



THE IMPACT OF TRADITIONAL YOGA ON PSYCHOLOGICAL VARIABLES AMONG DIABETIC WOMEN IN INDIA: A QUANTITATIVE STUDY

Dr.Mukesh Rani

Extension Lecturer, Department of Psychology, Govt. College Narnaund (Hisar)

ahlawatmukesh88@gmail.com

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Abstract

The objective of the irregular gathering trial study was to decide what yoga rehearses meant for the pulse and stress levels of type 2 diabetic women in their center years. For the point of the review, 30 moderately aged diabetic women between the ages of 120 and 80 were picked aimlessly from Chennai utilizing the arbitrary choice technique, and they were isolated into two gatherings with 15 people each. On specific Physiological and Psychological elements, for example, Pulse and Stress, it was normal that moderately aged type 2 diabetic women would vary fundamentally from the benchmark group. Before the beginning of the preparation program, a fundamental circulatory strain and stress test was directed for two gatherings. Grown-ups with type 2 diabetes (DM2) may profit from yoga works on, as indicated by a developing collection of examination. In this precise audit, we evaluate the information from imminent controlled preliminaries that are presently accessible on yoga-put together projects' belongings with respect to specific wellbeing results pertinent to the administration of diabetes type 2 (DM2). We filtered the book indices of every distinguished article, appropriate audit papers, and nine data sets to find reads up that certified for consideration.

Keywords: Psychological, Women, Yoga, Diabetic, Psychological Stress

1. INTRODUCTION

One of the medical conditions that is quickly developing is diabetes, which has significantly expanded in commonness among grown-ups as of late. Diabetes Mellitus, all the more usually known as diabetes, is a serious, constant condition that emerges when levels of glucose in a singular's blood rise and sugar is in this manner delivered in their pee on the grounds that their body can't create any or enough of the synthetic insulin or can't really utilize the insulin that is created.



The prevailing job of women has adjusted in the twenty-first 100 years. Women today are liable for running the family, each industry, and society. Because of this obligation and way of life issue, women's wellbeing is extraordinarily influenced. The government assistance of women is essentially affected by this solid and way of life issue. among that Diabetes is presently one of the most pervasive sicknesses among women. 16% of live births among 20 million women had some type of pre-birth hyperglycemia. Expectedly, gestational diabetes was to be faulted for 84% of the cases. Diabetes influences an expected 60 million individuals in India, more than in some other country on the planet. As indicated by the Indian Board of Clinical Exploration (ICMR), Tamil Nadu had the most noteworthy commonness of diabetics among the 15 states (10.4%).

In the wake of using inward yogic after many expanded times of effectively working with diabetes patients. Over the most recent couple of years, yoga has become increasingly well known; today, in excess of 30 million individuals routinely practice it. Yoga is one of the cutting edge world's quickest developing types of activity for wellbeing, in spite of being around for some time. Individuals' mentalities with respect to prosperity, extraordinary quality, way of life, and the open arena have fundamentally changed these days. In view of a steady state in which the body loses the ability to make insulin or becomes impervious to the run of the mill impacts of insulin, type II diabetes mellitus is an ongoing metabolic sickness set apart by relentless hyperglycemia. From 4.7% in 1980 to 8.5% in 2014, the pervasiveness of diabetes among grown-ups beyond 18 years old has expanded around the world. In 2014, it was found that 422 million people have diabetes in 2016, diabetes straightforwardly added to 1.6 million fatalities.

Inactive way of life, unfortunate food, and psychological stress are the fundamental gamble factors habitually connected to the beginning and upkeep of Type 2 diabetes mellitus (T2DM). Psychological stress is firmly connected to the sickness' support as well as its gamble factors the prediabetic state, notwithstanding the hereditary inclination, assumes a significant part in the rise of T2DM Drug, food, and actual work/practice are fundamental components of diabetes control. Be that as it may, various corresponding and elective treatments, including yoga, have been involved by people in the administration of diabetes. A while back, yoga arose in India as a kind of customary psyche body work out. Various



persistent issues, including diabetes, hypertension, asthma, and constant obstructive respiratory illness, have been explored according to yoga's viability.

