



Breathe awareness meditation on systolic blood pressure among middle aged women

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Abstract

The purpose of the present study was to investigate the effect of breathe awareness meditation on Systolic blood pressure among middle aged unemployed women. To achieve the purpose of the study middle aged people were selected from Karaikudi, Tamilnadu, India during the year 2017. The subject's age ranges from 35 to 45 years. The selected students were divided into two equal groups consists of 15 middle aged women each namely experimental group and control group. The experimental group underwent a breathe awareness meditation programme for six weeks. The control group was not taking part in any training during the course of the study. Systolic blood pressure was taken as criterion variable in this study. The selected subjects were tested on Systolic blood pressure was measured through sphygmomanometer. Pre-test was taken before the training period and post- test was measured immediately after the six week training period. Statistical technique 't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to breathe awareness meditation given to the experimental group on Systolic blood pressure when compared to control group.

Keywords: breathe awareness meditation, Systolic blood pressure and 't' ratio

Introduction

Yoga is a great soul of the Universe. It can promote the social well being through limbs of yoga (Asanas, Pranayama, Kriyas, Mudras and Meditations). To practising yoga regularly it can make you into sound body and sound mind. Yoga is the costless permanent treatment for more diseases, alaguraja, k [1]. It is a practical holistic philosophy designed to bring about profound state as well is an integral subject, which takes into Consideration man as a whole, alaguraja, k. *et al.* [2]

One can start practicing Yoga at any given moment of time and you may start with meditation or directly with pranayama without even doing the asanas (postures), alaguraja, k. *et al.* [3] The science of Yoga Nidra is based on the receptivity of consciousness. When consciousness is operating with the intellect and with all the senses, by making an individual think that he or she is awake and aware, but the mind is actually less receptive and more critical, yoga, p. *et al.*, [4] Training is a chain process that can be able to attain certain needs of the person's goal, alaguraja, k [5] In the sports world, physical education is the most essential aspect due to the fact physical schooling increases the performance and the effectiveness of the sports, alaguraja, k. *et al.*, [6] Today, sports have become a part and parcel of our culture. It is being influenced and does influence all our social institutions including education, economics, arts, politics, law, mass communication and even international diplomacy, alaguraja, k. *et al.*, [7] The sports training can produce some physical fitness, Physiological and psychological benefits to the person and attain performance related task. It's also promoting the individual overall wealth to the sports person, alaguraja, k [8]. Yoga is a methodical effort towards self-perfection by the development of the potentialities latent in the individual, alaguraja, k. *et al.*, [9] Today's there is an escalating emphasis on appearing smarter, feeling better and living longer. In order to

achieve these ideals as, scientific evidence tells us that one of the keys is high fitness and exercises, alaguraja, k. *et al.*, [10]. Asanas is a limb of Yoga practice it can make some health related gains to the individual who involved in yogasana practice regularly. Asanas can be used upon the needs of the person. It's a scientific process the person must be follow the basic principles yogasana practice, alaguraja, K. [11] Yoga is a practical aid, not a religion and its techniques may be practiced by Buddhist, Jews, Christians, Muslims, Hindus and Atheist alike. Yoga is union for all, selvakumar, K. *et al.*, [12] Yogic action, or inner technique, such as breath control, parthasarathy., S. *et al.*, [13]

Research methodology

Selection of subjects

The purpose of the study was to find out the effect of breathe awareness meditation on Systolic blood pressure among middle aged unemployed women. To achieve this purpose of the study, thirty middle aged people were selected as subjects at random. The age of the subjects were ranged from 35 to 45 years.

Selection of variable

Independent variable

- Breathe Awareness Meditation

Dependent variable

- Systolic blood pressure

Experimental design and implementation

The selected subjects were divided into two equal groups of fifteen subjects each, such as a breathe awareness meditation group (Experimental Group) and control group. The experimental group underwent breathe awareness meditation for six days per

week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following physiological variable namely systolic blood pressure was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable Systolic blood pressure was measured through sphygmomanometer at prior to and immediately after the training programme.

Statistical technique

The ‘t’ test was used to analysis the significant differences, if any,

difference between the groups respectively.

Level of significance

The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

Analysis of the Data

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent ‘t’ test was used with 0.05 levels as confidence.

Table 1: Analysis of t-ratio for the pre and post tests of experimental and control group on Systolic blood pressure (Scores mmHg)

Variables	Group	Mean		SD		df	‘t’ ratio
		Pre	Post	Pre	Post		
Systolic blood pressure	Control	124.33	124.40	2.35	1.80	14	0.22
	Experimental	124.20	119.40	2.75	1.95		

*Significance at .05 level of confidence.

The Table-I shows that the mean values of pre-test and post-test of the control group on Systolic blood pressure were 124.33 and 124.40 respectively. The obtained ‘t’ ratio was 0.22, since the obtained ‘t’ ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on Systolic blood pressure were 124.20 and 119.40 respectively. The obtained ‘t’

ratio was 9.60* since the obtained ‘t’ ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in Systolic blood pressure. It may be concluded from the result of the study that experimental group improved in Systolic blood pressure due to six weeks of breathe awareness meditation.

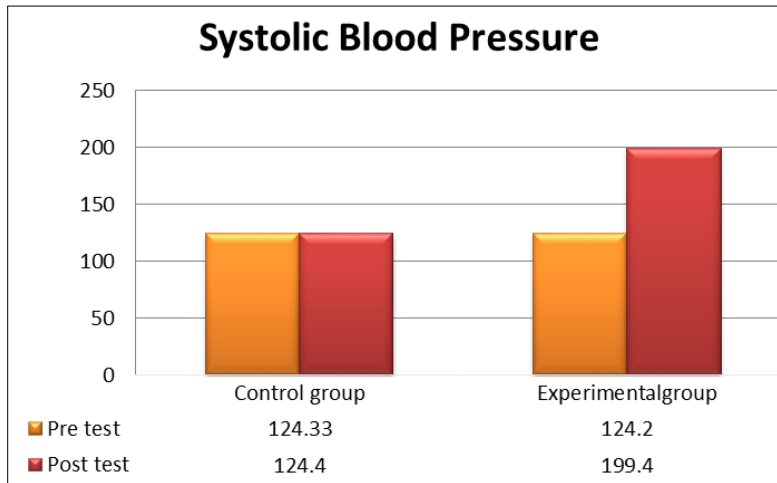


Fig 1: Bar diagram showing the pre and post mean values of experimental and control group on systolic blood pressure

Discussions on Findings

The result of the study indicates that the experimental group, namely breathe awareness meditation group had significantly improved the selected dependent variable, namely systolic blood pressure, when compared to the control group. It is also found that the improvement caused by breathe awareness meditation when compared to the control group.

Conclusion

On the basis of the results obtained the following conclusions are drawn

1. There was a significant difference between experimental and control group on Systolic blood pressure after the training period.

2. There was a significant improvement in Systolic blood pressure. However the improvement was in favor of experimental group due to six weeks of breathe awareness meditation.

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