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ABSTRACT:

A study is intended to study about the effects of different packages of yogic practices on adjustment among stressed adolescent girls. For the present study, the investigator selected adolescent girls' students. At first, 120 girl students were randomly tested with their stress by standardized Everly and Girdano's (2009) stress scale. Finally, 60 girl students with stress were selected and divided into three groups, one control and two experimental groups consisting of twenty number in each group. Pre-test was conducted for all the subjects on selected psychological variable such as adjustment. The experimental groups were provided with the training protocols, namely Yogic Packages-1 and Yogic Packages-2 respectively. The post-test was conducted on the above said dependent variable after a period of eleven weeks experimental training. The difference between the initial and final scores on selected variable was considered as the effect of experimental treatments, namely Yogic Packages-1 and Yogic Packages-2 respectively on stressed girls. The



statistical significance was tested using ANCOVA. It was found that there exists significant differences in yogic practices of Experimental group I and Experimental group II than the control group on adjustment among stressed adolescent girls and significant differences in yogic practices exists between the Experimental group I and Experimental group II on adjustment among stressed adolescent girls. Therefore, it was concluded that eleven weeks of different packages of yogic practices, there was significant improvement in adjustment for Experimental Group B and Experimental Group C than Control Group A of stressed adolescent girls and the differences were significant at 0.05 levels.

KEY WORDS:

Stressed Adolescent Girls, psychological variable, behavioural process.

INTRODUCTION:

ADJUSTMENT AND YOGA

Adjustment is the behavioural process by which individuals maintain equilibrium among their different types of needs and the obstacles of the environment where they live. If the relationship between the individual and his/

her environment is in accordance with the norms then the adjustment is achieved and the behaviour of the person concerned would be considered as normal. Gross deviation from the norms demand clinical investigations and interventions. Such deviations are defined as maladjustment. Severe deviations lead to abnormal behaviour. So adjustment is necessary for everyone including adolescents but peer group adjustment is also important. Socially adjusted adolescent possesses traits such as extroversion, courtesy, cooperation, unselfishness, truthfulness, frankness, temper control, resourcefulness, initiative, and willingness to conform to rules and regulations which are also necessary to live in the environment.

In the case of adolescent girls, adjustment related problem can be seen easily and more pronounced when they lack support from environment. It may be related to either self or with peer group or both. More adjustment problem leads to adjustment disorder. It occurs when an adolescent girl is unable to adjust or cope with a particular stressor, and become a major life event. Common characteristics of adjustment disorder include symptoms of mild depression, anxiety, and traumatic stress or a combination of these. There are certain stressors that are more common in adolescence and childhood which affect the level of adjustment; family conflict, parental separation, school problems or changing schools and death or illness or trauma in the family.

Today adolescent doesn't have a clear view-point towards the life and he/she is feeling emotionally alone, impatience and facing problem in making adjustment in the life. So there is an imbalance among his/her emotions, thoughts and behaviour. During this period they acquire certain beliefs, values and social skills which determine their level of adjustment. At this stage, there is a big need to provide them with proper guidance to overcome the challenges they face. Techniques in yoga, yogic practices can be better option to overcome from maladjustment and there is an urgent need to overcome this problem especially forms adolescent girls.

Yoga plays a significant role in enhancing one's mental and physical health. There are a large number of studies on the effects of yoga on mental health, physical fitness, cognitive performance, and depth perception, but there are fewer studies assessing the effect of yoga on adjustment in adolescents particularly.

PANAROMIC VIEW OF ADOLESCENT IN THE PRESENT INDIAN CONTEXT

Adolescence is a transitional stage of physical and psychological human development that occurs between the age of 13 and 19 years. It can be a time of both disorientation as well as discovery. The transitional period can bring up issues of independence and self-identity; many adolescents and their peers face tough choices regarding schoolwork, drugs, alcohol, and their social life. Peer groups and external appearance tend to naturally increase in importance for some time during a teen's journey toward adulthood. Apart from the psycho-physiological changes, they face different challenges at this stage. Level of emotional stress and aggression is also high at the early stage in adolescents but gradually the intensity decreases.

