CHAPTER IV

RESULTS AND DISCUSSIONS

4.1 OVERVIEW

This chapter deals with the analysis of data collected from the sample under study. The two groups of experimental groups and one group of control group were analyzed for the differences in physiological, hematological and psychological variables in relation to pre test and post test. The test of significance, level of significance, discussions on findings and discussion on hypothesis were also analyzed in this chapter.

The purpose of the random group experimental study was to find out the effects of varied yogic practices on selected physiological, hematological and psychological variables among women patients of hypothyroidism.

Forty five women volunteers from Chennai city, with the age group of 35 to 50 years old were randomly selected by means of a local newspaper advertisement that offered women with hypothyroidism a three-month free yoga program. They were assigned into three equal groups by random selection. Each group consisted of fifteen subjects. Group one acted as experimental Group A (Yogic Practices based on Chakra Model). Group two acted as experimental Group B (Yogic Practices based on T. Krishnamacharya's Approach). Group three acted as control group and they participated in active rest.

This initial test scores formed as pre test scores of the subjects. The experimental period was for 12 weeks. After the experimental treatment, all the forty five subjects were measured on the selected physiological, hematological and psychological variables.

This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant Scheffe's Post hoc test was used. In all cases 0.05 level of significance was fixed to test the hypothesis.

4.2. TEST OF SIGNIFICANCE

This is crucial portion to achieving the conclusion by examining the statistical hypotheses and either by accepting the null hypotheses or rejecting the same in accordance with the results obtained in relation to the level of significance fixed by the investigator.

The test was usually called the test of significance since the investigator tested whether the differences among three groups or within many groups scores were significant or not. In this study, if the obtained F-value were greater than the table value, the null hypotheses were rejected to the effect that there existed significant difference among the means of the groups compared, and if the obtained values were lesser than the required values, then the null hypotheses were accepted to the effect that there existed no significant differences among the means of the groups under study.

4.3. LEVEL OF SIGNIFICANCE

The pre and post test scores of the experimental and control groups were analyzed to find out the effects of varied yogic practices on selected physiological, hematological and psychological variables among women patients of hypothyroidism. The analysis of covariance (ANCOVA) was used to find out significant difference if any, between the groups on selected criterion variables separately. In all the cases,

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

4.4. COMPUTATION OF ANALYSIS OF COVARIANCE AND POST HOC TEST

4.4.1. RESULTS OF RESTING HEART RATE

The resting heart rate was measured through digital pulse measuring apparatus. The Table -IV shows the results of resting heart rate among Yogic Practices based on Chakra Model (Group A), Yogic Practices based on T. Krishnamacharya's Approach (Group B) and Control group.

TABLE – IV

COMPUTATION OF ANALYSIS OF CO-VARIANCE ON RESTING HEART RATE (scores in pulse per minute)

	Group A	Group B	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre Test Mean	78.80	77.93	78.00	Between	6.98	2.00	3.49	3.19
				Within	467.33	42.00	11.13	
Post Test Mean	75.40	73.27	77.47	Between	132.31	2.00	66.16	7.63*
				Within	364.27	42.00	8.67	
Adjusted Post Test Mean	75.86	73.50	77.65	Between	132.65	2.00	66.33	26.81*
				Within	101.44	41.00	2.47	
Mean Difference	3.40	4.67	0.53					

***Significant at 0.05 level of confidence. (The table value at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) = 3.23).**

Table IV shows that the pre test mean scores of resting heart rate of Yogic Practices based on Chakra Model (Group A) was 78.80, Yogic Practices based on T. Krishnamacharya's Approach (Group B) was 77.93 and control group was 78.00.

The post test means showed differences due to varied yogic practices and mean values recorded were 75.40, 73.27 and 77.47 respectively.

The obtained F value on pre test scores 3.19 was less than the required F value of 3.22 to be significant at 0.05 level. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups.

The post test scores analysis proved that there were significant differences between the groups, as the obtained F value 7.63 was greater than the required F value of 3.22. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 26.81 was greater than the required F value of 3.23. This proved that there was a significant difference among the means due to the varied yogic practices on resting heart rate.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table V.

Table – V

SCHEFFE'S POST-HOC TEST FOR RESTING HEART RATE

(Scores in pulse per minute)

MEANS			Mean difference	Required C.I
GROUP A	**GROUP B**	**CONTROL**		
75.86	73.50		2.36*	1.26
75.86		77.65	1.79*	1.26
	73.50	77.65	4.15*	1.26

*** Significant at 0.05 level of confidence**.

The multiple mean comparisons shown in Table V proved that there existed significant differences between the adjusted means of Group A and Group B; Group A and control group; Group B and control group.

The ordered adjusted means on resting heart rate were presented through bar diagram for effective understanding of the results of this study in Figure 119.

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE ON RESTING HEART RATE

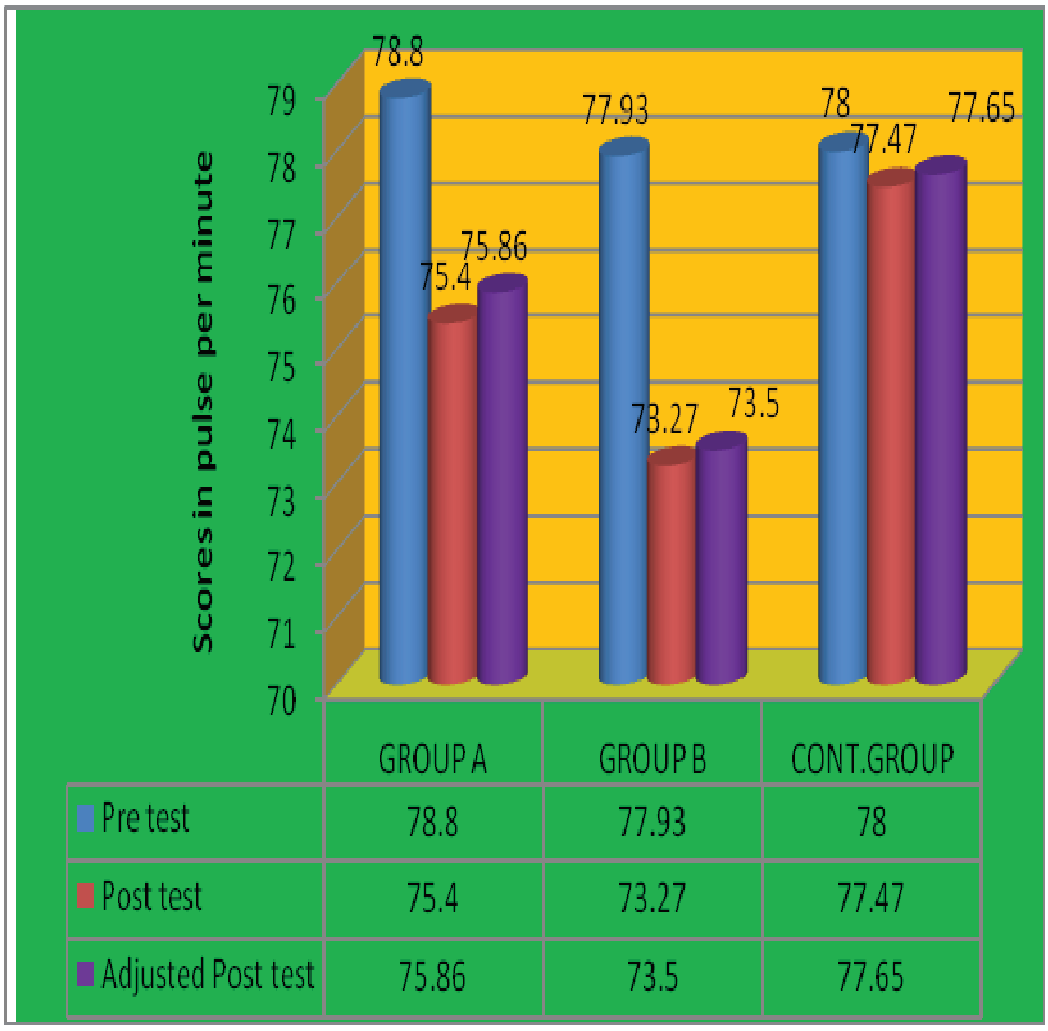

Figure 119

4.4.1.1. DISCUSSION ON THE FINDINGS OF RESTING HEART RATE

The results presented in Table IV showed that obtained adjusted means on resting heart rate among Yogic Practices based on Chakra Model (Group A) was 75.86, followed by Yogic Practices based on T. Krishnamacharya's Approach (Group B) with mean value of 73.50 and control group mean values of 77.65. The differences among pretest scores, post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and the obtained F values were 3.19, 7.63 and 26.81 respectively. It was found that obtained F value on pre test scores were not significant and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.22 and 3.23.

