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IMPACTS OF YOGA THERAPY ON SELECTED PSYCHOLOGICAL VARIABLES AMONG HIV AFFECTED CHILDREN

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ABSTRACT

*The present pre-test and post-test control group experimental design was designed to find out the results of yoga therapy on selected psychological variables among HIV affected children. It was hypothesized that there would be significant difference due to the results of yoga therapy on selected psychological variables among HIV affected children. To achieve the purpose of the study 12 boys were having HIV staying at child care centre in Puducherry city aged from 12 to 18 selected randomly into two groups one act as experimental group and other act as a control group of six subjects each the experimental group underwent for yoga practices for eight weeks, five days for a week for a maximum of one hour in the evening, the control group were kept in active rest, the pre-test and post-test were conducted before and after the training for two group. The anxiety and self-esteem were measured by Beck's anxiety inventory and Rosenberg's self-esteem inventory questionnaire. The data collected from the groups before and after the training period were statistically analysed by using computer/SPSS and interpreted. The *t*-test was carried out to determine the significance difference and tested at 0.05 level of significance. The result of the study was showed that the self-esteem level was significantly increased and the anxiety level was significantly decreased as the result of the yogic practices, hence the hypothesis was accepted at 0.05 level of confidence. The conclusion was that the yogic practices helped to increase the level of self-esteem and to reduce the level of anxiety among HIV affected children.*

Keywords: Yoga, HIV, Self-esteem, Anxiety

INTRODUCTION

An estimated 2.5 million children around the world are living with HIV/AIDS (joined United Nations program on HIV/AIDS (JNAIDS), 2010 report on the global aids epidemic. Prevalence rates for psychiatric disorders in prenatally-infected children vary from 55% to 61%. The most common disorders found are anxiety disorders. (M.N.Vrinda and S.N. Mothi 2013). According to UNICEF India has an estimated 220,000 children infected by HIV/AIDS. It is estimated that 55,000 to 60,000 children are born every year to mothers who are HIV positive. Without treatment, these new-borns stand an estimated 30% chance of becoming infected during the mother's pregnancy. Yoga must be made to suit the individual, not the individual to suit the yoga. – T Krishnamacharya. Yoga is mind body practice that combines physical postures, breathing exercise and meditative techniques with the goal of balancing the physical, mental and emotional balances.



PURPOSE OF THE STUDY

The purpose of the study was to find out the results of yoga therapy on selected psychological variables among HIV affected children

HYPOTHESIS

It was hypothesized that there would be significant difference due to the results of yoga therapy on selected psychological variables among HIV affected children

METHODOLOGY

To fulfill the goal of experimental study 12 boys were having HIV were selected between the age group of 12 to 18 years and divided into two, controlled group and experimental group, The yogic practices were introduced in experimental group for a specified period of the time (eight weeks).the efficiency of the yogic practices pre and post-test measured through beck anxiety inventory and Roseburg- self-esteem inventory.

The yogic practices chart given to experimental group;

S.NO	Asanas	Pranayama	Relaxation	Loosening exercise
1	Thadasana, Ekapadasana, Padahasthasana, Trikonasana, Paschimothanasana, Sarvangaana, Halasana, Savasana	Nadisuddhi Pranayama, Chanranulomapranayama, Om Kara Pranayama	Meditation	Surya Namaskar

MEDITATION DATA ANALYSIS

The data pertaining to the variables collected from two groups before and after training Period were statistically analysed, here researcher adopted SPSS for the better accuracy of the data analysis process.

RESULTS AND DISCUSSIONS

Hypothesis testing: There is a significant difference between the anxiety levels of experiment group baseline and anxiety levels of post experiment group Null hypothesis (Ho): There is no significant difference between the anxiety levels of control group and anxiety levels of experiment group Hypothesis II: There is a significant difference between the anxiety levels of Control group baseline group and anxiety levels of post control group. Null Hypothesis (Ho): There is no a significant difference between the anxiety levels of Control group baseline group and anxiety levels of post control group. Null Hypothesis (Ho): There is no a significant difference between the anxiety levels of Control group baseline group.

Paired Samples Test

	Paired Differences					t	df	Sig.(2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 Self-esteem (Control Group Pre and Post)	1.83333	1.16905	.47726	-3.06017	-.60650	-3.841	5	.012
Pair 2 Self-esteem (Experiment Group Pre and Post)	1.16667	1.47196	.60093	-.37806	2.71139	1.941	5	.110

Experiment Group

Table gives the t- values, degree of freedom, significant level and 95% confidence interval for the mean different. The t value of 11.461 for 5 degrees of freedom (df) is highly significant as significant value for two tailed tests is 0.000. Therefore, we reject the null hypothesis. Hence, yogic intervention is result in increasing reducing anxiety level among HIV affected children.

Control Group

Table gives the t- values, degree of freedom, significant level and 95% confidence interval for the mean different. The t value .000 of for 5 degrees of freedom (df) is not highly significant as significant value for two tailed tests is 1.00. Therefore, we accept the null hypothesis here. That is the control group members are having the same levels of anxiety after the post assessment.

Interpretation

Hence, it is clear that the Yogic practices decreases the HIV affected children’s anxiety level with respect to control group children. Hence, we can assume that Yogic Practices have a positive impact on HIV affected children.

Hypothesis Testing Hypothesis 1

There is a significant difference between the Self-esteem levels of pre and post-test experiment group. Null hypothesis (Ho): There is no significant difference between the Self-esteem levels of pre-test and post-test experiment group

Hypothesis: 2

There is a significant difference between the Self-esteem levels of pre and post-test levels control group. Null Hypothesis (Ho) There is no significant difference between the Self-esteem levels of pre and post-test levels control group.

Experiment Group

Table gives the t- values, degree of freedoms, significant level and 95% confidence interval of the mean different of experiment group. The t value of the control group is – 1.941 for 5 degrees of freedom (df) is not

highly significant as significant value for two tailed tests is 0.110. Therefore, we reject the null hypothesis. That is, there is a significant increase in self-esteem when comparing there and post-test scores of experiment group

Control Group

Table gives the t- values, degree of freedoms, significant level and 95% confidence interval of the mean different of the two groups. The t value of the control group is – 3.841 for 5 degrees of freedom (df) is not highly significant as significant value for two tailed tests is 0.012. Therefore, we accept the null hypothesis. That is, there is no significant increase in self-esteem when comparing the pre and post-test scores.

Interpretation

Hence, it is clear that the Yogic practices increase the HIV affected children's Self-esteem level with respect to control group children. Hence, we can assume that Yogic Practices have a positive impact on HIV affected children to improve their Self-esteem

CONCLUSION

It was proved that yogic practices increased the level of self-esteem and it is helpful to reduce the level of anxiety among HIV affected boys

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