Adolescents account for one fifth of the world's population and have been on an increasing trend. In India they account for 22.8% of the population (as on 1st March 2000, according to the Planning Commission's Population projections) are adolescents in the age group of 10 to 19 years. The term adolescent means 'to emerge' or 'achieve identity.' Adolescence is defined as a phase of life characterized by rapid physical growth and development, physical, social and psychological changes and maturity, sexual maturity, experimentation, development of adult mental processes and a move from the earlier childhood socio-economic dependence towards relative independence.

STRESS AND ADOLESCENTS GIRLS

Stress is defined as any external event or internal drive, which threatens to upset the equilibrium of an organism. Many researches confirmed that the adolescent is a period of storm and stress which lacks good decision making and negotiation skills in which adolescent students prefer and give more importance to peer groups' interests rather than their elders, and parents guidance. When compare to boys, the girls at the age of adolescent period faces many problems. It also affects the adolescent girls at different ways such as anxiety, poor digestion, depression, insomnia, hair Loss, acne Breakouts and maladjustment, etc.

YOGIC PRACTICES FOR HEALTH AND WELLNESS

Yoga is beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health. It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many lifestyle related disorders. Yoga helps to reduce depression, maladjustment, fatigue, anxiety disorders and stress. Yoga regulates menopausal symptoms. In essence, Yoga is a process of creating a body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life.

NEED AND SIGNIFICANCE OF THE STUDY

The topic which the investigator has selected for the present investigation is highly significant one. At present context, today adolescent girls are living variation in environment, backgrounds, that cause for many health problems. However the stressed girls at the time of adolescent period are highly vulnerable/ and prevalence of more diseases like hypertension, lack of adjustment or maladjustment, mental stress and aggression that will affect human organs. In order to avoid, the present study would help to reduce those problems, definitely help them to get improved in their health as because yoga is for totality for living. Physical, physiological and psychological factors play a dominant role in addition to the motor fitness of the well being of human being. Each person requires a predominant motor fitness, physiological and psychological quality which helps to maintain optimum level of health. Though a number of studies have been undertaken on motor fitness, psychological and physiological factors, no attempt has been made to find out the effects of different yogic packages on adjustment among adolescent girls.

STATEMENT OF THE PROBLEM

The statement of the present problem is to study about the effects of different packages of yogic practices on adjustment among stressed adolescent girls.

OBJECTIVE OF THE STUDY

The main and foremost objective is to know whether there would be significant differences in yogic practices of Experimental group I and Experimental group II than the control group on adjustment among stressed adolescent girls.

HYPOTHESIS

There would be significant differences in yogic practices of Experimental group I and Experimental group II than the control group on adjustment among stressed adolescent girls.

DESIGN OF THE STUDY

The study was formulated as a true experimental random design, consisting of a pre-test and

post-test. The subjects [N=60] were randomly assigned to three groups of twenty adolescent girls with stress in each group. The group was assigned as one control and two experimental groups. The experimental groups were provided with the training protocols, namely Yogic Packages-I and Yogic Packages-II respectively. The post-test was conducted on the above said dependent variables after a period of eleven weeks experimental training.

SELECTION OF VARIABLES

The dependent variable of the study was adjustment. The experimental groups were provided with the six days demo followed by eleven weeks training with yogic packages I & II and were considered as the independent variables of the present study.

TOOLS

The standard psychological tool devised by Everly and Girdano's(2009) was used to quantify psychological stress and the standard psychological tool devised by Sinha and Singh(2005)- Adjustment Inventory was used to quantify psychological adjustment.

REALIBILITY OF TE RESEARCH TOOLS

The reliability of the data research tools were ensured by establishing the test and re-test method. For the research tool Everly and Girdano's Stress Scale and Sinha and Singh Adjustment inventory the reliability co-efficient values were found to be 0.86 and 0.85.

TRAINING PROGRAMME

The subjects in the experimental groups were participated in Yogic Packages-1 and Yogic Packages-2 and the control group (Group-C) had no practices. The pre-test initially and post-tests finally were conducted on all the selected subjects (N=60) as on the criterion measure at the end of the experimental training programme. The training programme consists of pre-training session lasts for 20 minutes in a day for the six days and the regular training lasts for 25 minutes in a day for Yogic Packages-1 for experimental group- 1 and 45 Minutes in a day for Yogic Packages-II for experimental group-2 for the eleven weeks.

STATISTICAL ANALYSIS

Analysis of Covariance (ANCOVA) has been employed to find out the significant differences between the Control Group A, Experimental Group B and Experimental Group C. Scheffe's POST HOC test has been utilized to find out the Mean significant differences exist between the three groups.