The post hoc analysis through Scheffe's confidence interval test proved that Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) decreased the resting heart rate than the control group and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant difference between the experimental groups, clearly indicating that Yogic Practices based on T. Krishnamacharya's Approach (Group B) was significantly effective than Yogic Practices based on Chakra Model (Group A) in decreasing the resting heart rate.

This finding of the study is in agreement with the findings of the experts **Devasena, Indla. and Narhare, Pandurang. (2011); Mehrotra, Ranjita., et al. (2012); Monika., et al. (2012); Bhavanani AB., et al. (2012)**.

4.4.2 RESULTS OF SYSTOLIC BLOOD PRESSURE

The systolic blood pressure was measured through Sphygmomanometer and stethoscope. The Table –VI shows the results of systolic blood pressure among Yogic Practices based on Chakra Model (Group-A), Yogic Practices based on T. Krishnamacharya's Approach (Group-B) and control group.

TABLE – VI

COMPUTATION OF ANALYSIS OF COVARIANCE ON SYSTOLIC BLOOD PRESSURE (Scores in mm Hg)

	Group A	Group B	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre Test Mean	131.93	132.73	134.13	Between	37.20	2	18.60	2.90
				Within	2265.60	42	53.94	
Post Test Mean	125.53	121.67	134.87	Between	1381.51	2	690.76	26.45*
				Within	1096.80	42	26.11	
Adjusted Post Test Mean	125.87	121.73	134.46	Between	1252.43	2	626.21	30.61*
				Within	838.85	41	20.46	
Mean Difference	6.40	11.07	-0.73					

***Significant at 0.05 level of confidence. (The table value at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) = 3.23).**

Table VI shows that the pre test mean scores of systolic blood pressure of Yogic Practices based on Chakra Model (Group A) was 131.93, Yogic Practices based on T. Krishnamacharya's Approach (Group B) was 132.73 and control group was 134.13. The post test means showed differences due to varied yogic practices and mean values recorded were 125.53, 121.67 and 134.87 respectively.

The obtained F value on pre test scores 2.90 was less than the required F value of 3.22 to be significant at 0.05 level.

This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post test scores analysis proved that there were significant differences between the groups, as obtained F value 26.45 was greater than the required F value of 3.22. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 30.61 was greater than the required F value of 3.23. This proved that there was a significant difference among the means due to varied yogic practices on Systolic Blood Pressure.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's confidence interval test. The results were presented in Table VII.

Table – VII

SCHEFFE'S POST-HOC TEST FOR SYSTOLIC BLOOD PRESSURE

(Scores in mm Hg)

MEANS			Mean difference	Required C.I
GROUP A	GROUP B	CONTROL		
125.87	121.73		4.14*	3.63
125.87		134.46	8.59*	3.63
	121.73	134.46	12.73*	3.63

***Significant at 0.05 level of confidence.**

The multiple mean comparisons shown in Table VII proved that there existed significant differences between the adjusted means of Group A and Group B; Group A and control group; Group B and control group.

The ordered adjusted means on systolic blood pressure were presented through bar diagram for effective understanding of the results of this study in Figure 120.

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE ON SYSTOLIC BLOOD PRESSURE

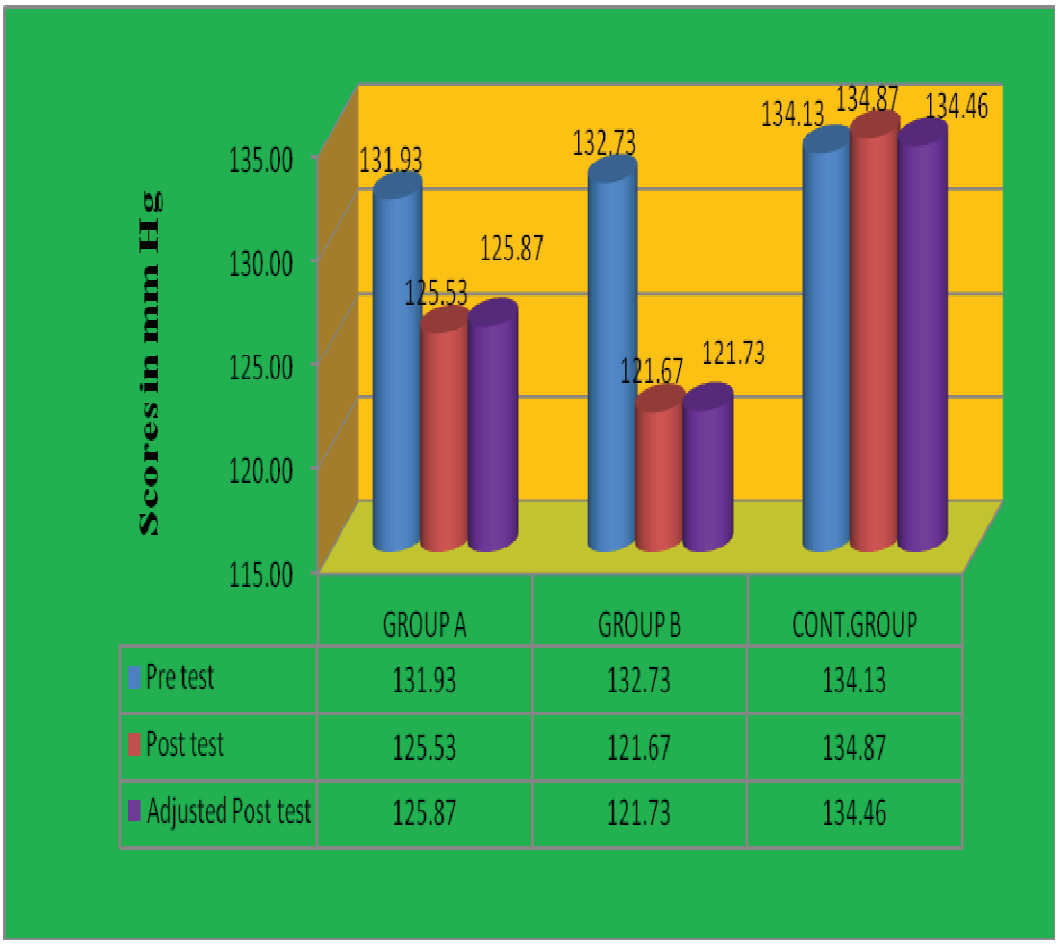

Figure 120

4.4.2.1. DISCUSSION ON THE FINDINGS OF SYSTOLIC BLOOD PRESSURE

The results presented in Table VI showed that obtained adjusted means on systolic blood pressure among Yogic Practices based on Chakra Model (Group A) was 125.87, followed by Yogic Practices based on T. Krishnamacharya's Approach (Group B) with mean value of 121.73 and control group mean values of 134.46. The differences among pretest scores, post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and the obtained F values were 2.90, 26.45 and 30.61 respectively. It was found that obtained F value on pre test scores were not significant and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.22 and 3.23.

The post hoc analysis through Scheffe's confidence interval test proved that Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) decreased systolic blood pressure than the control group and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant difference between the experimental groups, clearly indicating that Yogic Practices Based on T. Krishnamacharya's Approach (Group B) was significantly effective than Yogic Practices based on Chakra Model (Group A) in decreasing the systolic blood pressure.

This finding of the study is in line with the study undertaken by the experts **Lakkireddy D., et al. (2013); Sarvottam, K., et al. (2013)**; **Latha and KV Kalliappan., (1991)**; **Herur, Anita., et al. (2011)**; **Pal, A., et al. (2011);**

4.4.3. RESULTS OF DIASTOLIC BLOOD PRESSURE

The Diastolic Blood Pressure was measured through Sphygmomanometer and stethoscope. The Table -VIII shows the results of diastolic blood pressure among Yogic Practices based on Chakra Model (Group A), Yogic Practices based on T. Krishnamacharya's Approach (Group B) and control group.

