

## **Effect of Yogic Practices with and Without Diet Modifications on Anxiety among Men with Andropause**

**S. ANANTHAN PILLAI, Ph.D**, Research Scholar, Department of Yoga, Tamilnadu Physical Education and Sports University, Chennai.

**Dr. V.DUR AISAMI, Assistant Professor**, Department of Yoga, Tamilnadu Physical Education and Sports University, Chennai.

### **Abstract**

The purpose of the present study was to find out the effect of Yogic practices with and without diet modifications on Anxiety among Men with Andropause. The study was conducted on 45 Men with Andropause Totally three groups, namely, control & experimental group I & II, consisting of 15 Men with Andropause underwent six weeks practice in Yogic practices with and without diet modifications whereas the control group did not undergo any type of training. The Anxiety was measured before and after the experimentation using the Taylors questionnaire to measure the Anxiety. The data were analyzed by Analysis of Co-variance (ANCOVA) and it was concluded that the Yogic practices with and without diet modifications had significant ( $P < 0.05$ ) effect on the Anxiety level.

Key words : Yogic practices with and without diet modifications , Anxiety .

### **INTRODUCTION**

Andropause, the male menopause, low Testosterone regardless of name, the condition is characterized by a number of uncomfortable symptoms, including hot flashes in men, erectile dysfunction, low libido, irritability, muscle loss, and fatigue that are the result of low levels of testosterone. For men, testosterone production gradually decreases across the lifespan. According to a study published in the International Journal of Clinical Practice, nearly 40 percent of men over the age of 45 are affected by low testosterone. Declines in testosterone begin in a man's late 20s and continue to recede, reaching noticeably low levels around middle age, when men begin to experience symptoms of andropause or low testosterone.

Yoga means the experience of oneness or unity with inner being. This unity comes after dissolving the duality of mind and matter into supreme reality. The individual approaches truth by a science. The aim of all yoga practice is to achieve truth where the individual soul identifies itself with the supreme soul or God. Yoga has the surest remedies for man's physical as well as psychological ailments. It makes the organs of the body active in their functioning and has good effect on internal functioning of the human body. Yoga is a re-education of one's mental process, along with the physical.

### **STATEMENT OF THE PROBLEM**

The purpose of the study was to find out the effect of Yogic practices with and without diet modifications on Anxiety among Men with Andropause

**HYPOTHESIS**

It was hypothesized that there would be a significant differences on Anxiety among male Men with Andropause due to Yogic practices with and without diet modifications groups than the control group.

**METHODOLOGY**

The purpose of the study was to find out the effect of Yogic practices with and without diet modifications on Anxiety among Men with Andropause. For the purpose of this study, forty-five Men with Andropause were chosen on random basis from Chennai only. Their age group ranges from 50 to 55 .

The subjects were divided into three group of fifteen each. The experimental group I would undergo yogic practices with diet modifications and the experimental group II undergo yogic practices without diet modifications and third group consider as control group not attend any practices, and the pre test and post test would be conducted before and after the training. Training would be given for six weeks. It would be found out finally the effect of Yogic practices with and without diet modifications on Anxiety among Men with Andropause in scientific method. The Taylors questionnaire measured for Anxiety. The collected data were statistically analyzed by using analysis of covariance (ANCOVA).

**TRAINING SCHEDULE**

Experimental Group I : Yogic practices with diet modifications

Experimental Group II : Yogic practices without diet modifications

Group III : Control Group ( No Training).

**COMPUTATION OF ANALYSIS OF COVARIANCE AND POST HOC TEST ON ANXIETY**

The statistical analysis comparing initial and final means of Anxiety due to Yogic practices with and without diet modifications among Men with Andropause is presented in Table I.

**TABLE – I  
ANALYSIS OF COVARIANCE OF THE MEANS OF TWO EXPERIMENTAL GROUPS AND THE CONTROL GROUP IN ANXIETY**

<b>Tests/ Groups</b>	<b>EX.GR -I</b>	<b>EX.GR -II</b>	<b>CG</b>	<b>S O V</b>	<b>Sum of Squares</b>	<b>df</b>	<b>Mean Squares</b>	<b>“F” Ratio</b>
Pre Test	28.633	29.13	26.866	B	85.09	2	42.544	0.36
	3			W	10356.90	42	119.04	
Post Test	19.833	25.033	27.97	B	1156.62	2	578.31	5.80*
	3	3		W	8676.10	42	99.73	
Adjusted Post Test	19.47	25.24	29.12	B	1713.36	2	856.68	71.89*
				W	1024.793	41	11.92	

Mean Gain	8.8	4.1	3.87
-----------	-----	-----	------

\*  $F_{(0.05)}(2,42 \text{ and } 2, 41) = 3.23$ . \*Significant at 0.05 level of confidence.