ANALYSIS AND INTERPRETATION

The standard psychological tool devised by Sinha and Singh Adjustment inventory was used to quantify psychological adjustment. Table-I shows the variance of Adjustment among Control Group A, Yogic Packages of Experimental Group –I (Group – B) and Experimental Group –II (Group – C) of stressed adolescent girls.

TABLE-I
ANALYSIS OF CO-VARIANCE OF THE MEANS OF THE CONTROL GROUP AND TWO EXPERIMENTAL GROUPS IN ADJUSTMENT

Type of Test	Control Group A	Group B	Group C	Source of variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre-Test Mean	38.65	38.60	38.56	Between	0.433	2	0.217	0.028
				Within	442.300	57	7.760	
Post-Test Mean	38.50	36.15	32.05	Between	426.233	2	213.117	26.965*
				Within	450.500	57	7.904	
Adjusted Post-Test Mean	38.44	36.12	32.13	Between	407.496	2	203.748	47.302*
				Within	241.212	56	4.307	
Mean Difference	2.32	3.99	6.31	-	-	-	-	-

* Significant at 0.05 level Note: Table F-Ratio at 0.05 level of Confidence for 2 and 57 (df) = 3.103, 2 and 56 (df) = 3.103

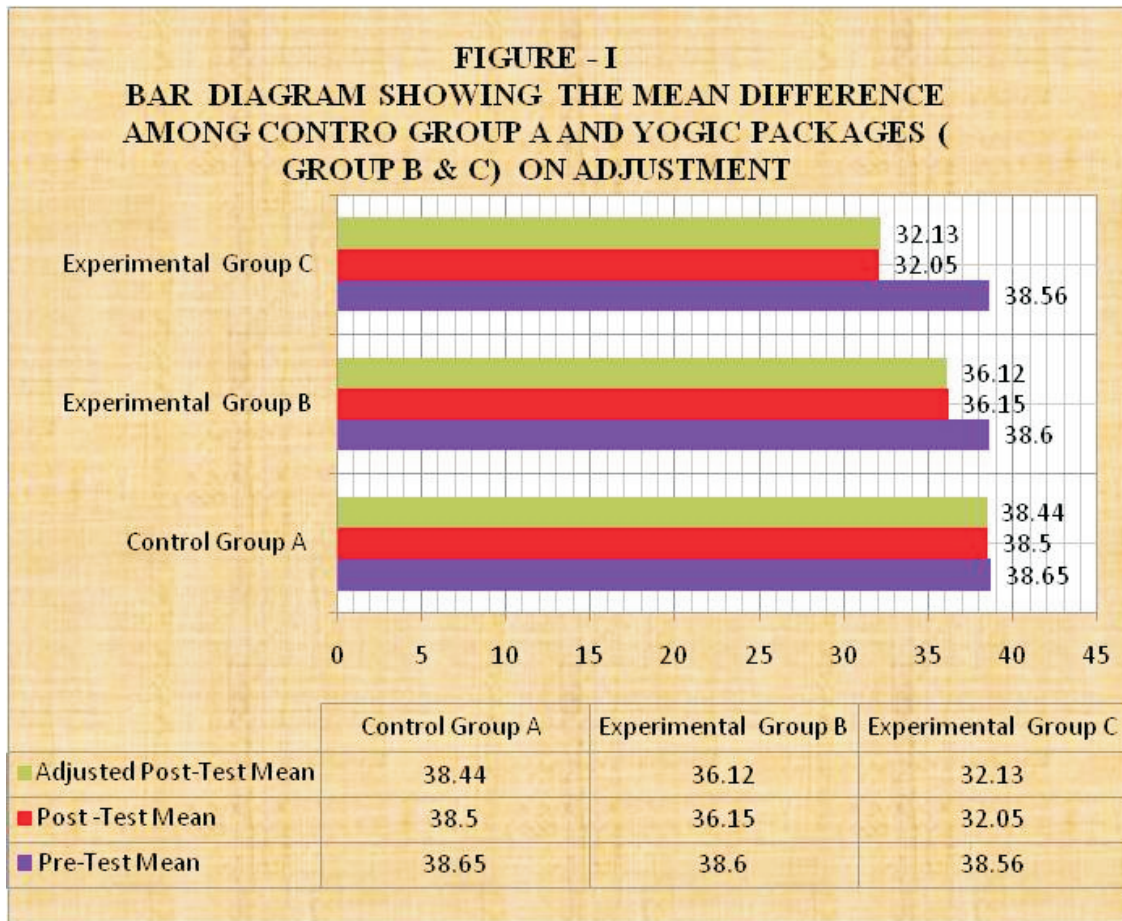
The obtained value on pre-test scores 0.028 was lesser than the required F value of 3.103 to be not significant at 0.05 level. This proved that there was no significant at 0.05 level. This proved that there was no significant difference between the groups pre-test and post test and the randomization at the pre-test was equal. The post test scores analysis proved that there was significant difference between the groups, as the obtained F – Value 26.695 was greater than the required F-value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre-test and post test scores among the groups adjusted mean scores were calculated and subjected to statistical treatment. The obtained F-value of 47.302 was greater than the required F value of 3.103 and significant at 0.05 level of significance.. This proved that the there was significant differences among the means due to eleven weeks of yogic practices on component, Adjustment. Since the significant improvement were recorded, the results were subjected to Post-Hoc analysis using the Scheffe’s Confidence interval test. The results were presented in Table-VIII (A)