TABLE – VIII

COMPUTATION OF ANALYSIS OF CO-VARIANCE ON DIASTOLIC BLOOD PRESSURE (Scores in mm Hg)

	Group A	Group B	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre Test Mean	84.80	84.93	86.73	Between	34.98	2	17.49	2.25
				Within	1654.27	42	39.39	
Post Test Mean	82.27	79.07	87.93	Between	604.84	2	302.42	8.55*
				Within	1484.80	42	35.35	
Adjusted Post Test Mean	82.76	79.46	87.05	Between	427.54	2	213.77	13.47*
				Within	650.78	41	15.87	
Mean Difference	2.53	5.87	1.20					

***Significant at 0.05 level of confidence. (The table value at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) = 3.23).**

Table VIII shows that the pre test mean scores of diastolic blood pressure of Yogic Practices based on Chakra Model (Group A) was 84.80, Yogic Practices based on T. Krishnamacharya's Approach (Group B) was 84.93 and control group was 86.73. The post test means showed differences due to varied yogic practices and mean values recorded were 82.27, 79.07 and 87.93 respectively.

The obtained F value on pre test scores 2.25 was less than the required F value of 3.22 to be significant at 0.05 level. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups.

The post test scores analysis proved that there were significant differences between the groups, as the obtained F value 8.55 was greater than the required F value of 3.22. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 13.47 was greater than the required F value of 3.23. This proved that there was a significant difference among the means due to varied yogic practices on diastolic blood pressure.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's confidence interval test. The results were presented in Table IX.

Table – IX

SCHEFFE'S POST-HOC TEST FOR DIASTOLIC BLOOD PRESSURE

(Scores in mm Hg)

MEANS			Mean difference	Required C.I
GROUP A	GROUP B	CONTROL		
82.76	79.46		3.29*	3.20
82.76		87.05	4.29*	3.20
	79.46	87.05	7.59*	3.20

***Significant at 0.05 level of confidence.**

The multiple mean comparisons shown in Table IX proved that there existed significant differences between the adjusted means of Group A and Group B; Group A and control group; Group B and control group.

The ordered adjusted means on diastolic blood pressure were presented through bar diagram for effective understanding of the results of this study in Figure 121.

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE ON DIASTOLIC BLOOD PRESSURE

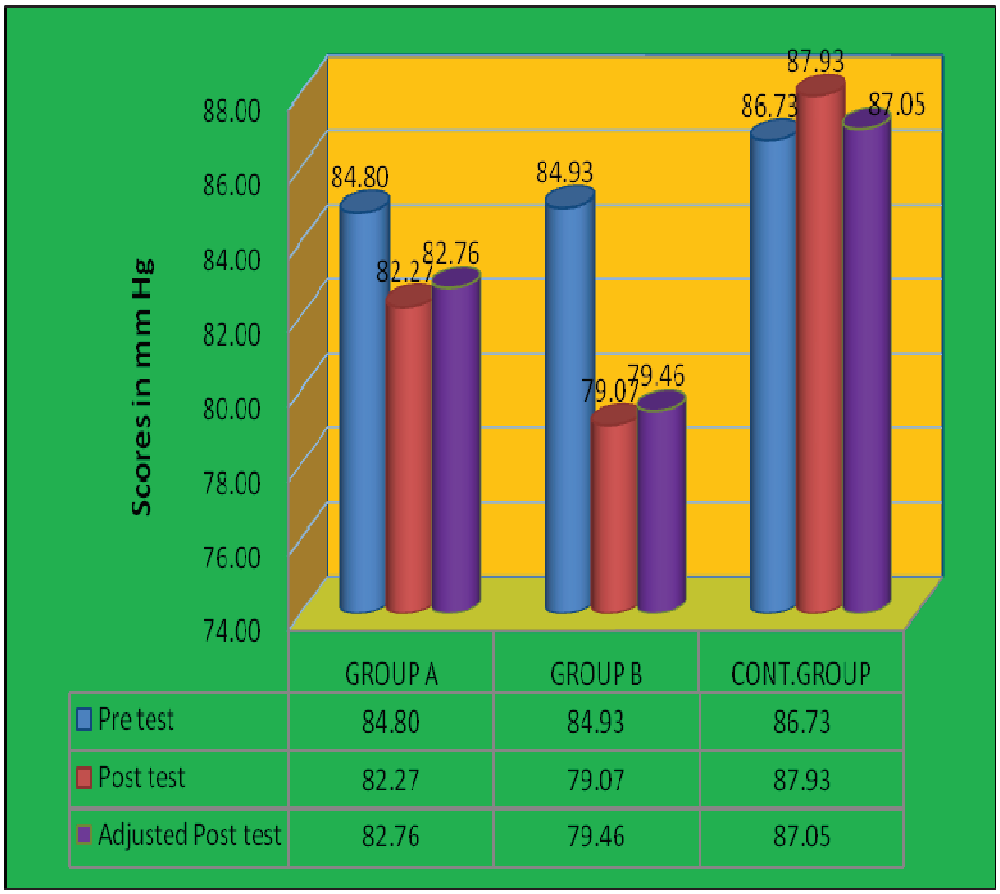

Figure 121

4.4.3.1. DISCUSSION ON THE FINDINGS OF DIASTOLIC BLOOD PRESSURE

The results presented in Table VIII showed that obtained adjusted means on diastolic blood pressure among Yogic Practices based on Chakra Model (Group A) was 82.76, followed by Yogic Practices based on T. Krishnamacharya's Approach (Group B) with mean value of 79.46 and control group mean values of 87.05.

The differences among pretest scores, post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and the obtained F values were 2.25, 8.55 and 13.47 respectively. It was found that obtained F value on pre test scores were not significant and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.22 and 3.23.

The post hoc analysis through Scheffe's confidence interval test proved that Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) decreased diastolic blood pressure than the control group and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant difference between the experimental groups, clearly indicating that Yogic Practices based on T. Krishnamacharya's Approach (Group B) was significantly effective than Yogic Practices based on Chakra Model (Group A) in decreasing the diastolic blood pressure.

This finding of the study is in line with the study undertaken by the experts **Devasena, Indla. and Narhare, Pandurang. (2011); Tundwala et al. (2012); Herur, Anita., et al. (2011)**; **Pal, A. et al. (2011)**.

4.4.4. RESULTS OF BODY MASS INDEX

The body mass index was measured through height and weight calculation. The Table - X shows the results of body mass index among Yogic Practices based on Chakra Model (Group A), Yogic Practices based on T. Krishnamacharya's Approach (Group B) and control group.

TABLE – X

COMPUTATION OF ANALYSIS OF CO-VARIANCE ON BODY MASS INDEX

(Scores in Kg per m x m)

	Group A	Group B	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre Test Mean	27.76	28.12	28.48	Between	3.90	2	1.95	3.09
				Within	252.99	42	6.02	
Post Test Mean	26.73	26.40	28.92	Between	55.92	2	27.96	4.15*
				Within	282.94	42	6.74	
Adjusted Post Test Mean	27.08	26.40	28.57	Between	36.60	2	18.30	14.28*
				Within	52.53	41	1.28	
Mean Difference	1.03	1.71	0.44					

***Significant at 0.05 level of confidence. (The table value at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) = 3.23).**

Table X shows that the pre test mean scores of body mass index of Yogic Practices based on Chakra Model (Group A) was 27.76, Yogic Practices based on T. Krishnamacharya's Approach (Group B) was 28.12 and control group was 28.48. The post test means showed differences due to varied yogic practices and mean values recorded were 26.73, 26.40 and 28.92 respectively.

The obtained F value on pre test scores 3.09 was less than the required F value of 3.22 to be significant at 0.05 level. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups.

The post test scores analysis proved that there were significant differences between the groups, as obtained F value 4.15 was greater than the required F value of 3.22. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 14.28 was greater than the required F value of 3.23. This proved that there was a significant difference among the means due to the varied yogic practices on body mass index.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's confidence interval test. The results were presented in Table XI.

Table – XI

SCHEFFE'S POST-HOC TEST FOR BODY MASS INDEX

(Scores in Kg per m x m)

MEANS			Mean difference	Required C.I
GROUP A	GROUP B	CONTROL		
27.08	26.40		0.67*	0.58
27.08		28.57	1.49*	0.58
	26.40	28.57	2.17*	0.58

*** Significant at 0.05 level of confidence.**

The multiple mean comparisons shown in Table XI proved that there existed significant differences between the adjusted means of Group A and Group B; Group A and control group; Group B and control group.

The ordered adjusted means on body mass index were presented through bar diagram for effective understanding of the results of this study in Figure 122.

