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Impact of vethathiri's simplified physical exercise on posture problems in the working women

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Abstract

Human posture directly affects human body's overall functioning and has a major influence on how human think and feel. Now a day's posture problem is a common problem. So the purpose of the study was to clear out the benefits of Vethathiri's Simplified Physical Exercise (VSPE) practices helps to get rid of the posture problems. It was hypothesized that there would be significant differences in postures with the effect of VSPE practices among the working women. For the present study 80 female working women from Coimbatore district, Tamil Nadu was selected at random and their age ranged from 30 to 50 years. The subjects of Group I underwent VSPE practices. The data were collected before and after 10 months of VSPE practices. The data were analyzed by applying dependent mean, standard deviation and t – test. The level of significance was set at < 0.05. It was analyzed using a general health questionnaire and physical test. The VSPE practices had a positive impact on the physical health in the working women. The experimental subjects showed better improvement in postures problems in the working women.

Keywords: Postures, vethathiri, physical exercise, back bone

Introduction

Proper posture, by contrast, promotes free movement and physical and mental endurance, improves physical appearance and contributes to an overall feeling of well-being. Improper posture can adversely affect the position and function of human vital organs and cause more health problems. Many working women with chronic pain can trace their problems to years of faulty postural habits. So they could not work properly in their personal and professional. Now a day's is considered to be an absolute necessity. Now the yoga system has been so simplified that anybody, especially women, can practice it very easily. The Thathuvagani Vethathiri Maharishi has formulated more simplified physical exercise that everyone can do and follow anywhere and anytime at any age within the short time. He has designed nine types of simplified physical exercise. Particularly the 6th exercise Maharasana exercise consists 2 part that part A and part B. This particular exercise helps to function the back properly and to get good postures. As the spinal column is systematically twisted from bottom to top, the backbone and discs get strengthened. All nerves emanating from the backbone are strengthened. For women, it regulates the menstrual system and helps to cure uterus problems. Good posture allows the body's healing processes to work more efficiently and effectively, and helps to prevent future illness. The Vethathiri's Simplified Physical Exercise (VSPE) practices helps to get rid of the postural problems. So this research study may help to get the proper posture when people are practicing Vethathiri's Simplified Physical Exercise (VSPE) in such a way regularly. The research study result is given here to know the best of VSPE.

Objectives

- To identify the postural problems of the working women.
- To apply VSPE practices to the sample working women respondent.
- To draw findings and suitable suggestion relating to the research.

Methodology

Samples

For the present study 80 working women from Ramakrishna college, Coimbatore, Tamil Nadu were selected at random and their age range from 30 to 50 years with the minimum work experience of 5 years and collected the data by using the experimental method, only from their respondents. The 80 samples were divided into two groups as Group I with 40 samples who were undergoing VSPE practices called as the experimental group and Group II with 40 samples who were not undergoing any practices called as a control group.

Analysis

- The current study was been followed by experimental research.
- The data has collected with the help of a standard questionnaire and physical tests.
- The questionnaire was evaluated by the mean and standard deviation.

Intervention

Experimental subjects Group I has participated in VSPE practices for 10 months.

Table 1: group-1 training schedule for VSPE – practices

	Activities	Duration
1.	Prayer	3 min
2.	Maharasana Exercise	10 min
3.	Relaxation	7 min
	Total	20 min

An exercise program for posture correction was performed for 20 minutes per session, 2 times per day and 7 days of a week for 10 months. The exercise program in the first week, mainly, included stretching, while the program for the second week include up to the fortieth week included activities for correcting bad posture and straightening body shape, twisting the back bone by Maharasana Exercise which can help improve posture. The collected data were analyzed using SPSS for Windows, version 18.0. Frequency analysis was performed to investigate the general characteristics of the participants. The independent t-test and paired t-test were performed to evaluate variables pre and post the program, respectively. For verifying statistical significance, the significance level was set at $p = 0.05$.

Table 2: Calculation of Mean (M) & Standard Deviation (SD)

Variables	Group I		Group II	
	Pre test	Post test	Pre test	Post test
	M ± SD	M ± SD	M ± SD	M ± SD
Erect Standing	12.2 ± 4.0	24.5 ± 9.3	11.5 ± 3.2	12.1 ± 3.4
Hunch Less Sitting	05.5 ± 2.4	22.1 ± 8.0	07.2 ± 2.5	07.1 ± 2.2
Crossing Legs	09.3 ± 3.3	20.2 ± 7.2	08.3 ± 3.1	07.2 ± 2.4
Back pain	03.5 ± 1.1	23.4 ± 9.1	02.2 ± 1.0	01.5 ± 0.3
Regular Exercise	02.1 ± 0.5	24.5 ± 9.5	01.2 ± 0.2	02.2 ± 0.4

Significant Level $p < 0.05$, N = 80

Results

Posture levels, according to the general characteristics of the participants are presented in Table 2. Pain level in the back was recorded using the pain scale. In terms of sitting time, participants had the highest pain levels. Additionally, in terms of sitting habits, samples with a slouching habit had the highest pain levels. Participants who did not exercise regularly had higher pain levels compared to those

participants who exercised regularly. Comparisons of variables pre and post the exercise schedule is presented in table 2. The posture levels and back pain levels were significantly different between pre and post the exercise schedule ($p < 0.05$).

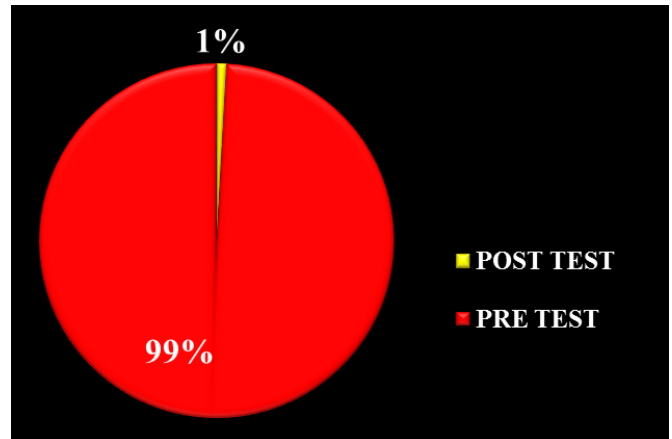


Fig 1: T - Test Value of the Variables

Findings and Conclusion

The result of the study proved that in the figure 1 due to ten months of VSPE Practices there was the significant improvement in posture problems of the working women that is posture problems were reduced as 1%. To conclude, as a daily practice, adoption of VSPE practices makes the body mentally and physically fit. The proper posture aligns the human body and helps muscles, joints, and ligaments do their job as nature intended. This improving posture exercise training schedule reduces fatigue, muscular strain and pain. Proper posture brings the body back into balance, physically, mentally and emotionally. A person who has good, natural posture tend to project poise, confidence, integrity and dignity [1]. To conclude, it can be said that those who have the capacity to do the VSPE to reach their fullest potential on posture problems through their practice skills. So the VSPE helps to lead the proper posture for good health among the working women.

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