

EFFECT OF YOGA THERAPY ON LIFE SATISFACTION AMONG GERIATRIC MEN

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ABSTRACT

Male geriatrics are those who are above 65 and who experience a variety of physiological and cognitive changes as they age. Men are affected by ageing differently than women are, with geriatric men's morbidity and death being the main emphasis. To make the random group experiment work, 60 older men were asked to take part, 45 were screened, and 30 were chosen at random to be the study's subjects. This is called random group sampling. The people were split into two groups of fifteen each. The experimental group got yoga therapy for 12 weeks, while the control group did nothing but physical rest. Before and after the training, both the experimental and control groups took a pre-test and a post-test. Scores on Life Satisfaction were recorded. An analysis of variance (ANOVA) was used to find the groups that were significantly different from each other. In the Experimental Group, yogic activities led to Life Satisfaction, according to the study. At a 0.05 level of certainty, this means that the theory is true. What they found was that the yogic techniques helped older men improve Life Satisfaction.

KEYWORDS: Yoga therapy practices, Geriatric Men, Life Satisfaction.

INTRODUCTION

Life satisfaction can be defined as one aspiration from life and positive affect can be defined as the feelings that reveal a level of satisfying engagement with the surroundings. The happier people are more focused on the positive aspects of life or less focused on the negative or tend to like others more, which produced overall happiness (Seligman). Bottom-up theories of life satisfaction describe life satisfaction as an attitude based on contentment in numerous areas of life. It expresses emotions, moods, and more. It is how individuals feel about their future directions and alternatives,

as well as their own positive or negative emotions, feelings, behaviors, and attitude. A study found that happy emotions are strongly linked to increased life satisfaction. It is a cognitive and hypercritical process in which a person evaluates their life as positive based on their own criteria. Comparing what one has to what one wants brings life satisfaction. Happiness and quality of life are among the many concepts used to define life satisfaction. It's approving of one's life, not current sensations. Economic status, education, experiences, and other factors have been measured. Life contentment is crucial to mental health. It was expected that many systems would degrade naturally as they aged. Most geriatric issues are caused by a mix of variables, including age- or disease-related balance alterations. Elderly individuals are treated in geriatric medicine. This multi-aged population is hard to define. Many people no longer need a geriatrician in their 70s, 75s, or 80s since their health has stabilised. The academic field of gerontology studies the numerous elements of ageing. The caregiving, community leadership, and labour force contributions of older men are vital to society. Most men over 65 have good mental health, but many are at risk for mental, neurological, or substance issues. Many are also at risk for diabetes, hearing loss, and osteoarthritis. Multiple health issues are also common among older people.

Nearly 20% of impairments (disability adjusted life years) in 60-year-olds are mental and neurological, while 4% are headaches. Elderly people will lose 17.4 million years to these diseases. Dementia and depression, two of the most common mental and neurological illnesses associated with ageing, impact 5% and 7% of seniors worldwide. Most affected are anxiety (3.8%), drug use (almost 1%) and depression. One-quarter of self-harm deaths (3.8%) are over 60.

AIM AND OBJECTIVES:

The aim and objectives of the study was to find out whether there would be any significant difference on selected psychological variable_such as Life Satisfaction due to Yoga therapy practices among Geriatric men.

HYPOTHESIS

It is hypothesized that there would be significant differences between Yoga therapy practices group and control group on Life Satisfaction among Geriatric men.

DELIMITATIONS

- The study was confined to Geriatric Men only.
- The age of the subject was ranged from 65 to 70 years only.
- The study was confined to yogic practices as an independent variable only
- The study was confined to Life Satisfaction as dependent variables only.

LIMITATIONS

- The Factors like Socio-Economical status were not taken into consideration.
- The climatic conditions were not considered.
- Factors like Life style habits were not taken into consideration.

- Subjects' day to day activities were not taken into account.
- Diet and Medication followed by subjects was not controlled.

REVIEW OF RELATED LITERATURE

(Anupama & SanjayKumar ,2023) The purpose of this study was to investigate the impact that yoga and gender have on the level of life satisfaction experienced by persons in the middle years of their lives. Subjects with a socioeconomic position that was considered to be medium were included in the study's sample, which included 150 male and female participants. All of these subjects were collected from the city of Meerut. These subjects were comprised of three different groups of yoga practitioners, including yoga practitioners (50Ss), morning walkers (50Ss), and evening walkers (50Ss). The participants in each yoga group were divided into two gender groups, namely male and female, and there were 25 Ss in each cell. A factorial design with three rows and two columns was utilised in order to carry out the investigation. The data gathering process was carried out with the help of the Life Satisfaction Scale that Alam and Shrivastava had developed. The mean, standard deviation, and analysis of variance were used to analyse the data that was obtained. According to the findings, yoga and gender were found to be significantly useful in enhancing the level of life satisfaction experienced by adults in the middle age range. The outcome was addressed in light of the conclusions drawn from earlier empirical research as well as the theoretical orientation in the field of variables that were being investigated.