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe’s Confidence Interval test. The results were presented in Table II. To find out which of the paired means had a significant difference, the Scheffe’s post-hoc test is applied and the results are presented in table II.

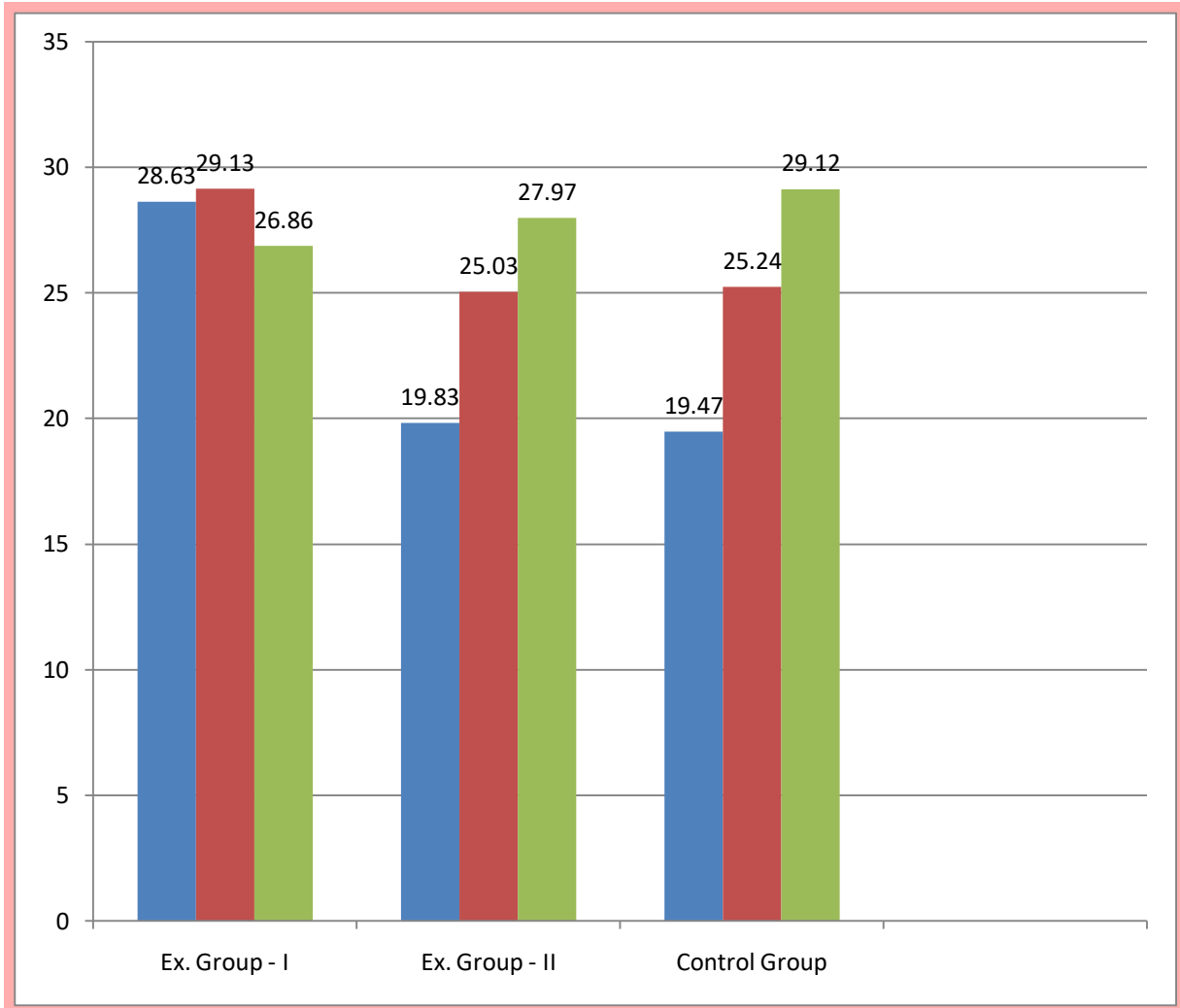
**TABLE II  
SCHEFFE’S POST-HOC TEST FOR ANXIETY**

Mean Values			MD	Required C.I
EX.GR-I	EX.GR-II	CG		
19.47	25.24	-	5.77*	2.22
19.47	-	29.12	9.65*	
-	25.24	29.12	8.88*	

\* Significant at 0.05 level.