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE ON

BODY MASS INDEX

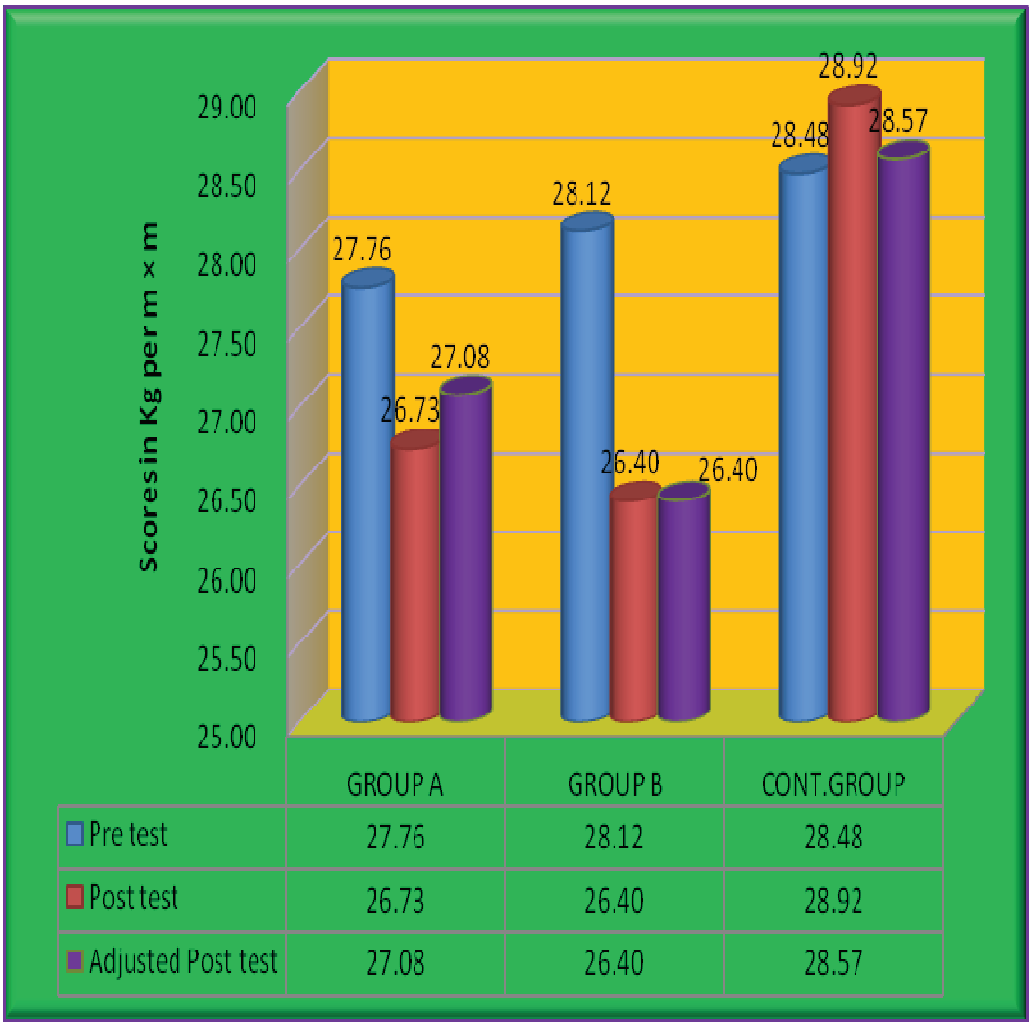

Figure 122

4.4.4.1. DISCUSSION ON THE FINDINGS OF BODY MASS INDEX

The results presented in Table X showed that obtained adjusted means on body mass index among Yogic Practices based on Chakra Model (Group A) was 27.08, followed by Yogic Practices based on T. Krishnamacharya's Approach (Group B) with mean value of 26.40 and control group mean values of 28.57. The differences among pretest scores, post test scores and adjusted mean scores of the subjects were

statistically treated using ANCOVA and the obtained F values were 3.09, 4.15 and 14.28 respectively.

It was found that obtained F value on pre test scores were not significant and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.22 and 3.23.

The post hoc analysis through Scheffe's confidence interval test proved that Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) deceased body mass index than the control group and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant difference between the experimental groups, clearly indicating that Yogic Practices based on T. Krishnamacharya's Approach (Group B) was significantly effective than Yogic Practices based on Chakra Model (Group A) in decreasing the body mass index.

This finding of the study is in agreement with the findings of the experts **Tundwala et al. (2012); Kumari, N Suchetha et al. (2011); Herur, Anita. et al. (2011); Moliver, N. et al. (2011)**.

4.4.5. RESULTS OF THYROID STIMULATING HORMONE

The thyroid stimulating hormone was measured through blood tests. The Table - XII shows the results of thyroid stimulating hormone among Yogic Practices based on Chakra Model (Group A), Yogic Practices based on T. Krishnamacharya's Approach (Group B) and control group.

TABLE – XII

COMPUTATION OF ANALYSIS OF CO-VARIANCE ON THYROID STIMULATING HORMONE (Scores in uIU/ml)

	Group A	Group B	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre Test Mean	8.45	8.91	9.47	Between	7.74	2	3.87	2.22
				Within	73.22	42	1.74	
Post Test Mean	6.98	6.27	11.58	Between	248.48	2	124.24	57.40*
				Within	90.90	42	2.16	
Adjusted Post Test Mean	7.29	6.29	11.25	Between	194.21	2	97.11	63.59*
				Within	62.61	41	1.53	
Mean Difference	1.47	2.64	2.11					

***Significant at 0.05 level of confidence. (The table value at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) = 3.23).**

Table XII shows that the pre test mean scores of thyroid stimulating hormone of Yogic Practices based on Chakra Model (Group A) was 8.45, Yogic Practices based on T. Krishnamacharya's Approach (Group B) was 8.91 and control group was 9.47. The post test means showed differences due to varied yogic practices and mean values recorded were 6.98, 6.27 and 11.58 respectively.

The obtained F value on pre test scores 2.22 was less than the required F value of 3.22 to be significant at 0.05 level. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups.

The post test scores analysis proved that there were significant differences between the groups, as the obtained F value 57.40 was greater than the required F value of 3.22. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 63.59 was greater than the required F value of 3.23. This proved that there was a significant difference among the means due to varied yogic practices on thyroid stimulating hormone.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's confidence interval test. The results were presented in Table XIII.

Table – XIII

SCHEFFE'S POST-HOC TEST FOR THYROID STIMULATING HORMONE

(Scores in uIU/ml)

MEANS			Mean difference	Required C.I
GROUP A	GROUP B	CONTROL		
7.29	6.29		1.00*	0.99
7.29		11.25	3.96*	0.99
	6.29	11.25	4.96*	0.99

*** Significant at 0.05 level of confidence.**

The multiple mean comparisons shown in Table XIII proved that there existed significant differences between the adjusted means of Group A and Group B; Group A and control group; Group B and control group.

The ordered adjusted means on thyroid stimulating hormone were presented through bar diagram for effective understanding of the results of this study in Figure 123.

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE ON THYROID STIMULATING HORMONE

