



EFFECTS OF YOGA AND MEDITATION ON BODY IMAGE OF VISUALLY IMPAIRED STUDENTS

Mr. Mahendra Shashikant Bhandare¹ & Ghansham K. Dhokrat², Ph. D.

¹Research Scholar, B.P.C. A'S College of Physical Education, Wadala, Mumbai, India

²Associate Professor, B.P.C. A'S College of Physical Education, Wadala, Mumbai, India

Paper Received On: 25 JULY 2021

Peer Reviewed On: 31 JULY 2021

Published On: 1 AUGUST 2021

Abstract

The purpose of this study was to know the Effect of Yoga Meditation on Body Image of visually Impaired Children. For this research researcher has select 40 boys (n= 40) aging 13 to 15 years from Pragati Andha Vidyalaya, Badlapur, Dist. – Thane, Maharashtra. Researcher has used the non-equivalent group design, Group A, (Yoga Meditation group n = 20) treated as experimental group and Group B (Non-Yoga Meditation Group N = 20) treated as a control group. Research has conducted in three phase, Phase I (Pre- test), Phase II (Training for 6 weeks), Phase III (Post Test). To know the status of Body Image, Body Image Inventory by Dr. T. K. Bera (2018) has been used. After posttest Group A (experimental group) has gone through the Integrated Yoga Meditation Training for 6 weeks for 60 min. daily. Post Test has been conducted after the 6 weeks training. All the score were analysis with the help of One- Way Analysis of Covariance (ANCOVA).



Scholarly Research Journal's is licensed Based on a work at www.srjis.com

INTRODUCTION

In health, any loss or abnormality of physiological, psychological, or anatomical structure or function, whether permanent or temporary. Identifying impairments that contribute to disability, a functional problem for a patient, is a key factor for a health professional to determine appropriate treatment. Yoga is a physical, mental and spiritual practice that originated in ancient India. Yoga is become popular in the whole world. The word yoga is derived from Sanskrit word *yuj*, it means “to yoke” or to join. Thus, yoga is the practice that aims to join the mind, body and spirit. The ultimate goal of yoga is to achieve liberation.

Body image.” These are two words that have recently become commonplace in the
Copyright © 2021, Scholarly Research Journal for Humanity Science & English Language

media, whether they are used positively...or negatively. When you put the words together, what do they really mean? Do they conjure feelings of security, love, and value, or do they inflict feelings of shame and a desire to alter oneself? When I interviewed some friends and colleagues, they told me, “Body image is the feeling I get when I look in the mirror and how that makes me feel.” I think that is a good place to start because a lot of us tend to base our feelings about our bodies on what we see visually. In this blog post, I would like to share with you the clinical ways that body image is determined.

OBJECTIVE

- To compare adjusted Mean Scores of Body Image of Visually Impaired School Students of Yogic Practices Group and Non-Yogic Practice Group by taking Pre-Body Image as a covariate.

HYPOTHESIS

H0: There is no significance difference in adjusted Mean Scores of Body Image of Visually Impaired School Students of Yogic Practices Group and Non-Yogic Practice Group by taking Pre-Body Image as a covariate.

METHODOLOGY

The following methodological steps were taken in order to conduct the present study.

Non-Equivalent Control Group Design

The subjects were distributed in two groups. Group A is experimental group and Group B is control group. Each group consists of 20 subjects. Experimental group were given Yoga Meditation training Program for 6 weeks.

Sample

To conduct the present study 40 visually impaired boy's students from Pragati Andha Vidyalaya, Badlapur, Dist. – Thane, Maharashtra. Were selected as a sample. Age group is 13 to 15 years.

Tools

Body Image inventory prepared by Dr. T. K. Bera and M. S. Bhandare (2018) was used as psychological tool.

Procedure

The questionnaire was distributed to the subjects and asked them to fill in them personal details. Instructions regarding the filling up of questionnaire were explained to the subject. There were 35 items in the questionnaire and each item had 5 responses. The subject were asked to tick against the most appropriate response in all the 35 items. The subjects were

Copyright © 2021, Scholarly Research Journal for Humanity Science & English Language

asked to check all the questions carefully in order to save themselves from missing out on anything. Once the questionnaire was filled then the tester will ensure any form of discrepancy like double tick on one dimension is made by the subject.

There are 5 response categories (positive and negative) and each has different weight age. The sum of these values gives the Job Satisfaction score for the subject. Scoring of Job Satisfaction Questionnaire

Category	Highly Disagree (S.D.)	Disagree (D.A.)	Undecided (U.D.)	Agree (A)	Highly Agree (S.A)
<i>Positive</i>	5	4	3	2	1
<i>Negative</i>	1	2	3	4	5

Comparison of the group was done with the help of One – Way Analysis of Covariance (ANCOVA).

Analysis of Data

Since, there were two groups for this experimental study viz. experimental group and control group, wherein the researcher has decided to compare the change in mean scores of pre-tests and post-test experimental group and control group in order to see the efficacy of experimental treatment, hence the one-way ANCOVA test was appropriately used for the data analysis.