TABLE – I (A)
SCHEFFE’S POST-HOC TEST FOR ADJUSTMENT

Mean Difference			Mean Difference	Required C.I
Control Group A	Group B	Group C		
38.44	36.12	-	2.32	2.02
-	36.12	32.13	3.99	2.02
38.44	-	32.13	6.31	2.02

The multiple mean comparisons shown in Table I (A) proved that there existed significant difference between the adjusted means of Control Group A, Yogic Packages of Experimental Group I (Group-B), and Yogic Packages of Experimental Group -II (Group-C). There was significant difference between Yogic Practices of Yogic Packages of Experimental Group -I (Group-B) and Yogic Packages of Experimental Group -II (Group-C). The ordered adjusted means on Adjustment was presented through bar diagram for better understanding of the results of this study in Figure I.



DISCUSSION ON THE FINDINGS OF ADJUSTMENT

The Table-I (A) shows that the Scheffe’s Confidence interval values Adjustment among Control Group (Group A), Yogic Packages of Experimental Group – I of (Group – B), and Yogic Packages of Experimental Group – II (Group – C) of stressed adolescent girls. From the Table-I (A), it is clear that the mean value of Control group (Group A) and Yogic Packages of Exprteimental Group-I (Group B), Yogic Packages of Experimental Group-I (Group B) and Experimental Group-II (Group C), and Yogic Packages of Experimental Group -II (Group C) and Control group (Group A), of stressed adolescent girls were 38.44, 36.12 and 32.13 respectively.

The mean difference between Control group (Group A) and Yogic Packages of Exprteimental Group-I (Group B), Yogic Packages of Experimental Group-I (Group B) and Experimental Group-II (Group C), and Yogic Packages of Experimental Group -II (Group C) and Control group (Group A), of stressed adolescent girls were 2.32, 3.99 and 6.31 respectively. The required Scheffe’s confidence interval to be significant at 0.05 level was 2.0 and the difference between Control group (Group A), Yogic Packages of Experimental Group – I (Group – B), and Yogic Packages of Experimental Group – II (Group – C), of adolescent girls were greater than required confidence interval and hence it is significant.

There is significant differences in yogic practices of Experimental group I and Experimental group II than the control group on psychological variable like adjustment among stressed adolescent girls and significant differences in yogic practices exists between the Experimental group I and Experimental group II on the selected psychological variable like adjustment among stressed adolescent girls.

Therefore, it was found that due to eleven weeks of different packages of yogic practices, there was significant improvements in Adjustment for Experimental Group B and Experimental Group C than Control Group A of stressed adolescent girls and the differences were significant at 0.05 levels.

CONCLUSIONS AND RECOMMENDATIONS

The practices of the Yogic packages I and Yogic Packages II significantly improved the adjustment of the adolescent girls with stress. The Yogic Packages II is more effective in improving the adjustment than the Yogic Packages I. The findings of the study proved that the yogic practices of Yogic Packages I and Yogic Packages II significantly improved the adjustment of the adolescent girl students. The Yogic Packages II is more effective in improving psychological variable adjustment than the Yogic Packages I. Hence it was suggested that practices of Yogic Packages II can be popularized among adolescent girl students for their development.

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