Past exploration has proposed that yoga practice might decrease Insulin Obstruction Disorder, an extraordinary gathering of chance elements for the beginning of type 2 diabetes, and has shown empowering impacts in facilitating side effects, upgrading visualization, and limiting complexities

1.1 Objective of the study

- The objective of the review was to decide if yoga exercises will fundamentally bring down pulse in moderately aged type 2 diabetic women.
- The review's objective was to decide if yoga practices will fundamentally influence stress levels in moderately aged type 2 diabetic women.

2. REVIEW OF LITREATURE

In a study published in 2018, Sharma, Singh, and Gupta investigated the effects of traditional yoga practice on the mental health and stress reduction of Indian women with diabetes. A sample of diabetic women who engaged in a structured traditional yoga program was included in the study, which used a quantitative methodology. The results showed that regular traditional yoga practice considerably increased the participants' psychological well-being and helped them manage their stress.

A randomized controlled experiment was carried out by Kapoor and Das (2019) to examine the effects of traditional yoga on the depression and anxiety levels of diabetic women. Participants were randomly allocated to either the traditional yoga group or the control group in the study. The findings showed that when compared to the control group, the group practicing traditional yoga had much lower levels of anxiety and despair. According to these results, traditional yoga may be a useful treatment for diabetic women who are depressed or anxious.

The impact of traditional yoga on Indian diabetic women's self-esteem and quality of life was studied by Patel, Sharma, and Choudhary in 2020. The study's participants were diabetic women who took part in a conventional yoga session. It used a quantitative methodology. The outcomes showed that participants' self-esteem and quality of life significantly improved



as a result of practicing traditional yoga. These results demonstrate the potential of conventional yoga as a holistic strategy to improve diabetic women's psychological wellbeing and general quality of life.

In order to investigate the impact of traditional yoga on Indian diabetic women's sleep quality and psychological distress, Mishra, Singh, and Tiwari (2021) carried out a quantitative study. Women with diabetes who practiced traditional yoga were included in the study. The findings showed that people who regularly practiced traditional yoga reported better sleep and less psychological disturbance. These results imply that conventional yoga can help diabetic women get better sleep and reduce psychological distress.

Gupta and Verma (2022) looked on how traditional yoga practice affected diabetic women living in metropolitan areas of India's resilience and coping mechanisms. The study used a quantitative methodology and included diabetic women who regularly practiced traditional yoga. The results showed that participants' development of useful coping mechanisms and increased resilience were both influenced by traditional yoga practice. These findings imply that traditional yoga can significantly contribute to enhancing the resilience and stress-resilience of diabetic women.

Raveendran et al. (2019) investigated the therapeutic value of yoga in type 2 diabetes in this study. The good effects of yoga on numerous areas of managing diabetes, including glycemic control, insulin resistance, lipid profile, and quality of life, were emphasized by the researchers in a thorough assessment of the literature. The review focused on yoga's potential as an additional treatment for people with type 2 diabetes.

Sahay (2011) looked into how yoga can help with diabetes management. The study included the physiological and psychological advantages of yoga poses, breathing exercises, and meditation for people with diabetes in terms of bettering glycemic control, lowering insulin resistance, and improving general well-being. According to the research, using yoga in diabetes treatment regimens can improve health outcomes.

In a prospective, randomized controlled experiment, Gupta et al. (2006) compared the benefits of yoga and exercise on people with persistent low back pain. Although not specifically related to diabetes, this study showed that yoga has positive psychological impacts on things like pain perception and quality of life. According to the research, yoga can



successfully treat chronic low back pain by reducing pain and enhancing psychological well-being. This conclusion may have significance for diabetic women who experience comparable symptoms.

3. METHODOLOGY

Only middle-aged Type 2 diabetic women from Chennai city were included in the random group trial. For this investigation, a total of 200 female individuals between the ages of 120 and 80 were used.

3.1 Sample size calculation: Irregular gathering testing was utilized to decide the example size. 200 individuals were remembered for the objective populace from whom we haphazardly picked our example. The degree of certainty for the importance test was set at 0.05. For this examination, an example size of 15 members for each gathering was utilized.

3.2 selection method: A primer test was directed on the picked subordinate factors, Weight Record and Fasting Glucose, for the two gatherings (An and B).