The analysis of the data collected by the researcher, before and after the training intervention has been presented in this chapter. The data is analyzed by one-way ANCOVA. Change in mean scores of pre-and post-test of experimental and control groups comparison was done by one-way ANCOVA. The data is presented, analyzed and interpreted in the following manner.

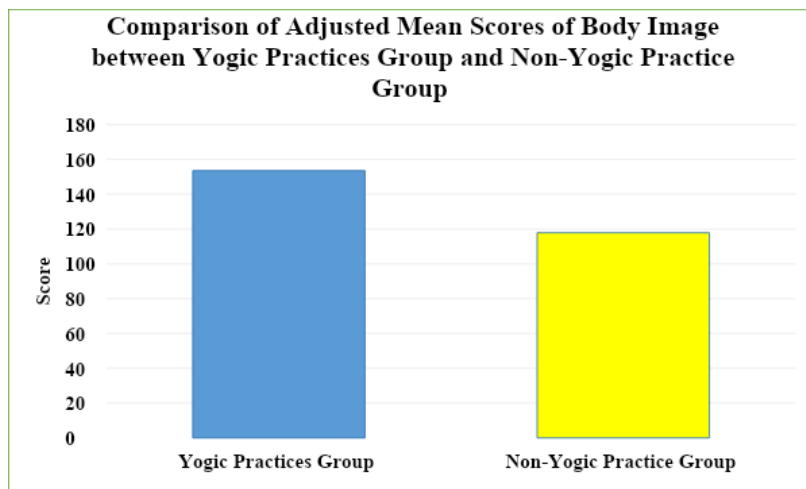
RESULTS ON PSYCHOLOGICAL VARIABLE BODY IMAGE

TREATMENT WISE COMPARISON OF ADJUSTED MEAN SCORES OF EXAMINATION ANXIETY BY TAKING PRE- EXAMINATION ANXIETY AS COVARIATE OF VISUALLY IMPAIRED SCHOOL STUDENTS OF YOGIC PRACTICES GROUP AND NON-YOGIC PRACTICE GROUP

The first objective was to compare adjusted Mean Scores of Body Image of Visually Impaired School Students of Yogic Practices Group and Non-Yogic Practice Group by taking Pre-Body Image as a Covariate. The data were analyzed with the help of One Way ANCOVA and results are given in Table given below:

Summary of One Way ANCOVA of Body Image by taking Pre-Body Image as Covariate of Visually Impaired School Students of Yogic Practices Group and Non-Yogic Practice Group

Source of Variance	df	SSy.x	MSSy.x	Fy.x	Remark
Group	1	12618.69	12618.69		
Error	37	3407.85	92.10	137.00	p<0.01
Corrected Total	39				



Result and Discussion

Body Image enhance due to Yoga and Meditation Practices.

In case of Body Image of Yogic Practices Group found superior to Non-Yogic Practice Group hence the Hypothesis sought that **H0** There is no significant difference in adjusted Mean Scores of Body Image of Visually Impaired School Students of Yogic Practices Group and Non-Yogic Practice Group by taking Pre-Body Image as a Covariate is rejected.

Conclusion

The present experiment, within limitations warrants the following conclusion:

- ❖ Yogic Practices were useful in improving Psychological Variable Body Image of the Visually Impaired students significantly.

References

Bera, T. K., & Rajapurkar, M. V. (1993). Body composition cardiovascular endurance and anaerobic power of yogic practitioner. *Indian Journal of Physiol. Pharmacol*, 37, 3 , pp.225-228.

Bera, T., Jolly, S., Ganguly, S., & Gharote, M. (1999). Effect of three years yogic exercises programme on motor function in school boys. *Yoga-Mimamsa*, 33, 1, pp. 1-12.

Berger, D. L., Silver, E. J., & Stein, R. E. (2009). Effects of yoga on inner-city students's well-
Copyright © 2021, Scholarly Research Journal for Humanity Science & English Language

- being: a pilot study. Altern Ther Health Med, 15, 5, pp.36-42.*
- Bhole, M. V. (1973). *Some physiological considerations about asanas. Yoga Mimamsa, 15, 4, pp. 13-30.*
- Bhole, M. V. (1977). *Some neuro-physiological correlates of yogasanas. Yoga Mimamsa, , 19, 1, pp. 53-61.*
- Bhole, R. J., & Sahu, M. (1983). *Effect of three weeks yogic training programme on psychomotor performance. Yoga-mimamsa, 22, 1&2, pp. 59.*
- Bombay Municipal Corporation. (2014). *Today Slum Dwellers. Mumbai: <http://www.macalester.edu/courses/geog61/espencer/slums.html>.*
- Bussing, A., Telles, S., Michalsen, A., Sherman, K. J., & Khalsa, S. (2012). *Effects of yoga on mental and physical health: a short summary of reviews. Evidence-Based Complementary and Alternative Medicine, pp.10.11.*
- Charles, F., Emery., James, A., & Blumenthal. (1990). *Perceived Change Among Participants in an Exercise Program for Older Adults. The Gerontologist, 30 (4): 516-521. doi: 10.1093/geront/30.4.516.*