



The Influence Of Cyclic Meditation And A Yogic Programmed On Anxiety In Diabetic Patients

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Abstract

The main objective of this study was to find out The Influence of cyclic meditation and a Yogic Programmed on anxiety in Diabetic Patients. To achieve the purpose of this study, forty five type- 2 diabetic patients subjects were randomly selected from Indra Gandhi Memorial Hospital, and yoga and fitness club Agartala. Their age ranges between 40 years to 60 years. They were randomly divided into three equal groups. The groups were assigned as Experimental Group I, Experimental Group II and Control Group equivalently. Experimental Group I was exposed to Cyclic Meditation (CM), Experimental Group II was exposed to Yogic asanas (YA) and Control Group (CG) was not exposed to any experimental training other than their regular daily activities. . The analysis of covariance was used to analyze the significant differences, if any among the groups. Three groups were compared, and whenever they obtained 'F' ratio for adjusted post-test was found to be significant, the Scheffe's test to find out the paired mean differences, if any. The 0.05 level was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as appropriate. The result of the study indicates due to training on flexibility, vo2 max and self-confidence have been improved significantly.

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Keywords: Meditation, Yoga & Anacova

INTRODUCTION:

Yoga is highly therapeutic. Some of the ailments proven to be relieved, reversed and Meditation techniques such as mindfulness meditation or one of the various forms of mindfulness is the practice of a unique transcendental meditation includes specific postures, focused technique called Cyclic Mediation (CM). CM is a moving attention, or an open attitude toward distractions defined by National meditation practice derived from an ancient Indian text, Mandukiya Center for Complementary and Alternative Medicine (NCCAM), Upanishad (Nagendra & Nagrathana, 1997). It was fundamentally the USA. Regular practice enhances calmness and relaxation, improve designed for novice practitioners and combines the practice of yoga psychological balance, cope with illness, or enhance overall health postures with guided meditation. CM is known to induce quiet and well-being (NCCAM, 2010). State of mind, which is compatible with the description of meditation (dhyana or effortless expansion), according to Sage Patanjali Mindfulness meditation involves paying heightened awareness to (Subramanya & Telles).

METHODOLOGY:**SELECTION OF SUBJECTS:**

To achieve the purpose of this study, forty five type- 2 diabetic patients subjects were randomly selected from Indra Gandhi Memorial Hospital, and yoga and fitness club Agartala. Their age ranges between 40 years to 60 years. They were randomly divided into three equal groups. The groups were assigned as Experimental Group I, Experimental Group II and Control Group equivalently. Experimental Group I was exposed to Cyclic Meditation (CM), Experimental Group II was exposed to Yogic asanas (YA) and Control Group (CG) was not exposed to any experimental training other than their regular daily activities. Practices for a time of 12 weeks. After 12 weeks of participation in the respective treatments, the posttest was administered to the aforementioned dependent variables. From Monday through Saturday, the practice training program ran from 6:00 a.m. to 7:00 a.m. and from 7:00 a.m. to 8:00 a.m.

CRITERION MEASURES

S.no	Variables	Tools administered	Unit of measurement
Psychophysical variables			
	Anxiety	Taylor's Manifest Anxiety Scale	Points

EXPERIMENTAL DESIGN:

This experimental study was administered to only two experimental groups and one control group of 15 subjects each. For this purpose Group I underwent , cyclic meditation Group II underwent yoga and Group III acted as control group.

TRAINING PROGRAM

During the program of yogic practices the experimental group I underwent cyclic meditation program for six days a week from Monday to Saturday 6:00 am to 7:00 am and experimental group II underwent Yoga practices program for six days a week from Monday to Saturday 7:00 am to 8:00 am. Experimental treatment was restricted to 12 weeks only.

Table II and III show the yogic training schedules.

TABLE – I

3.10 12-Week Training Schedule of Cyclic Meditation

Week	Meditation Phase	Duration	Rest	Sets	Repetitions
1 and 2	Instant Relaxation Technique (IRT)	5 min	1 min	1	1
	Slow Stretching + Quick Relaxation Technique (QRT)	10 min	2 min	1	1
	QRT + Deep Breathing (Pranayama)	8 min	2 min	1	1
	IRT + QRT	10 min	1 min	1	1
	Repeat Day 1 Routine	5 min	1 min	1	1
	Repeat Day 2 Routine	10 min	1 min	1	1

Week	Meditation Phase	Duration	Rest	Sets	Repetitions
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3 and 4	IRT + QRT + Breathing Awareness	10 min	1 min	1	1
	Standing Stretches + QRT + IRT	12 min	2 min	1	1
	IRT + Breathing Exercise (Pranayama)	10 min	1 min	1	1
	QRT + IRT + Focus on Body Awareness	12 min	1 min	1	1
	Repeat Day 1 Routine	10 min	1 min	1	1
	Repeat Day 2 Routine	12 min	1 min	1	1

