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## EFFECTIVENESS OF YOGA PRACTICES ON BODY MASS INDEX AND SELF-CONFIDENCE AMONG EARLY ADULTHOOD HYPOTHYROIDISM WOMEN

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### INTRODUCTION

Thyroid gland is a one of the most important endocrine glands in our body. It has located in our throat region like butterfly shaped. There are two different types of thyroid disease: They are hypothyroidism (underactive) and hyperthyroidism(overactive). Hypothyroidism means the thyroid gland will not secretes an enough of thyroid hormone it will call as hypothyroidism. This is the second most common endocrine disorder in the world. Iodine is the main fuel of thyroid hormone, if insufficient of iodine in your food diet it will leads to hypothyroidism. There are two types of cells in thyroid gland. (1) Follicular cells that produce T3 Triiodothyronine and T4 Thyroxine. (2) Parafollicular cells has produces calcitonin for the production of thyroid hormone. The main functions of thyroid hormone have produces body metabolism. The function of metabolism food transform into the energy to the body. Thyroid hormone has controlled your body temperature and heart rate. Pituitary gland has controlled by the bloodstream in thyroid hormone. In hypothalamus Anti-Pituitary gland has stimulate TSH thyroid stimulating hormone. TSH has release T4 & T3 will form and iodine and thyroxin will join then the thyroid gland will secret properly. If you start practicing Yoga it will help to balances the secretes of thyroid hormone properly and you get relax physically and mentally.

## **NEED OF THE STUDY**

Many people think thyroid disorder will be affected after 40yrs but nowadays young people also affect mainly young women who are facing thyroid disorder problems, if you start practice yoga in early days you can prevent the several disorder even its coming in your genetic way also, yoga can control and help to maintain your body healthy.

## **OBJECTIVE OF THE STUDY:**

The objective of the research is to determine the Effectiveness of yoga practices on Body Mass Index (BMI) and self-confidence among early adulthood hypothyroidism women.

## **STATEMENT OF THE PROBLEM:**

The purpose of the study was to find out the influence of yoga practices on depression and self-esteem among tricenarian hypothyroidism disorder women.

## **HYPOTHESIS**

It was hypothesized that there would be significant differences on Body Mass Index BMI and Self-confidence among early adulthood hypothyroidism women due to yogic practices than the control group.

## **METHODOLOGY**

The purpose of the study was to find out the effectiveness of yogic practices on body mass index and self-confidence among early adulthood hypothyroidism women. This study was taken by random group experimental study, subject 30 for each group experimental and control group. The age of subject and ranged 20-39yrs. Yoga practices were given five days in week for 60 mins per class over all 16 weeks for this study. All the subjects were randomly assigned to experimental group and control group each consisted of 30 subjects. Experimental group was involved in yoga practices for 16 weeks, control group kept in active rest. The Yoga practices were given to experimental group. Initially pre-test was taken before the experimental study in two groups and post-test was taken from all the two groups. The selected BMI and self-confidence variable, Analysis of co-variance (ANCOVA) was used to find out the

significant differences between experimental groups and control groups. The test of significance was fixed as 0.05 level of confidence.

### METHODOLOGY PRODECURE

S.NO	LIST OF PRACTICES	DURATION
1.	AUM chanting	3
2.	Preparation exercise ❖ Pawanamuktasana -I ❖ Pawanamuktasana -II	10
3.	Surya namaskar	10
4.	<b>Asanas:</b> <b>Sitting</b> ❖ Padmasana ❖ Ustrasana ❖ Naukasana <b>Standing</b> ❖ Trikonasana ❖ Veera bhadrasana ❖ Anjaneyasana ❖ Utkatasana <b>Supine</b> ❖ Setubandhasana ❖ Purvottanasana <b>Prone</b> ❖ Dhanurasana Shavasana	20
5.	<b>Pranayama</b> ❖ Surya bhedha ❖ Bhramari ❖ Anulom-vilom	5
6.	Relaxation ❖ Mindful technique	10
7.	Aum chanting	2

## RESULTS AND DISCUSSION

The data pertaining to the variables collected from the two groups before and after the training period were statistically analyzed by using Analysis of Covariance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance.

### RESULTS ON BMI

The Analysis of Covariance (ANCOVA) on BMI through Yoga practices control group was analyzed and are presented in Table-I.

**TABLE-I**

**COMPUTATION OF ANALYSIS OF COVARIANCE OF TRAINING GROUPS AND CONTROL GROUP ON BMI BODY MASS INDEX (in Kg/m<sup>2</sup>)**