The ordered adjusted means were presented through bar diagram for better understanding of the results of this study in Figure 1.

**FIGURE – 1  
BAR DIAGRAM SHOWING THE MEAN DIFFERENCE AMONG  
EXPERIMENTAL GROUP I,  
EXPERIMENTAL GROUP II AND CONTROL GROUP OF ANXIETY**



**RESULTS AND DISCUSSIONS OF ANXIETY**

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 71.89 was greater than the required value of 3.23 and hence it was accepted that the Yogic practices with and without diet modifications significantly improved (Decrease) the Anxiety among male Men with Andropause at 0.05 level.

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between yogic practices with diet modifications group and control group and yogic practices without diet modifications group and control group on Anxiety. This proved that due to six weeks of yogic practices with diet modifications practices and yogic practices without diet modifications Anxiety was significantly improved (Decrease) among Men with Andropause.

**DISCUSSION ON THE FINDINGS OF ANXIETY**

The Analysis of Co-variance of Anxiety indicated that experimental group I (Yogic practices with diet modifications), experimental group II (Yogic practices without

diet modifications Practices), were significantly improved (Decrease) than the control group on Anxiety . It may be due to the effect of Yogic practices with diet modifications and Yogic practices without diet modifications.

The findings of the study showed that the experimental group I (Yogic practices with diet modifications) had improvement (Decrease) Anxiety more than the experimental group II (Yogic practices without diet modifications). Nearly everything in life requires balance. Yogic practices with and without diet modifications on its own is a good step toward a healthy life style. However, as individual, it is important to realise that we need to work on our body as well as our mind.

## CONCLUSION

There was a significant improvement (Decrease) in Anxiety of experimental groups when compared to the control group. yogic practice with diet modifications group has shown improvement than the Yogic practices without diet modifications.

## REFERENCES

- Adler PA, Roberts BL. (2006) "The use of tai chi to improve health in older adults." Orthopaedic Nursing. 25(2):122-126
- Ananda R. (1982), The Complete Book of Yoga Harmony of Body Mind, (Delhi: India)
- Andiyappan, R. (1998). Yoga Therapy, Madras: Bharathi Pathipagam.
- Arias AJ, Steinberg K, Banga A, Trestman RL. (2006) "Systematic review of the efficacy of meditation techniques as treatments for medical illness". J Altern Complement Med.;12(8):817-32.
- Author's Guide, (1993) The World Book Encyclopedia, Vol. 15 Sydney: World Book, Inc.
- Clutch, D., Witton, M., Mc. Gown, C. and Bryce, G.R. (2001). "Effect of Depth Jumps and Weight Training on Leg Strength and Vertical Jump", Research Quarterly, 54, 5-10.
- Lane, M., Robker, R. and Robertson, S. (2014). Parenting from before conception. Science, 345(6198), pp.756-760.
- Lane, M., Robker, R. and Robertson, S. (2014). Parenting from before conception. Science, 345(6198), pp.756-760.
- Lee MS, Lee EN, and Ernst E. (2008) evaluated evidence from "randomized clinical trials testing the effectiveness of tai chi for increasing aerobic capacity".
- Maharana Satyapriya, Hongasanda R. Nagendra, Raghuram Nagarathna, Venkatram padma latha. (2009) "Effect of integrated yoga on stress and heart rate variability in pregnant women". International journal of yoga 104(3),218-222.
- Maity and Samanta (2001). conducted a study on the "effect of calisthenics and yogasanas on motor fitness status of fifth grade girls".
- WHO Expert Committee on Physical Status (1995). " Physical Status: The Use and Interpretation of Anthropometry. WHO Technical Report Series No. 854. Geneva: World Health Organization".