Week	Meditation Phase	Duration	Rest	Sets	Repetitions
5 and 6	IRT + QRT + Breathing (Pranayama)	15 min	2 min	1	1
	Standing Stretches + IRT + Quick Relaxation	15 min	2 min	1	1
	IRT + Breathing Awareness	15 min	2 min	1	2
	QRT + IRT + Guided Meditation	15 min	2 min	1	1
	Repeat Day 1 Routine	15 min	2 min	1	1
	Repeat Day 2 Routine	15 min	2 min	1	1

Week	Meditation Phase	Duration	Rest	Sets	Repetitions
7 and 8	IRT + QRT + Pranayama	18 min	2 min	1	1
	Standing Stretches + IRT + QRT	18 min	2 min	1	2
	IRT + Pranayama + Guided Body Awareness	18 min	2 min	1	2

	QRT + IRT + Guided Relaxation	18 min	2 min	1	1
	Repeat Day 1 Routine	18 min	2 min	1	1
	Repeat Day 2 Routine	18 min	2 min	1	1

Week	Meditation Phase	Duration	Rest	Sets	Repetitions
9 to 10	IRT + QRT + Pranayama	20 min	2 min	1	2
	Standing Stretches + QRT + Pranayama	20 min	2 min	1	2
	IRT + QRT + Body Awareness	20 min	2 min	1	2
	Guided Relaxation + Deep Breathing	20 min	2 min	1	1
	Repeat Day 1 Routine	20 min	2 min	1	2
	Repeat Day 2 Routine	20 min	2 min	1	2

Week	Meditation Phase	Duration	Rest	Sets	Repetitions
11 to 12	IRT + QRT + Guided Body Awareness	25 min	2 min	1	2
	Standing Stretches + QRT + Breathing	25 min	2 min	1	2
	IRT + QRT + Guided Visualization	25 min	2 min	1	2
	Full-Body Relaxation + Pranayama	25 min	2 min	1	1
	Repeat Day 1 Routine	25 min			

TRAINING SCHEDULE FOR PACKAGE II

Wee ks	Surya Namaskar	Bhujang asana	Paschimottanas ana	Ardha Matsyendras ana	Sarvangasa na	Halasa na	Shavasa na	Matsyasa na	Kapalbh ati	Vyutkar ma	Sheetk ari Karma
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1 2	2 sets, 5 reps, low intensity	2 sets, hold 10 sec each	2 sets, hold 10 sec each	2 sets, hold 10 sec each	2 sets, hold 10 sec each	2 sets, hold 10 sec each	1 set, 5 min	1 set, 10 sec	2 sets, 10 breaths	1 set, 1 min	1 set, 1 min
3 4	2 sets, 8 reps, low-medium intensity	2 sets, hold 15 sec each	2 sets, hold 15 sec each	2 sets, hold 15 sec each	2 sets, hold 15 sec each	2 sets, hold 15 sec each	1 set, 6 min	1 set, 15 sec	2 sets, 15 breaths	1 set, 2 min	1 set, 2 min
5 6	3 sets, 10 reps, medium intensity	3 sets, hold 20 sec each	3 sets, hold 20 sec each	3 sets, hold 20 sec each	3 sets, hold 20 sec each	3 sets, hold 20 sec each	1 set, 8 min	1 set, 20 sec	3 sets, 20 breaths	1 set, 2 min	1 set, 2 min
7 8	3 sets, 12 reps, medium-high intensity	3 sets, hold 25 sec each	3 sets, hold 25 sec each	3 sets, hold 25 sec each	3 sets, hold 25 sec each	3 sets, hold 25 sec each	1 set, 10 min	2 sets, 20 sec	3 sets, 25 breaths	2 sets, 2 min	2 sets, 2 min
9 10	4 sets, 14 reps, high intensity	4 sets, hold 30 sec each	4 sets, hold 30 sec each	4 sets, hold 30 sec each	4 sets, hold 30 sec each	4 sets, hold 30 sec each	1 set, 12 min	2 sets, 25 sec	4 sets, 30 breaths	2 sets, 3 min	2 sets, 3 min
11 12	4 sets, 15 reps, high intensity	4 sets, hold 30-45 sec each	4 sets, hold 30-45 sec each	4 sets, hold 30-45 sec each	4 sets, hold 30-45 sec each	4 sets, hold 30-45 sec each	1 set, 15 min	2 sets, 30 sec	4 sets, 35 breaths	2 sets, 3 min	2 sets, 3 min

STATISTICAL TECHNIQUE

Analysis of covariance (ANCOVA) statistical technique was used to test the significant difference among the three groups. If the adjusted post-test results were significant, Scheffe's post hoc test was used to determine the paired mean significant difference.

