasan*
7. *Kati-Vakrasana*
8. *Ardha Dronasana*
9. *Setu Bandhasana*
10. *Ardha Naukasana*
11. *Bhujangasana*
12. *Shalabhasana*
13. *Dhanurasana*
14. *Parvatasana*
15. *Shanshankasana*
16. *Yoga-Mudra*
17. *Ushtrasana*
18. *Kati Chakrasana*
19. *Tadasana*
20. *Vrikshasana*
21. *Utkatasana*
22. *Trikonasana*
23. *Shavasana*
24. *Kapalbhati* - 3 rounds each 60 strokes
25. *Anuloma-Viloma Pranayama(Puraka-Rechaka)*-15 rounds
26. *Bhramri Pranayama (Puraka-Rechaka)*-10 rounds
27. *Omkar* 3times

VI. DESIGN OF THE STUDY

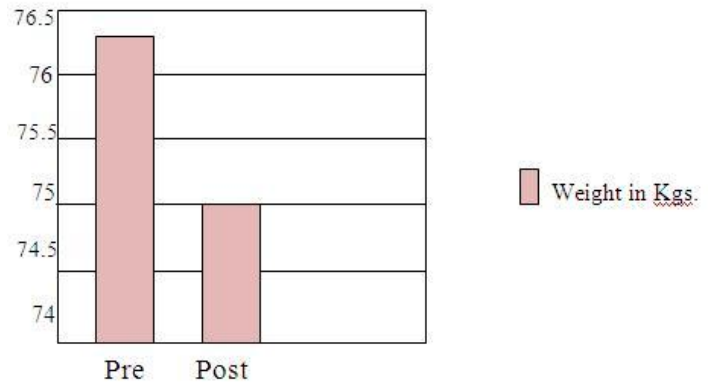
24 obese women have joined *Yoga Shibir*, organized by Saurashtra Medical & Research Educational Charitable Trust in December, 2010 at 'LIFE', Rajkot for ten days. They were examined by our Medical Officer on first and last day of the *Shibir*. Participants have answered questionnaire of psychological test-scale which we have used for this study on the first and the last day as pre-test and post-test respectively. We have received 13 post-test questionnaires only on last day. During the ten days, all participants have practiced complete *Yogic Program* daily for one and half hour conducted by qualified *Yoga Instructors*. After completion of *Yoga Shibir*, we have prepared data and findings to investigate the impact of *Yoga*.

VII. RESULT

Table-1
Impact of Yoga to reduce weight

Sr.No.	Variables	N	Weight (mean in Kgs.)	Difference in Kgs.
1	Pre	13	76.3	1.3
2	Post	13	75	

Mean (Kgs.)

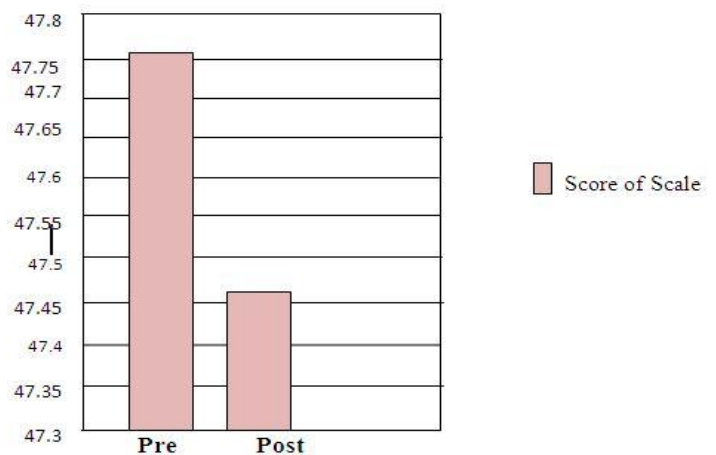


In Table-1, mean weight of all the subjects is 76.3 Kgs. before starting *Yoga* collected through pre-test and mean weight of all the subjects is 75 Kgs. after practicing *Yoga* for ten days, collected through post-test. Thus we find that the specific *Yogic Program* for weight reduction has reduced 1.3 Kgs. (mean) weight very effectively within 10 days without any other restrictions and advices.

Table-2
Impact of Yoga on self-control

Sr. No.	Variables	N	Mean	Std. Div.	t-Value
1	Pre	13	47.76	3.98	0.2
2	Post	13	47.46	3.86	

Mean



In Table-2, computed t-value (0.2) shows a non-significant change at the parameter to investigate the effect of *Yoga* to improve self-control but, at mean level, data shows a difference of 0.30 which indicates a good improvement in a very short time.

VIII. DISCUSSION

The result shows a very good impact of *Yoga* on obese women for weight-reduction. In fact, this is noticeable that the result is achieved within ten days which is comparatively very short time span. The result may more effectively present the beneficial effects of *Yogic Program* if it is followed for a long time and with dietary control and brisk walking etc.

So, it is recommended that *Yoga* should be practiced for a long time for weight reduction and advised to reduce calories intake to get fruitful result earlier.

Non-significant change in t-value also shows the need of continuity of *Yogic Program* for a longer period because at the mean, a very valuable difference is present which shows improvement in self-control of all the subjects.

IX. CONCLUSION

Obesity is a big social problem which leads to many psychology-somatic disorders or diseases. It is noticed that obese women have many other problems and complications at emotional and psychological levels. Lack of self-control creates many imbalances in their lives as explained above. At the conclusion, it can be asserted that intervened *Yogic Program* caused a very good decrease in weight and a beneficial effect to improve self-control on the subjects.

This study indicates to apply *Yoga* for a long time with patience and regularity so that obese women can receive more advantages at various levels of the personality.

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