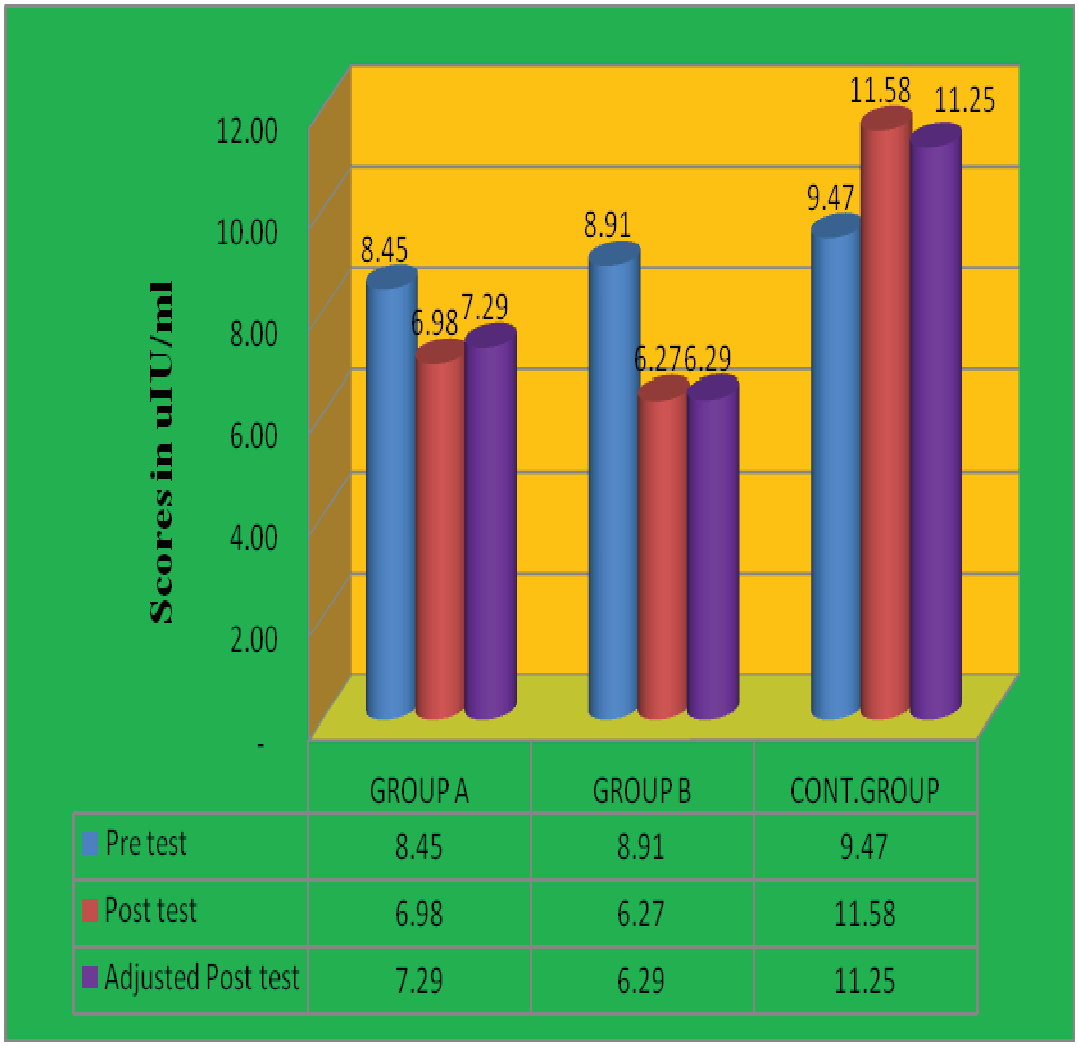

Figure 123

4.4.5.1. DISCUSSION ON THE FINDINGS OF THYROID STIMULATING HORMONE

The results presented in Table XII showed that obtained adjusted means on thyroid stimulating hormone among Yogic Practices based on Chakra Model (Group A) was 7.29, followed by Yogic Practices based on T. Krishnamacharya's Approach (Group B) with mean value of 6.29 and Control Group mean values of 11.25.

The differences among pretest scores, post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and the obtained F values were 2.22, 57.40 and 63.59 respectively. It was found that obtained F value on pre test scores were not significant and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.22 and 3.23.

The post hoc analysis through Scheffe's confidence interval test proved that due to Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) thyroid stimulating hormone stabilized than the control group and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant difference between the experimental groups, clearly indicating that Yogic Practices based on T. Krishnamacharya's Approach (Group B) was significantly effective than Yogic Practices based on Chakra Model (Group A).

This finding of the study is in line with the study undertaken by the experts **Rani, M., et al., (2013); Bablis, P. and Pollard, H., (2009); Singh, P., et al., (2011); and Swami, G., et al. (2010).**

4.4.6. RESULTS OF HIGH DENSITY LIPOPROTEIN

The high density lipoprotein was measured through blood tests. The Table - XIV shows the results of high density lipoprotein among Yogic Practices based on Chakra Model (Group A), Yogic Practices based on T. Krishnamacharya's Approach (Group B) and control group.

TABLE – XIV

COMPUTATION OF ANALYSIS OF CO-VARIANCE ON HIGH DENSITY LIPOPROTEIN (Scores in mg/dL)

	Group A	Group B	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre Test Mean	44.53	44.07	43.00	Between	18.53	2	9.27	2.43
				Within	944.67	42	22.49	
Post Test Mean	47.27	49.20	44.13	Between	196.13	2	98.07	7.64*
				Within	539.07	42	12.83	
Adjusted Post Test Mean	46.89	49.09	44.01	Between	148.05	2	74.02	12.84*
				Within	236.45	41	5.77	
Mean Difference	2.73	5.13	1.13					

***Significant at 0.05 level of confidence. (The table value at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) = 3.23).**

Table X IV shows that the pre test mean scores of high density lipoprotein of Yogic Practices based on Chakra Model (Group A) was 44.53, Yogic Practices based on T. Krishnamacharya's Approach (Group B) was 44.07 and control group (Group C) was 43.00. The post test means showed differences due to varied yogic practices and mean values recorded were 47.27, 49.20 and 44.13 respectively.

The obtained F value on pre test scores 2.43 was less than the required F value of 3.22 to be significant at 0.05 level. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups.

The post test scores analysis proved that there were significant differences between the groups, as the obtained F value 7.64 was greater than the required F value of 3.22. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 12.84 was greater than the required F value of 3.23. This proved that there was a significant difference among the means due to the varied yogic practices on high density lipoprotein.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's confidence interval test. The results were presented in Table XV.

Table – XV

SCHEFFE'S POST-HOC TEST FOR HIGH DENSITY LIPOPROTEIN

(Scores in mg/dL)

MEANS			Mean difference	Required C.I
GROUP A	GROUP B	CONTROL		
46.89	49.09		2.20*	1.93
46.89		44.01	2.88*	1.93
	49.09	44.01	5.08*	1.93

*** Significant at 0.05 level of confidence.**

The multiple mean comparisons shown in Table XV proved that there existed significant differences between the adjusted means of Group A and Group B; Group A and control group; Group B and control group.

The ordered adjusted means on high density lipoprotein were presented through bar diagram for effective understanding of the results of this study in Figure 124.

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE ON HIGH DENSITY LIPOPROTEIN

Figure 124

4.4.6.1. DISCUSSION ON THE FINDINGS OF HIGH-DENSITY LIPOPROTEIN

The results presented in Table XIV showed that obtained adjusted means on high density lipoprotein among Yogic Practices based on Chakra Model (Group A) was 46.89, followed by Yogic Practices based on T. Krishnamacharya's Approach (Group B) with mean value of 49.09 and control group mean values of 44.01. The differences among pretest scores, post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and the obtained F values were 2.43, 7.64 and 12.84 respectively.

It was found that obtained F value on pre test scores were not significant and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.22 and 3.23.

The post hoc analysis through Scheffe's confidence interval test proved that due to Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) increased the high density lipoprotein than the control group and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant difference between the experimental groups, clearly indicating that Yogic Practices based on T. Krishnamacharya's Approach (Group B) was significantly effective than Yogic Practices based on Chakra Model (Group A).

This finding of the study is in agreement with the study undertaken by the experts **Bhavanani, Madanmohan., et al. (2013); Tundwala., et al. (2012); Bijlani, RL., et al. (2005); and Madanmohan., et al. (2012).**

4.4.7. RESULTS OF LOW DENSITY LIPOPROTEIN

The low density lipoprotein was measured through blood tests. The Table - XVI shows the results of low density lipoprotein among Yogic Practices based on Chakra Model (Group A), Yogic Practices based on T. Krishnamacharya's Approach (Group B) and Control group.

TABLE – XVI

COMPUTATION OF ANALYSIS OF CO-VARIANCE ON LOW DENSITY LIPOPROTEIN (Scores in mg/dL)

	Group A	Group B	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre Test Mean	148.33	145.53	148.27	Between	76.58	2	38.29	1.90
				Within	3054.00	42	72.71	
Post Test Mean	138.53	130.80	150.27	Between	2882.13	2	1441.07	18.08*
				Within	3347.07	42	79.69	
Adjusted Post Test Mean	139.80	132.22	149.58	Between	2325.88	2	1162.94	31.08*
				Within	1534.37	41	37.42	
Mean Difference	9.80	14.73	2.00					

***Significant at 0.05 level of confidence. (The table value at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) = 3.23).**

Table XVI shows that the pre test mean scores of low density lipoprotein of Yogic Practices based on Chakra Model (Group A) was 148.33, Yogic Practices based on T. Krishnamacharya's Approach (Group B) was 145.53 and control group was 148.27. The post test means showed differences due to varied yogic practices and mean values recorded were 138.53, 130.80 and 150.27 respectively.

The obtained F value on pre test scores 1.90 was less than the required F value of 3.22 to be significant at 0.05 level. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post test scores analysis proved that there were significant differences between the groups, as the obtained F value 18.08 was greater than the required F value of 3.22. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 31.08 was greater than the required F value of 3.23. This proved that there was a significant difference among the means due to varied yogic practices on low density lipoprotein.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table XVII.