3.3 Statistical analysis:To examine the information, SPSS rendition 20 (SPSS Inc., Chicago, IL) was utilized. To decide the tremendous contrasts between the exploratory gatherings and the benchmark group, examination of covariance (ANCOVA) was used. The degree of certainty for the importance test was set at 0.05. Testing was finished to check whether there were any varieties in the extents of all out factors between at least two gatherings. P 0.05 was utilized as the limit or edge of importance.

4. DATA ANALYSIS AND RESULTS

An examination of covariance (ANCOVA) was utilized to measurably evaluate the information gathered from the gatherings when the preparation time frame to recognize any tremendous contrasts. The speculation was tried at the 0.05 degree of certainty.

There was a tremendous distinction between the posttest and changed posttest midpoints of the yoga practice bunch and the benchmark group on a few biochemical and psychological factors, as proven by the got F-proportion values for circulatory strain and stress being higher than the table worth.

Table 1: Estimation of the mean and investigation of the difference of the exploratory and control gathering's pulse (Beats each moment)

Test	Experimental Group (yogic Practices)	Control group	Source of Variance	Degrees of Freedom	Sum of Square	Mean Square	F-
Pre-test mean	131.90	124.96	Between	2	10.23	10.70	0.60
			With in	30	512.44	17.44	
Post-test mean	89.68	115.86	Between	2	6125.36	5136.15	153.88*
			With in	30	945.88	41.30	
Adjusted mean	89.09	115.50	Between	2	5123.30	5235.30	190.80*
			With in	29	745.80	30.60	

To be huge at the 0.05 level, the acquired F esteem on pretest scores of 0.59 missed the mark concerning the essential F worth of 4.2. This showed that the randomization at the pretest was equivalent and that there was no way to see a contrast between the gatherings on the posttest.

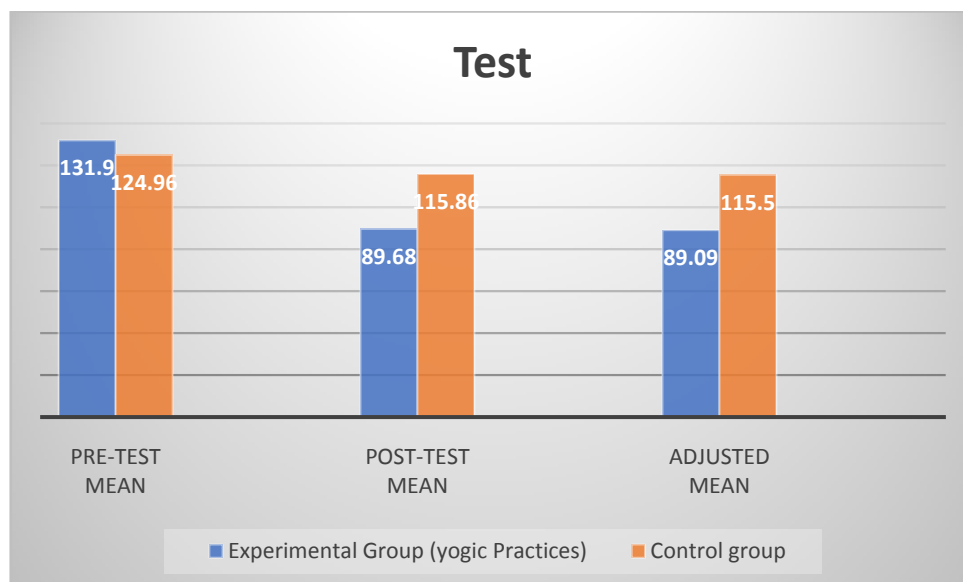


Figure 1: Estimation of the mean and investigation of the difference of the exploratory and control gathering's pulse (Beats each moment)

The investigation of the post-test results showed that there was a massive distinction between the gatherings. The accomplished F esteem (163.77) was higher than the needed



F esteem (4.20), and the got F esteem (192.70) was higher than the needed F esteem (4.21).

The gatherings' pre-and post-test scores were considered while working out the changed mean scores, which were then genuinely handled. This showed the meaning of the distinctions between the posttest method for the members as recorded in Table 1.

For a superior comprehension of the review's discoveries, Figure 1's bar chart of the arranged changed implies on fatty substances was utilized.