Analysis of Anxiety

The descriptive analysis shows means, standard deviation, percentage of improvement, mean differences and 't' ratio of the collected data on anxiety among experimental and control groups are presented in Table 1.

Analysis of Anxiety

Table – IV (a)

Analysis of Covariance on Anxiety of Experimental and Control groups

	CM	YG	CG	SOV	SOS	df	M.S	f-ratio
Adjusted Post-test Mean	26.63	28.80	32.42	BG	255.28	2	127.64	35.73*
				WG	146.45	41	3.57	

*Significant at 0.05 level of confidence.

(The table value required for significance with df 2 and 41 is 3.23)

The adjusted post-test mean values on anxiety of cyclic meditation group, yoga group and control group are 26.63, 28.80 and 32.42 respectively. The obtained 'F' ratio of 35.73 for adjusted post-test score was greater than the required table value of 3.23 for df 2 and 41 for significance at 0.05 level of confidence on anxiety. It

proved that, the differences exist among the adjusted post-test means of cyclic meditation group, yoga group, and control group on anxiety.

The 'F' value in the adjusted post-test means was found significant, hence Scheffe's test was applied to assess the paired mean of anxiety difference and the results are presented in Table IV (a).

Table – IV (a) Scheffe's Post hoc Test for the differences among Adjusted Post-test Paired Means of Experimental and Control groups on Anxiety

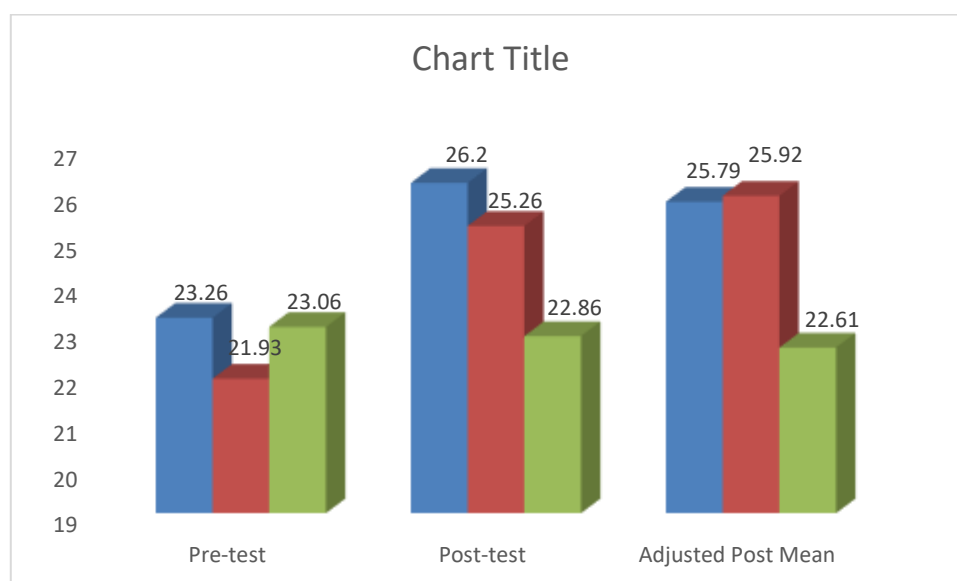
CM	YG	CG	M.D	C.I
26.63	28.80	-	2.17*	1.75
26.63	-	32.42	5.79*	
-	28.80	32.42	3.62*	

*Significant at 0.05 level

As shown in table IV (a), the Scheffe's test post hoc analysis proved that significance mean differences existed between; cyclic meditation and yoga group; cyclic meditation and control group; yoga and control groups on anxiety. Since, the mean differences 2.17, 5.79 and 3.62 are higher than the confident interval value 1.75.

Hence, it is concluded that due to the effect of cyclic meditation, and yoga the anxiety was significantly improved among college women's. It was also concluded that cyclic meditation group was better than yoga group in reducing anxiety among in diabetic patient.

The pre-test, post-test and adjusted post-test mean values of experimental and control groups on anxiety is graphically represented in the figure I



Conclusions

Based on the results obtained and by analyzing the data collected on the dependent variables for the study, the following conclusions were drawn

1. Cyclic meditation and yoga practice had shown better improvement in anxiety when compare to control group.
2. Cyclic meditation practices had shown better improvement in anxiety through the practices of astang yoga practice.

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