Table – XVII

SCHEFFE'S POST-HOC TEST FOR LOW-DENSITY LIPOPROTEIN

(Scores in mg/dL)

MEANS			Mean difference	Required C.I
GROUP A	GROUP B	CONTROL		
139.80	132.22		7.58*	4.91
139.80		149.58	9.78*	4.91
	132.22	149.58	17.36*	4.91

*** Significant at 0.05 level of confidence.**

The multiple mean comparisons shown in Table XVII proved that there existed significant differences between the adjusted means of Group A and Group B; Group A and control group; Group B and control group.

The ordered adjusted means on low density lipoprotein were presented through bar diagram for effective understanding of the results of this study in Figure 125.

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE ON LOW-DENSITY LIPOPROTEIN

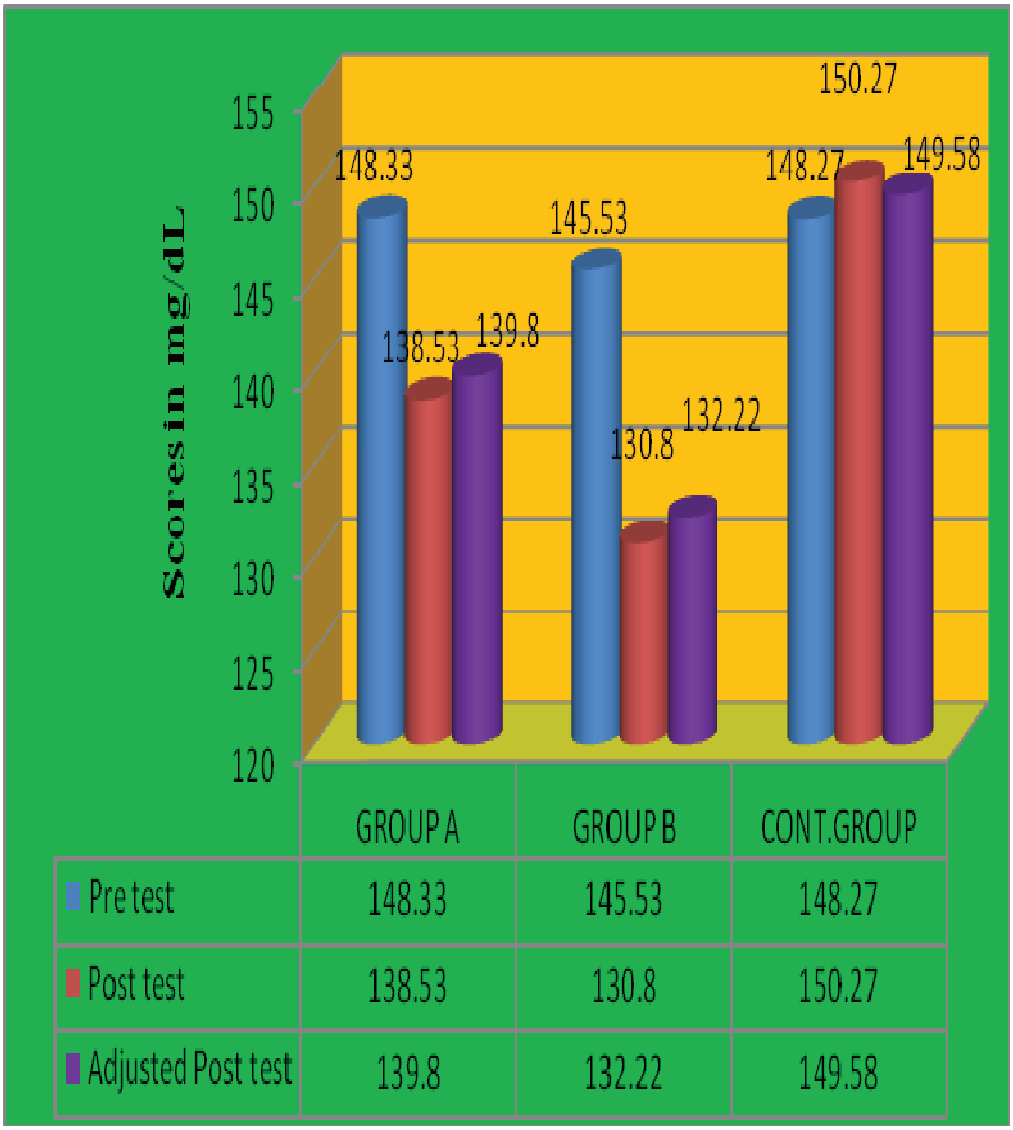

Figure 125

4.4.7.1. DISCUSSION ON THE FINDINGS OF LOW-DENSITY LIPOPROTEIN

The results presented in Table XVI showed that obtained adjusted means on Low-Density Lipoprotein among Yogic Practices Based on Chakra Model (Group A) was 139.80, followed by Yogic Practices Based on T. Krishnamacharya's Approach (Group B) with mean value of 132.22 and control group mean values of 149.58.

The differences among pretest scores, post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and the obtained F values were 1.90, 18.08 and 31.08 respectively. It was found that obtained F value on pre test scores were not significant and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.22 and 3.23.

The post hoc analysis through Scheffe's Confidence test proved that due to Yogic Practices Based on Chakra Model (Group A) and Yogic Practices Based on T. Krishnamacharya's Approach (Group B) decreased the low density lipoprotein than the control group and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant difference between the experimental groups, clearly indicating that Yogic Practices based on T. Krishnamacharya's Approach (Group B) was significantly effective than Yogic Practices based on Chakra Model (Group A).

This finding of the study is in line with the study undertaken by the experts **Bijlani, RL., et al. (2005); Rast, SD., et al. (2013); Kumar, M., et al. (2008); and Pal, A., et al. (2011).**

4.4.8. RESULTS OF TRIGLYCERIDES

The triglycerides were measured through blood tests. The Table - XVIII shows the results of triglycerides among Yogic Practices based on Chakra Model (Group A), Yogic Practices based on T. Krishnamacharya's Approach (Group B) and Control group.

TABLE – XVIII

COMPUTATION OF ANALYSIS OF CO-VARIANCE ON TRIGLYCERIDES

(Scores in mg/dL)

	Group A	Group B	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre Test Mean	146.80	148.20	150.67	Between	114.98	2	57.49	1.35
				Within	3256.13	42	77.53	
Post Test Mean	136.47	130.67	147.80	Between	2278.18	2	1139.09	11.78*
				Within	4061.47	42	96.70	
Adjusted Post Test Mean	137.69	130.91	148.35	Between	1763.12	2	881.56	14.53*
				Within	2486.74	41	60.65	
Mean Difference	10.33	17.53	2.87					

***Significant at 0.05 level of confidence. (The table value at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) = 3.23).**

Table XVIII shows that the pre test mean scores of Yogic Practices based on Chakra Model (Group A) was 146.80, Yogic Practices based on T. Krishnamacharya's Approach (Group B) was 148.20 and control group was 150.67. The post test means showed differences due to varied yogic practices and the mean values recorded were 136.47, 130.67 and 147.80 respectively.

The obtained F value on pre test scores 1.35 was less than the required F value of 3.22 to be significant at 0.05 level. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups.

The post test scores analysis proved that there were significant differences between the groups, as the obtained F value 11.78 was greater than the required F value of 3.22. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 14.53 was greater than the required F value of 3.23. This proved that there was a significant difference among the means due to the varied yogic practices on triglycerides.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's confidence interval test. The results were presented in Table XIX.

Table – XIX

SCHEFFE'S POST-HOC TEST ON TRIGLYCERIDES

(Scores in mg/dL)

MEANS			Mean difference	Required C.I
GROUP A	GROUP B	CONTROL		
137.69	130.91		6.77*	6.25
137.69		148.35	10.66*	6.25
	130.91	148.35	17.44*	6.25

*** Significant at 0.05 level of confidence.**

The multiple mean comparisons shown in Table XIX proved that there existed significant differences between the adjusted means of Group A and Group B; Group A and control group; Group B and control group.

The mean differences on triglycerides were presented through bar diagram for effective understanding of the results of this study in Figure 126.

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE ON TRIGLYCERIDES

Figure 126

4.4.8.1. DISCUSSION ON THE FINDINGS OF TRIGLYCERIDES

The results presented in Table XVIII showed that obtained adjusted means on triglycerides among Yogic Practices based on Chakra Model (Group A) was 137.69, followed by Yogic Practices based on T. Krishnamacharya's Approach (Group B) with mean value of 130.67 and control group mean values of 148.35. The differences among pretest scores, post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and the obtained F values were 1.35, 11.78 and 14.53 respectively.