The review's discoveries on the picked biochemical variable uncovered that bunch I's pulse essentially contrasts from bunch II's because of yoga rehearses. Thus, the speculation was acknowledged with a certainty level of 0.05. The perceptions made by experts like Savita Singh et al., (2004) offered help for the previously mentioned ends.

Table 2: Covariance of The Benchmark Group's Means and The Trial Gathering's Means On Stress (In Scores)

Test	Experimental Group (yogic practices)	Control group	Source of variance	Degree of Freedom	Sum of squares	Mean sum of squares	F-Ratio
Pre-test mean	40.13	40.78	Between	2	3.99	3.91	0.31
			With in	30	3.91.08	11.06	
Post-test mean	29.18	40.16	Between	2	1361.05	1356.11	130.77
			With in	29	300.02	11.50	
Adjusted mean	25.55	39.90	Between	2	1250.31	1250.50	501.40
			With in	30	80.71	3.91	

To be critical at the 0.05 level, the acquired F esteem on pretest scores of 0.29 missed the mark concerning the essential F worth of 4.2. This showed that the randomization at the pretest was equivalent and that there was no way to see a distinction between the gatherings on the posttest. The examination of the post-test results showed that there were significant contrasts between the gatherings. The accomplished F worth of 120.66 was higher than the needed F worth of 4.20, and the got F worth of 140.230 was higher than the needed F worth of 4.21. This exhibited the meaning of the varieties between the posttest method for the members as recorded in Table 2. The gatherings' pre-and post-test

scores were considered while ascertaining the changed mean scores, which were then genuinely handled.

Figure 2 shows the arranged changed implies on fatty substances in a bar realistic to assist per users with grasping the review's discoveries.

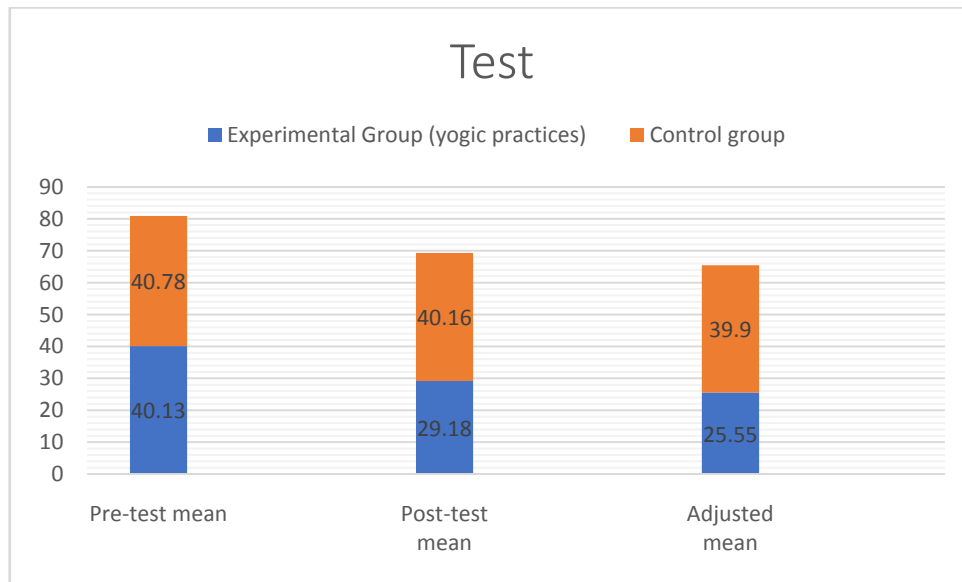


Figure 2:Covariance of The Benchmark Group's Means and The Trial Gathering's Means On Stress (In Scores)

As per the review's discoveries on the picked psychological variable, bunch I exhibited significant varieties in stress levels because of yoga rehearses. Thus, the speculation was acknowledged with a certainty level of 0.05. The perceptions given by experts like Innes, Kim E et al., (2007) upheld the discoveries referenced previously.

Table 3:qualities of the 25 controlled preliminaries — 12 randomized (RCTs) and 13 nonrandomized (NRCTs) — that analyzed the advantages of yoga-based programs in people with diabetes.