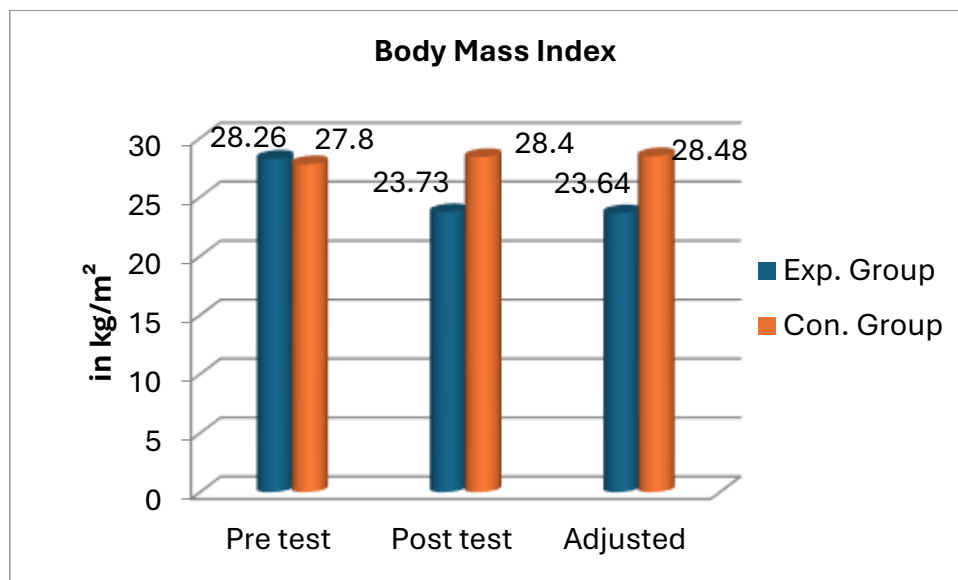
Test	exp gr 1	control gr	sv	ss	df	MS	F
Pre test	28.26	27.8	between	1.63	1	1.63	1.16
			within	39.33	28	1.40	
Post test	23.73	28.4	between	163.33	1	81.66	45.25*
			within	50.53	28	1.80	
Adjusted	23.64	28.48	between	168.40	1	84.20	50.12*
			within	45.35	27	1.67	
Mean gain	4.53	0.6					

\*Significant at 0.05 level of confidence (Table F-ratio at 0.05 level of confidence for 2 and 28 (df) =4.20, 1 and 27 (df) =4.21).

As shown in Table I, the obtained F value on post-test means was 45.25, which was greater than the required table value of 4.20 the study was significances. Taking into consideration of the pre-test means and post-test means adjusted post-test means were determined and analysis of covariance was done and the obtained F value 50.12 was greater than the required table

value of 4.21 and hence it was accepted that there were significant differences among the treated groups.

**BAR DIAGRAM**



**RESULTS ON SELF-CONFIDENCE**

The Analysis of Covariance (ANCOVA) on Self-confidence through Yoga practices control group was analyzed and are presented in Table-II.

**TABLE-II**

**COMPUTATION OF ANALYSIS OF COVARIANCE OF TRAINING GROUPS AND CONTROL GROUP ON SELF-CONFIDENCE (in Scores)**

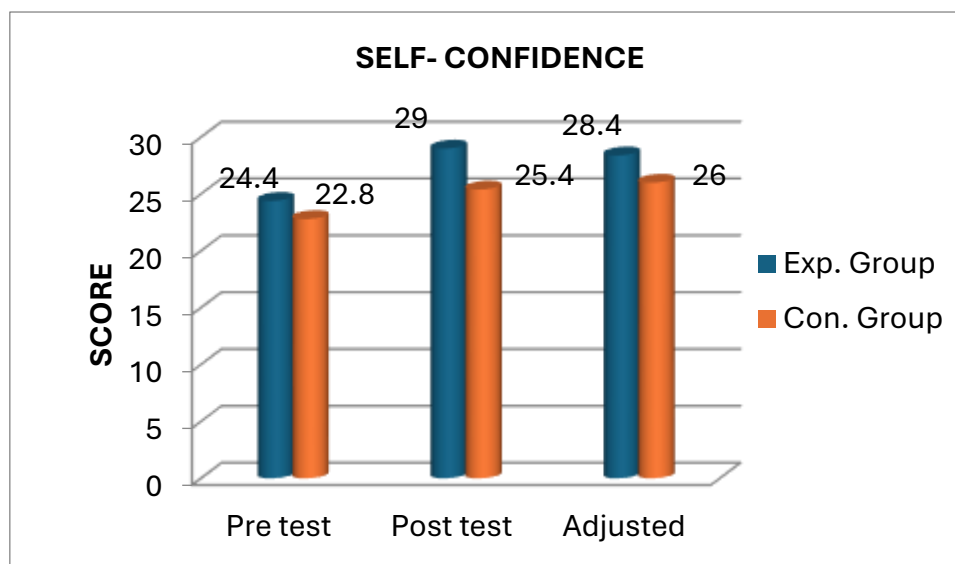
Test	exp gr 1	control gr	sv	ss	df	MS	F
Pre test	24.4	22.86	between	19.2	1	19.2	0.58

			within	921.46	28	32.90	
Post test	29.06	25.4	between	100.83	1	100.83	
			within	706.53	28	25.23	3.99
Adjusted	28.44	26.02	between	43.128	1	43.12	
			within	149.66	27	5.54	7.78
Mean gain	4.66	2.53					

\*Significant at 0.05 level of confidence (Table F-ratio at 0.05 level of confidence for 2 and 28 (df) =4.20, 1 and 27 (df) =4.21).

As shown in Table II, the obtained F value on post-test means was 3.99, which was greater than the required table value of 4.20 the study was significances. Taking into consideration of the pre-test means and post-test means adjusted post-test means were determined and analysis of covariance was done and the obtained F value 7.78 was greater than the required table value of 4.21 and hence it was accepted that there were significant differences among the treated groups.

**BAR DIAGRAM**



**CONCULSIONS**

It was concluded that there was significantly reduced due to Yoga practices than the control group on BMI and self-Confidence (Increased) among early adulthood hypothyroidism women.

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