It was found that obtained F value on pre test scores were not significant and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.22 and 3.23.

The post hoc analysis through Scheffe's confidence interval test proved that Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) decreased the triglycerides in hypothyroid women than the control group and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant difference between the experimental groups, clearly indicating that Yogic Practices based on T. Krishnamacharya's Approach (Group B) was significantly effective than Yogic Practices based on Chakra Model (Group A) in decreasing the triglycerides.

This finding of the study is in agreement with the findings of the expers **Bhavanani**, **Madanmohan., et al. (2013); Prasad, KVV., et al. (2006); Bijlani, RL., et al. (2005); Mahajan, AS., et al. (1999).**

4.4.9. RESULTS OF SELF-ESTEEM

The Self esteem was measured through numeric value. The Table - XX shows the results of self esteem among Yogic Practices based on Chakra Model (Group A), Yogic Practices based on T. Krishnamacharya's Approach (Group B) and Control group.

TABLE – XX

COMPUTATION OF ANALYSIS OF CO-VARIANCE ON SELF ESTEEM

(High scores indicate high self esteem and low scores indicate low self esteem)

	Group A	Group B	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre Test Mean	12.67	13.00	12.27	Between	4.04	2	2.02	2.26
				Within	192.27	42	4.58	
Post Test Mean	17.40	20.40	13.00	Between	415.60	2	207.80	14.66*
				Within	595.20	42	14.17	
Adjusted Post Test Mean	17.38	20.09	12.33	Between	340.79	2	170.40	15.46*
				Within	451.88	41	11.02	
Mean Difference	4.73	7.40	0.73					

*** Significant at 0.05 level of confidence. (The table value at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) = 3.23).**

Table XX shows that the pre test mean scores of Self esteem of Yogic Practices based on Chakra Model (Group A) was 12.67, Yogic Practices based on T. Krishnamacharya's Approach (Group B) was 13.00 and control group was 12.27. The post test means showed differences due to varied yogic practices and mean values recorded were 17.40, 20.40 and 13.00 respectively.

The obtained F value on pre test scores 2.26 was less than the required F value of 3.22 to be significant at 0.05 level. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups.

The post test scores analysis proved that there were significant differences between the groups, as the obtained F value 14.66 was greater than the required F value of 3.22. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 15.46 was greater than the required F value of 3.23. This proved that there was a significant difference among the means due to the varied yogic practices on Self-Esteem.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table XXI.

Table – XXI

SCHEFFE'S POST-HOC TEST FOR SELF-ESTEEM

(High scores indicate high self esteem and low scores indicate low self esteem)

MEANS			Mean difference	Required C.I
GROUP A	GROUP B	CONTROL		
17.38	20.09		2.71*	2.66
17.38		12.33	5.05*	2.66
	20.09	12.33	7.76*	2.66

*** Significant at 0.05 level of confidence.**

The multiple mean comparisons shown in Table XXI proved that there existed significant differences between the adjusted means of Group A and Group B; Group A and control group; Group B and control group.

The ordered adjusted means on Self-Esteem were presented through bar diagram for effective understanding of the results of this study in Figure 127.

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE ON SELF ESTEEM

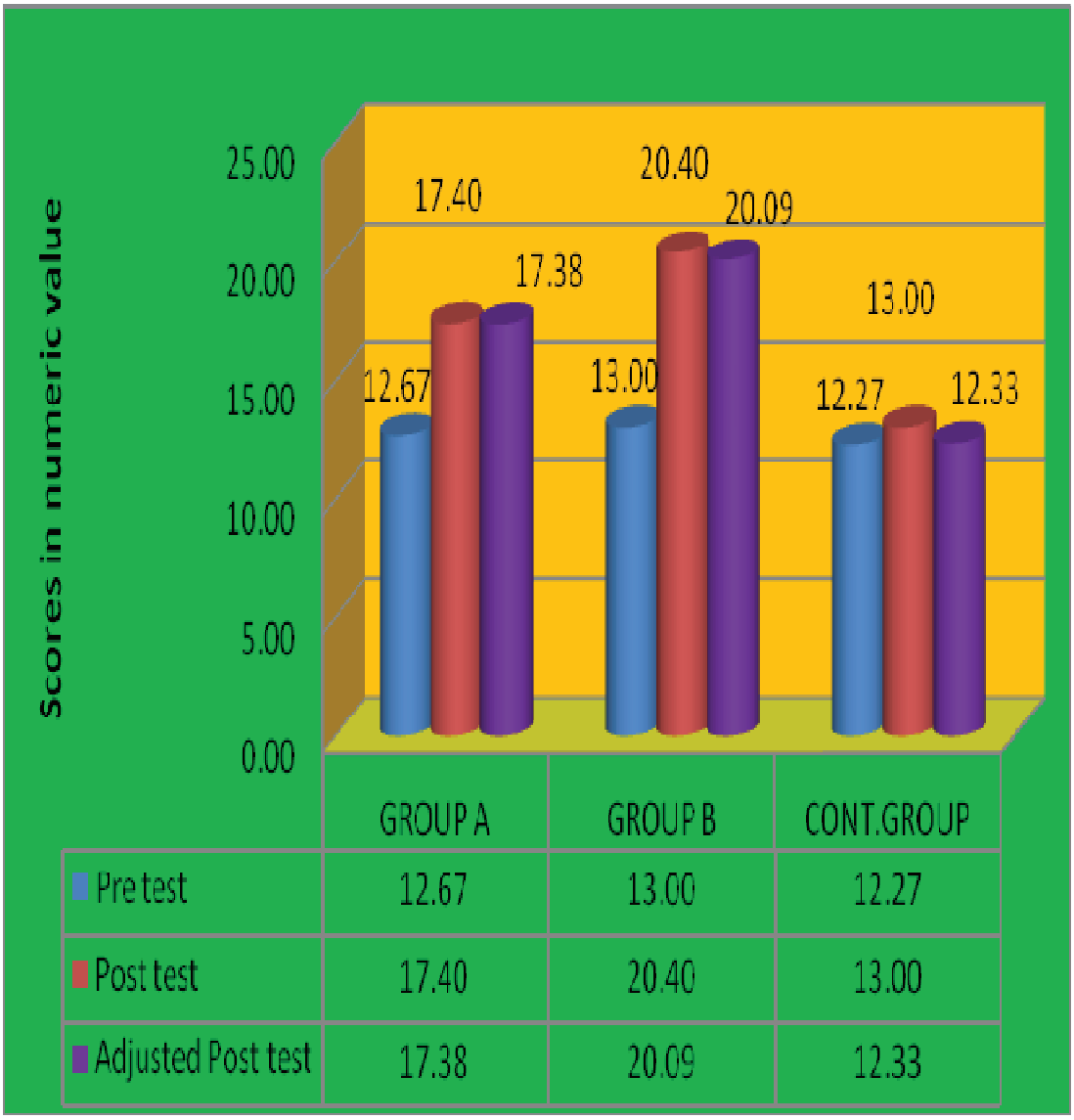

Figure 127

4.4.9.1. DISCUSSION ON THE FINDINGS OF SELF-ESTEEM

The results presented in Table XX showed that obtained adjusted means on Self Esteem among Yogic Practices based on Chakra Model (Group A) was 17.38, followed by Yogic Practices based on T. Krishnamacharya's Approach (Group B) with mean value of 20.09 and control group mean values of 12.33.

The differences among pretest scores, post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and the obtained F values were 2.26, 14.66 and 15.46 respectively. It was found that obtained F value on pre test scores were not significant and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.22 and 3.23.

The post hoc analysis through Scheffe's Confidence test proved that Yogic Practices Based on Chakra Model (Group A) and Yogic Practices Based on T. Krishnamacharya's Approach (Group B) improved Self-esteem than the control group of the hypothyroid women and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant difference between the experimental groups, clearly indicating that Yogic Practices based on T. Krishnamacharya's Approach (Group B) was significantly effective than Yogic Practices based on Chakra Model (Group A) in improving the self esteem.

The finding of this study is in line with the study undertaken by the experts **Deshpande, S., et al. (2009)**; **Bridges, K., and Madlem, M., (2007) and Telles., Shirley., et al. (2013)**.

4.4.10. RESULTS OF STRESS

The Stress was measured through numeric value. The Table - XXII shows the results of Stress among Yogic Practices based on Chakra Model (Group A), Yogic Practices based on T. Krishnamacharya's Approach (Group B) and Control group.