Items	NRCTS (N)	RCT (N)
Participant characteristics	12	03
Target population: adult	05	09



with		
Type 2 diabetic only	06	12
Unspecified diabetics	13	15
One gender only specified	14	13
Excluding those on DM meds	11	11
Yes	05	10
Not specified	09	09
Excluding those with DM complications	10	05
Yes	12	08
No	12	12
Not specified	15	14

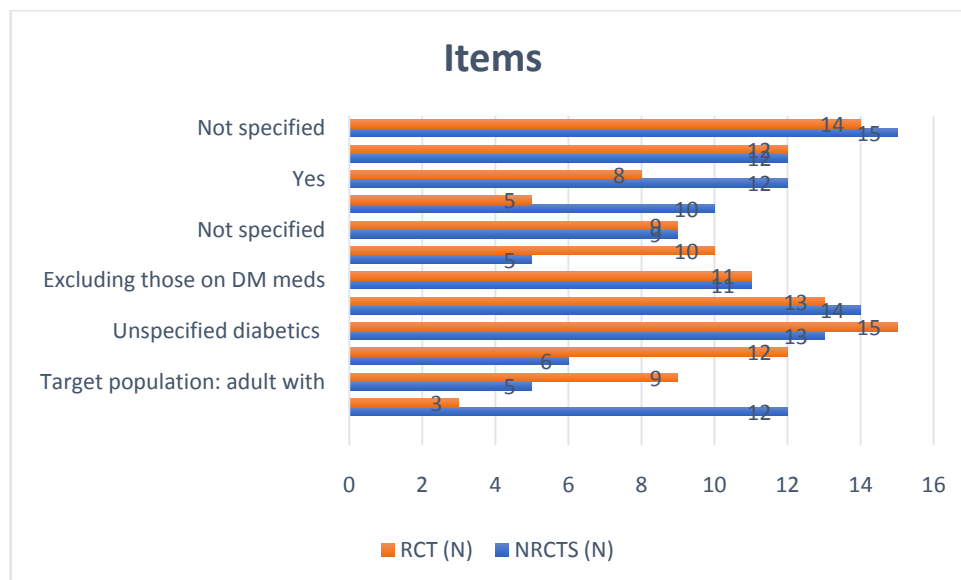


Figure 3: qualities of the 25 controlled preliminaries — 12 randomized (RCTs) and 13 nonrandomized (NRCTs) — that analyzed the advantages of yoga-based programs in people with diabetes.



24 (96%) of the 25 examinations distinguished grown-ups with DM2; in the last review, members were obtained from a diabetic facility however the kind of diabetes was not recognized by the creators (Table 1). Most examinations had a wide age reach, and others didn't set an upper age limitation Eight (34.8%) of the 23 preliminaries that predetermined age shorts — 12 NRCT and 11 RCTs — rejected patients more youthful than 30 or 35; ten more (43.5%) did likewise for patients more youthful than 40 or 45. While many exploration included people over the age of 65, just a single report expressly centered around more seasoned grown-ups. Everything except two examination included members of the two genders, and just two investigations expressly expressed that patients taking enemy of DM drugs were to be prohibited. Patients went from the individuals who had quite recently been determined to have DM2 to the people who had the determination for something like decade, regularly inside a similar preliminary, with the expressed rejection and consideration rules going from one review to another. Everything except two of the 17 preliminaries that gave sufficient data to make an end barred patients with serious issues (Table 3), but prohibition measures shifted between studies.

5. CONCLUSION

As per the consequences of controlled examinations that have been accounted for to date, yogic practices may essentially upgrade various pointers that are critical for the administration of DM2, for example, glycemic control, lipid levels, and body creation. Notwithstanding the absence of adequate information, yoga may likewise help grown-ups with DM2 by decreasing drug use, lessening oxidative stress and circulatory strain, further developing pneumonic and sensory system capability, and upgrading state of mind, rest, and personal satisfaction. It is presumed that yoga rehearses extensively diminished stress and pulse in moderately aged type 2 diabetes women. Yoga is along these lines great to moderately aged women who have diabetes. Customary yoga procedures assist moderately aged type 2 diabetic women with stress decrease. Consequently, customary yoga rehearses assisted moderately aged women who with having type 2 diabetes deal with their stress fairly.



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