

Causal Sequence of Psycho-regulative Programme on Stress among Obese

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ABSTRACT

Objectives: The ambition of this study was to perceive the Causal Sequence of psycho regulative programme on stress among obese.

Methods: To realize the ambition of the study the investigator selected sixty male obese studying in various classes of Star matriculation school, Tuticorin were selected as subjects and their age were ranging from 14 to 16 years. To perceive the Causal Sequence of psycho regulative programmes on stress, Stress Questionnaire developed by Every and Giordano (1973) was used. Data was collected before and after eight weeks training of autogenic and yogic training. The data was examined by applying the analysis of Co-variance. The level of significance was set at 0.05.

Results: The mean of pre-test for autogenic group (21.40), yogic group (23.10) and control group (21.50). Further the mean of post-test for autogenic group (23.95), yogic group (24.20) and control group (23.10). The result of ANCOVA shows that there was significant the Causal Sequence of psycho regulative training on stress among obese.

Conclusions: In the light of finding, it was concluded that autogenic training and yogic training less stress level of obese male. This meta-analysis extends the existing literature through facilitation of a better understanding of the variability and clinical significance of stress reduces subsequent to psycho regulative training.

Keywords: Stress, Obese, Autogenic training, Yogic training

INTRODUCTION

Psychology (from Greek word, “breath, life, soul”; and -logia) is an academic and applied discipline involving the scientific study of mental functions and behavior (CDC, 2004; Emerson, 1999). Psychologists study such phenomena as perception, cognition, emotion, personality, behavior, and interpersonal relationships. Psychology also refers to the application of such knowledge to various spheres of human activity, including issues related to everyday life (e.g. family, education, and employment) and the treatment of mental health problems (Silva John and Weinberg, 1984). Psychologists attempt to understand the role of these functions in individual and social behavior, while also exploring the underlying physiological and

neurological processes. Psychology includes many sub-fields of study and applications concerned with such areas as human development, sports, health, industry, media, and law (Appollonio *et al.*, 1995).

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. In 2019, an estimated 5 million noncommunicable disease (NCD) deaths were caused by higher-than-optimal BMI (Cagatay, 1995).

Rates of overweight and obesity continue to grow in adults and children. From 1990 to 2022, the percentage of children and adolescents aged 5–19 years living with obesity increased four-fold from 2% to 8% globally, while the percentage of adults 18 years of age and older living

with obesity more than doubled from 7% to 16%.

Obesity is one side of the double burden of malnutrition, and today more people are obese than underweight in every region except the South-East Asia Region. Once considered a problem only in high-income countries, today some middle-income countries have among the highest prevalence of overweight and obesity worldwide (Diana, 1993); Edwin, 2002); Elsie, 1976).

METHODOLOGY

Sixty male obese studying in various classes of Star matriculation school, Tuticorin were selected as subjects and their age were ranging from 14 to 16 years. All the subjects were residing in the school hostels and undergoing the same program of instructions in the theory and physical activity. To perceive the Causal Sequence of psycho regulative programmes on stress, Stress Questionnaire developed by Every and Giordano (1973) was used.

RESULTS AND DISCUSSION

The data of all three groups were collected under similar conditions and examined by applying the Analysis of Co-variance (ANCOVA). The finding pertaining for experimental and control groups were computed and presented in Table 1.

The analysis of co-variance for stress was insignificant in case of pre-test means from which it is clear that the pre-test mean does not differ significantly

and that the random assignment of subjects to the two experimental groups was quite successful. The post-test means of all the three groups yielded F-ratio of 10.44, which was significant at 0.05 level of confidence. The difference between the adjusted post means was found significant as the obtained F-ratio was 10.14. The F-ratio needed for significance at 0.05 level of confidence was 3.15 at df (2, 57).

Table 2 shows that there were insignificant differences between Yogic practices and autogenic group and significant differences between yogic group and control group. And there were significant differences between the autogenic group and control group

Discussion:

The results presented in Table 1 proved that there was significant differences due to yogic and autogenic exercises on stress, as the obtained F value of 10.44 was greater than the required value of 3.15 to be significant at 0.05 level of confidence.

The statistical analysis of adjusted mean scores, taking into account the pre and post test scores proved, significant as the obtained F value 10.14 was greater than the required F value of 3.15. The post hoc analysis made through Scheffe's test, proved that there was insignificant difference between yogic exercises and autogenic group, as the obtained mean difference was lesser than the required confidence interval. The comparison between yogic exercise group and control

Table 1 : Analysis of Co-variance of Means of Two Experimental Groups and One Control Group in Stress (Male)

Means	Yogic Group	Autogenic Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F
Pre-Test	23.10	21.40	21.50	Between	51.4	2	25.72	3.07*
				Within	477.5	57	8.38	
Post Test	24.20	23.95	23.10	Between	89.0	2	44.52	10.44*
				Within	243.2	57	4.27	
Adjusted	23.93	24.25	21.47	Between	87.8	2	43.91	10.14*
				Within	242.5	56	4.33	

Table F-ratio for 2 and 57 (df) -3.15, 2 and 56(df)-3.15. Significant at 0.05 level of significance, A=Among Means variance, W=Within Group variance

Table 2 : Post Hoc Comparison of Means of Two Experimental and One Control Group in Relation to Stress

Means			Mean Difference	Required. CI
Yogic practices	Autogenic	Control		
23.93	24.25		0.31	1.65
23.93		21.47	2.47*	1.65
	24.25	21.47	2.78*	1.65

Significant at 0.05 level of significance

group on stress proved that there was insignificant differences found between yogic exercises group and autogenic group. The comparison between autogenic and control groups proved that there was significant differences found between the groups.

Thus, it was proved that yogic exercises and autogenic training significant altered stress comparing to control group. However, there was insignificant difference found between yogic and autogenic groups. The results of the study supported by Ernst and Kanji (2000); Cancio Leopoldo (1991); Gharote (1987); Crocker and Grozelle (1991).

Conclusions:

In the light of finding, it was concluded that there was no significant differences between yogic and autogenic exercises in stress, but both training program sufficient for reducing stress level of obese students

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