(Kripesh Karmakar & Dr. Gaurav Pant, 2016) QOL, which stands for quality of life, refers to the quality of an individual's day-to-day living, which can be understood as an evaluation of their level of well-being or lack thereof. All facets of the individual's existence, including those that are social, emotional, and physical, are included in this. The primary objective of this research is to determine the impact that yoga intervention has on the quality of life of those who are senior citizens who are male. For the purpose of the study, thirty male senior citizens were selected to participate as subjects. All of the participants were between the ages of 60 and 70 years old. It was a pre-post design that was utilised for the research project. Selection of the subjects was accomplished by the use of a random sampling technique. In the current study, the Quality of Life of Male Senior Citizens was investigated. The pre- and post-study data for the study were evaluated based on the scoring and norms that were established by the WHOQOL-Bref questionnaire. Over the course of forty-five days, yoga interventions such as OM Chanting, Surya Namaskar, Yoga Asana, and Relaxation were utilised as a kind of intervention. Utilization of Statistical Analysis: In order to compare the means of the before and post data for both groups, a dependent t-test was utilised throughout the process. Despite the fact that there was not a significant level of change in the Quality of Life of Male Senior Citizens after 45 days of Yoga intervention, there was a slight improvement noticed following the conclusion of the Yoga intervention. In conclusion, the findings indicate that the implementation of Yoga over a more extended period of time may have the potential to bring about a highly substantial level of change in the Quality of Life of male senior citizens.

METHODOLOGY

To make the random group experiment work, 60 older men were asked to take part, 45 were screened, and 30 were chosen at random to be the study's subjects. This is called random group sampling. The people were split into two groups of fifteen each. The experimental group got yoga therapy for 12 weeks, while the control group did nothing but physical rest. To find out how well the experimental and control groups did on the tests, scores were taken before and after the training on both and blood. An analysis of variance (ANOVA) was used to find the groups that were significantly different from each other.

The practice of yoga techniques like Asana, Pranayama, Meditation, Mudra and bandha helps to overcome any imbalances and creates harmony in the physical, mental, psychological and spiritual aspects of human personality

RESULTS AND DISCUSSIONS

The results of the study on the selected variables showed that for the Group A, and B. The data pertaining to the variables collected from the two groups before and after the training period were statistically analysed by using Analysis of Co-variance (ANOVA) to determine the significant difference and tested at 0.05 level of confidence. These are shown in the tables below

RESULTS ON LIFE SATISFACTION

TABLE I

ANALYSIS OF VARIANCE OF THE MEANS OF YOGIC PRACTICES GROUP
AND CONTROL GROUP ON LIFE SATISFACTION

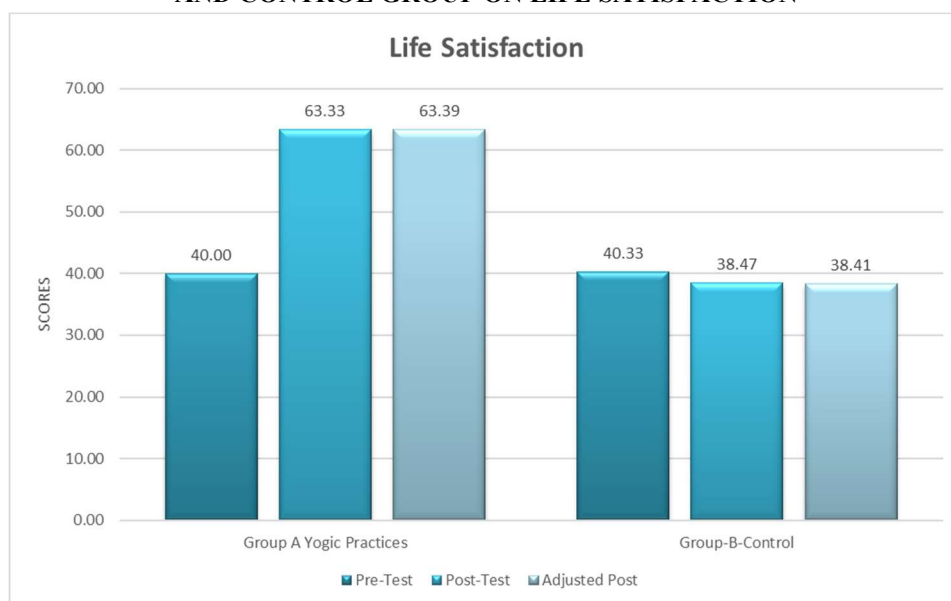
Test	Experimental Group	Control Group	Level of significance
Pre-test	(Mean)40.00	(Mean)40.33	P=1.142 N.S
	(SD)7.3	(SD)6.1	
Post test	(Mean)68.33	(Mean)38.47	P<0.001*
	(SD)8.6	(SD)6.1	
Adjusted Mean	63.39	38.41	F=83.94

Level of Significance is $p < 0.001$

Mean value of pretest was 40 where as it has increased to 68.33 after yogic training in experimental group. And adjusted mean also increased to 63.39. Hence arrived p value was within

table value of $P < 0.001$ as substantiated by Anupama & SanjayKumar ,2023. It is graphically presented below

Figure – 1
ANALYSIS OF VARIANCE OF THE MEANS OF YOGIC PRACTICES GROUP AND CONTROL GROUP ON LIFE SATISFACTION



Level of Significance is $p < 0.001$

CONCLUSIONS

It was proved that yoga therapy practices increased Life satisfaction in older men compared to the control group. The tabular results showed that yoga practices reduced depression and increased hemoglobin in geriatrics at a significance level of $p < 0.001$. It was concluded Yoga therapy has increased Life Satisfaction significantly among Geriatric men suffering with aged symptoms.

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