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## Impact of yin yoga multi-seasonal training on psychological variables of women

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### Abstract

This study was delimited to working women in Coimbatore District. This study was delimited to the age range from 25 to 35 years. The study observed N=60 women from various zones in Coimbatore Districts. This study was delimited into two groups: Group-I (25-30 age group) and Group II (31-35 age group). Each group had thirty subjects (n=30) subjects. This study was delimited to psychological variables namely Anxiety, Depression and Stress. Anxiety, Depression and Stress. Correlation is significant at the 0.05 level. There was a significant difference in the psychological variables of Anxiety, Depression and Stress of working women.

**Keywords:** Anxiety, depression, stress, women

### Introduction

Yin is a relaxed, passive style of yoga that involves holding poses, or asanas in Sanskrit, for longer durations and increasing your inner awareness. This includes paying attention to your breath, thoughts, and body sensations. According to Elise Greenspoon, a yoga teacher, healing therapist, and wellness specialist, "Yin yoga is a gentle form of yoga that's cooling, grounding, and nurturing. Holding poses for longer periods encourages stillness so you can go inward."

The role of women in the training device can play a big part in society. The factor like cultural, social, political and technological changes in the world has revolutionized the training and social lifestyles of women. If schools for girl elevate human capital, financial increase and productivity as that of male schooling, the women's drawback in education is economically wasteful. Studies have proven that the rate of financial boom from women's education matches with those from men's education. Female schooling will carry improvement in child's health. This is due to the reality that the well-educated moms have to know the significance of hygiene and healthy food. All this sinks child death, which skill that a family will plan for the start of the female's schooling is that they are married at a later age, which skill low fertility and less start rate.

The human body and mind are gifts of god: the capital given to us without any interest payable. For anything in life to be fulfilled, the body should be healthy and this needs constant care. Just as a car needs constant care, the body and mind need the same. This is best done by regular exercise. Awareness of this is certainly better now than many years ago, but exercise oriented persons still form a minority in our vast world. In today's fast world, with the easy availability of different types of cuisines, both vegetarian and non-vegetarian, junk food, alcohol and cigarettes and the constant bombarding of our consciousness with advertisement of such foods through different media, we succumb, which resultant in health problems.

Physical fitness is the ability to carry out daily tasks with vigorous and alert, without undue fatigue and with ample energy to enjoy leisure time, pursuits and meet unforeseen emergencies. Physical fitness is the ability to last, to bear up and to preserve under difficult circumstances where unfit persons would give up. It is the opposite to being fatigued from ordinary efforts, to lacking the energy to enter zestfully into life's activities and to become exhausted from unexpected, demanding physical exertion (Clarke, 2006) [4].

Physical health is a combination of countless factors than a single characteristic. It is reliable to possess one of the following. Physical health elements in varying degree, cardio vascular endurance, Depression, strength, power, speed, agility, balance, co- ordination, response time and Stress.

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Although Stress correlates minimally with some motor abilities, it is difficult to determine how much flexion extension is good or bad for an individual, the coach and student must evaluate the degree needed in each specific joint in terms of ease of performance and safety in the activity or part of the body that is involved. Stress is also usually fitness. A loss in frequently noticed as being one of the first sings of getting out of shape (A.Yobu 2010)<sup>[12]</sup>.

### Materials and Methods

This study was delimited to working women in Coimbatore District. This study was delimited to the age ranged from 25 to 35 years. The study observed N=60 women from various zones in Coimbatore Districts. This study was delimited into two groups: Group-I (25-30 age group) and Group-II (31-35 age group). Each group had thirty subjects (n=30) subjects. This study psychology Questionnaire was used (Lovibond, S.H. & Lovibond, P.F. (1995)<sup>[13]</sup>. This study was delimited to Psychological variables namely Anxiety, Depression and Stress. Correlation is significant at the 0.05 level. Women participated in a 6-week training program.

### Results and Discussion

The probability level below, which the investigator objects, the hypothesis was treated as the level of significance.

**Table 1:** Pearson Product Moment Correlation of Psychological Variables Of (25-30 Aged) and (31-35 Aged) Working Women in Coimbatore

Correlations				
		Anxiety	Depression	Stress
Anxiety	Pearson Correlation	1	.147**	-.422**
	Sig. (2-tailed)		.000	.000
	N	60	60	60
Depression	Pearson Correlation	.147**	1	-.147**
	Sig. (2-tailed)	.000		.000
	N	60	60	60
Stress	Pearson Correlation	-.422**	-.147**	1
	Sig. (2-tailed)	.000	.000	
	N	60	60	60
**. Correlation is significant at the 0.01 level (2-tailed).				
*. Correlation is significant at the 0.05 level (2-tailed).				

Among different category aged working women significant relationship between the age-ranged groups on Psychological variables at 0.05 level of confidence namely Anxiety, Depression and Stress. Among working women, there was a higher significant relationship of Stress at 0.05 level of confidence level.

### Conclusion

It was concluded that there was a significant difference in psychological variables of Anxiety, Depression and Stress in various category women. It was concluded that Stress Higher relationship between (25-30) and (31-35) working women. The study would add a quantum of knowledge in the area of psychological variables. Outcomes suggest that the inclusion of an adaptable, meditative practice, which may easily be replicated at home, for as little as once per week for 6 weeks may reduce stress and anxiety and increase mindfulness long term.

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