Effect of Combined Yogic and Aerobic Exercise Practices on Primary Dysmenorrhea among College Students

Sanjaykumar S*

PhDResearch Scholar

Dr. N C Jesus Rajkumar**

Assistant Professor

Department of Physical Education and Sports Sciences

College of Science and Humanities

SRM Institute of Science and Technology

Email Id: sanjayswaminathan007@gmail.com

Abstract

Background: Dysmenorrhea, a rare genetic disorder in women of childbearing age, is a completely serious problem that can have a profound effect on a healthy lifestyle. Yoga and exercise is generally referred to as a possible treatment for the signs and symptoms of menstruation through the restricted studies available.

Method: Purposive sampling design was employed. Selected 50 college girl's students were measured on the menstrual pain level using Numeric Pain Rating Scale as a pre-test score. The collected questionnaires were converted into standard scores as per author's instruction. The questionnaire collected data were analyses throughstatisticaltreatmenttofindoutanydifferences. The 50 students are converted into two groups, control group and experimental group and each group have 25 students. 12weeks combined yogic practices and aerobic training given to experimental group. After 12 weeks conduct a post-test by measuring the menstrual pain level using Numeric Pain Rating Scale questionnaire of both groups as a post test score.

Result: There is a significant difference between pre- test and post-test means the magnitude of the pain in the pain rating scale of the experimental group.

Conclusion: The study concluded that combined yogic practices and aerobic exercises is very helpful in reducing primary dysmenorrhea in college students.

Keywords: Yoga, Aerobic exercise, primary dysmenorrhea, girls

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Data Availability Statement

Participants in this study declined to allow their information to be released publicly due to the nature of the research, hence supporting data are not available.

INTRODUCTION

Menstruation or length is regular uterine bleeding that occurs regularly throughout a woman's menstrual cycle. Your physical body gets ready for pregnancy every month. If pregnancy does not occur, the uterus (or womb) will empty of its lining. Blood and uterine tissue are both components of menstrual blood. It leaves the body through the vagina. Menstruation normally begins between the ages of 11 and 14 and continues until menopause, which typically occurs around the age of 51. Menstrual cramps, or primary dysmenorrhea, is characterised as discomfort in the lower abdomen before to, or during, a woman's menstrual period. the number one dysmenorrhea is in a very long way that is not a common problem in the female genital area. Likewise it is also the main purpose of repeated absenteeism from relationships or drawings of young women and young girls. The first menstrual cramps occur not using a basic pelvic disease. Second - menstrual cramps that occur with genital diseases.Exercise and yogic practices are one of the effective no medical treatment,in recent years, many pharmacologic methods have not been used within the first cure for dysmenorrhea. Among the non-invasive procedures of the remedy, the regeneration of electrical nerves and the use of nutrients can be named. Exercising will increase the amount of endorphins that can act as an indirect ache. Exercise will increase the secretion of endorphins that can act as indirect pain and psychiatric symptoms and signs of despair at number one dysmenorrhea are reduced. Aerobic exercise and yogic practices is a way to reduce the severity of early dysmenorrhea. This offer is aimed at determining the effect of a12 week combined yogic practices and aerobic exercises on primary dysmenorrheaamong college students.

Hypothesis

1. It is hypothesized that there will be a significant relationship between combined yogic practices and aerobic exercises on menstrual pain among college students.
2. It is hypothesized that the regular yogic practices and aerobic exercises will reduce menstrual pain among college students.

RESEARCH DESIGN

Purposive sampling design was employed. Selected 50 college girl's students were measured on the menstrual pain level using Numeric Pain Rating Scale as a pre-test score. The collected questionnaires were converted into standard scores as per author's instruction. The questionnaire collected data were analyses throughstatisticaltreatmenttofindoutanydifferences. The 50 students are converted into two groups, control group and experimental group and each group have 25 students. 12weekscombined yogic practices and aerobic training given to experimental group. After 12 weeks conduct a post-test by measuring the menstrual pain level using Numeric Pain Rating Scale questionnaire of both groups as a post test score. 't'testtodiscoverfor thetreatment and 0.05level fixed to test the hypothesis.

Table - I

	Pre-test		**Post-test**		**Mean Differences**	**t-ratio**
	Mean	**SD**	**Mean**	**SD**		
Menstrual body pain	**8.76**	**1.05**	**8.72**	**0.79**	**0.04**	**0.15**

The t-value is 0.15191. The p-value is 0.439947. The result is not significant at p < .05.

Figure - I

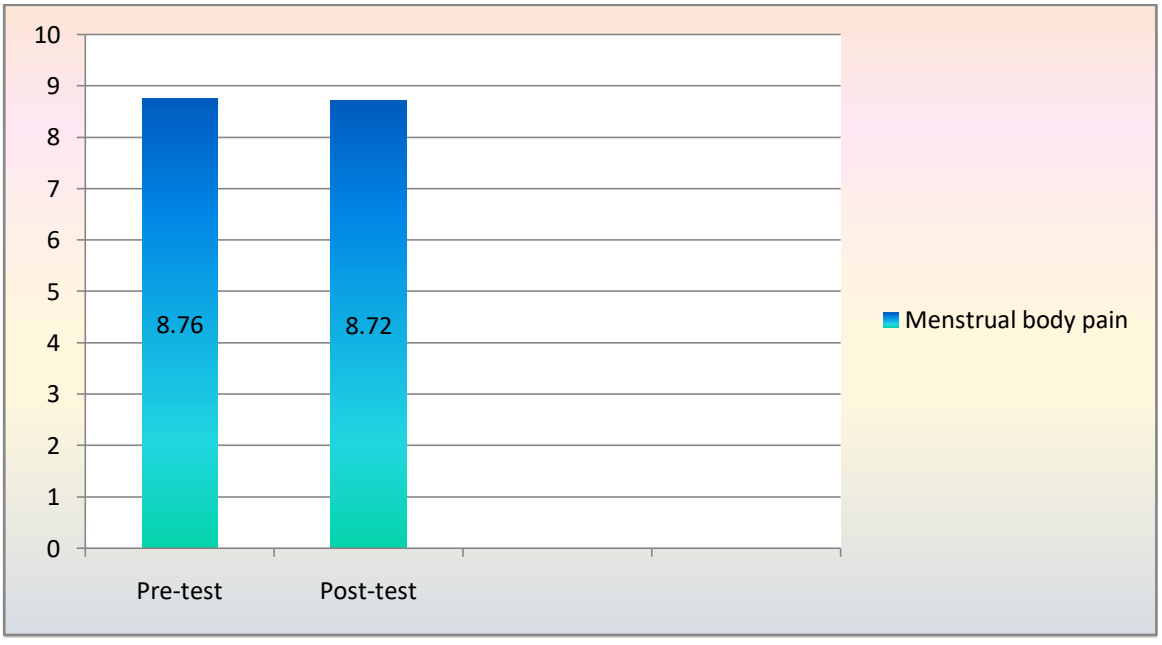
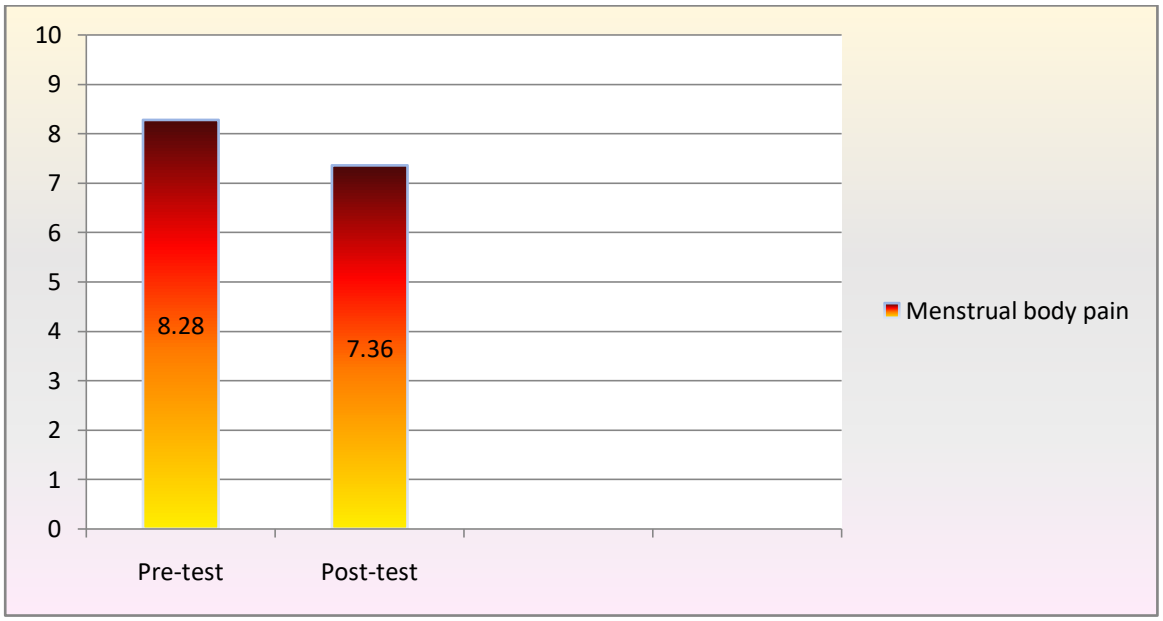


Table - II

	Pre-test		Post-test		Mean Differences	t-ratio
	Mean	SD	Mean	SD		
Menstrual body pain	**8.28**	**1.02**	**7.36**	**0.75**	**0.92**	**3.62**

The t-value is 3.61783. The p-value is .000356. The result is significant at p<.05.

Figure – II



DISCUSSIONS

According to Table-I, the computed value of t is not statistically significant at the p 0.05 level. It has been shown that the pain rating scale used by the control group shows no statistically significant difference between pre- and post-test evaluations of mean pain intensity. From Table-II, we can see that the t value was statistically significant (at the p 0.05 level). As a result, we may declare that the research hypothesis is true and the null hypothesis is false. This demonstrated that the experimental group's pain rating scale had a statistically significant increase in mean pain intensity between the pre- and post-test phases. As a result, the researchers came to the conclusion that combined yogic practices and aerobic exercises is a powerful tool for mitigating primary dysmenorrhea in young women.

CONCLUSION

Primary dysmenorrhea is very common problemin young girls and they have many physical, and psychological symptoms associated with it. Young women who are quietly in pain are the main dysmenorrhea and associated symptoms. Many studies have shown that yoga practices and aerobic exercises is among the most effective and non-medical measures to reduce the initial symptoms of dysmenorrhea among adolescent girls. This study was concluded that the exercise is important in reducing the symptoms of primary dysmenorrhea during menstruation for college students.

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