TABLE – XXII

COMPUTATION OF ANALYSIS OF CO-VARIANCE ON STRESS

	Group-A	Group-B	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre Test Mean	17.20	17.27	18.07	Between	6.98	2	3.49	1.46
				Within	214.27	42	5.10	
Post Test Mean	13.07	10.80	19.27	Between	576.31	2	288.16	45.80*
				Within	264.27	42	6.29	
Adjusted Post Test Mean	13.24	10.94	18.95	Between	495.93	2	247.96	52.29*
				Within	194.42	41	4.74	
Mean Difference	4.13	6.47	-1.20					

***Significant at 0.05 level of confidence. (The table value at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) = 3.23).**

Table XXII shows that the pre test mean scores of Yogic Practices based on Chakra Model (Group A) was 17.20, Yogic Practices based on T. Krishnamacharya's Approach (Group B) was 17.27 and control group was 18.07. The post test means showed differences due to varied yogic practices and the mean values recorded were 13.07, 10.80 and 19.27 seconds respectively.

The obtained F value on pre test scores 1.46 was less than the required F value of 3.22 to be significant at 0.05 level. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups.

The post test scores analysis proved that there were significant differences between the groups, as the obtained F value 45.80 was greater than the required F value of 3.22. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 52.29 was greater than the required F value of 3.23. This proved that there was a significant difference among the means due to the varied yogic practices on stress.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table XXIII.

Table – XXIII

SCHEFFE'S POST-HOC TEST FOR STRESS

MEANS			Mean difference	Required C.I
GROUP A	**GROUP B**	**CONTROL**		
13.24	10.94		2.30*	1.75
13.24		18.95	5.71*	1.75
	10.94	18.95	8.01*	1.75

***Significant at 0.05 level of confidence.**

The multiple mean comparisons shown in Table XXIII proved that there existed significant differences between the adjusted means of Group A and Group B; Group A and control group; and Group B and control group.

The ordered adjusted means on stress were presented through bar diagram for effective understanding of the results of this study in Figure 128.

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE ON STRESS

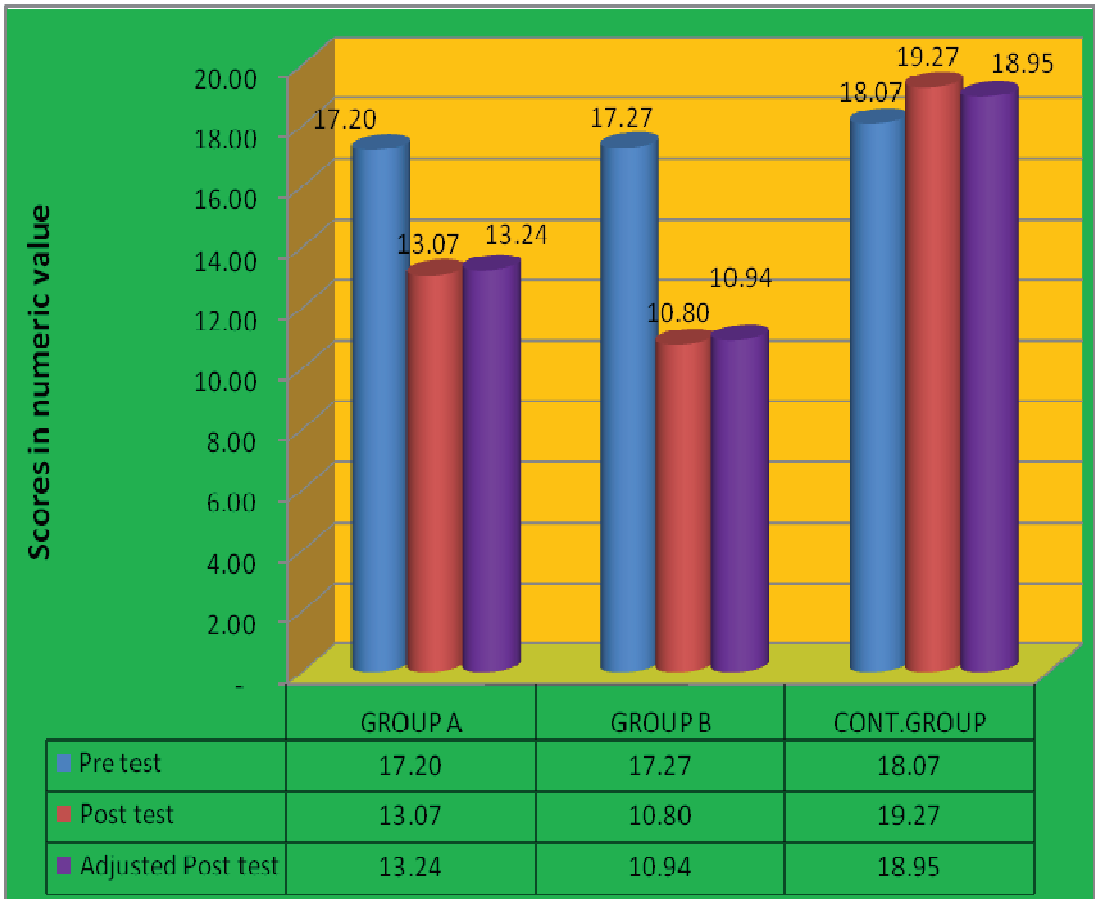

Figure 128

4.4.10.1. DISCUSSION ON THE FINDINGS OF STRESS

The results presented in Table XXII showed that obtained adjusted means on stress among Yogic Practices based on Chakra Model (Group A) was 13.24, followed by Yogic Practices based on T. Krishnamacharya's Approach (Group B) with mean value of 10.94 and control group mean values of 18.95. The differences among pretest scores, post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and the obtained F values were 1.46, 45.80 and 52.29 respectively.

It was found that obtained F value on pre test scores were not significant and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.22 and 3.23.

The post hoc analysis through Scheffe's Confidence test proved that the Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) reduced the stress than the control group and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant difference between the experimental groups, clearly indicating that Yogic Practices based on T. Krishnamacharya's Approach (Group B) was significantly effective than Yogic Practices based on Chakra Model (Group A) in reducing the stress.

The findings of this study are in agreement with the findings of the experts **Smith, JA., et al. (2011); Li, AW., and Goldsmith, CA., (2012); Telles, Shirley. et al. (2011); Smith, C., et al. (2007)**

4.4.11. RESULTS OF ANXIETY

The anxiety was measured through numeric value. The Table - XXIV shows the results of anxiety among Yogic Practices based on Chakra Model (Group A), Yogic Practices based on T. Krishnamacharya's Approach (Group B) and control group.

TABLE – XXIV

COMPUTATION OF ANALYSIS OF CO-VARIANCE ON ANXIETY

	Group A	Group B	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre Test Mean	23.73	24.20	25.00	Between	12.31	2	6.16	2.20
				Within	569.33	42	13.56	
Post Test Mean	18.00	15.87	25.93	Between	844.13	2	422.07	41.74*
				Within	424.67	42	10.11	
Adjusted Post Test Mean	18.26	15.92	25.62	Between	757.77	2	378.88	50.69*
				Within	306.48	41	7.48	
Mean Difference	5.73	8.33	0.93					

***Significant at 0.05 level of confidence. (The table value at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) = 3.23).**

Table XXIV shows that the pre test mean scores of anxiety of Yogic Practices based on Chakra Model (Group A) was 23.73, Yogic Practices based on T. Krishnamacharya's Approach (Group B) was 24.20 and control group was 25.00. The post test means showed differences due to varied yogic practices and mean values recorded were 18.00, 15.87 and 25.93 respectively.

The obtained F value on pre test scores 2.20 was less than the required F value of 3.22 to be significant at 0.05 level. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups.

The post test scores analysis proved that there were significant differences between the groups, as the obtained F value 41.74 was greater than the required F value of 3.22. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 50.69 was greater than the required F value of 3.23. This proved that there was a significant difference among the means due to the varied yogic practices on Anxiety.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's confidence interval test. The results were presented in Table XXV.

Table – XXV

SCHEFFE'S POST - HOC TEST FOR ANXIETY

MEANS			Mean difference	Required C.I
GROUP A	GROUP B	CONTROL		
18.26	15.92		2.35*	2.19
18.26		25.62	7.36*	2.19
	15.92	25.62	9.70*	2.19

***Significant at 0.05 level of confidence.**

The multiple mean comparisons shown in Table XXV proved that there existed significant differences between the adjusted means of Group A and Group B; Group A and control group; Group B and control group.

The ordered adjusted means on anxiety were presented through bar diagram for effective understanding of the results of this study in Figure 129.

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE ON ANXIETY

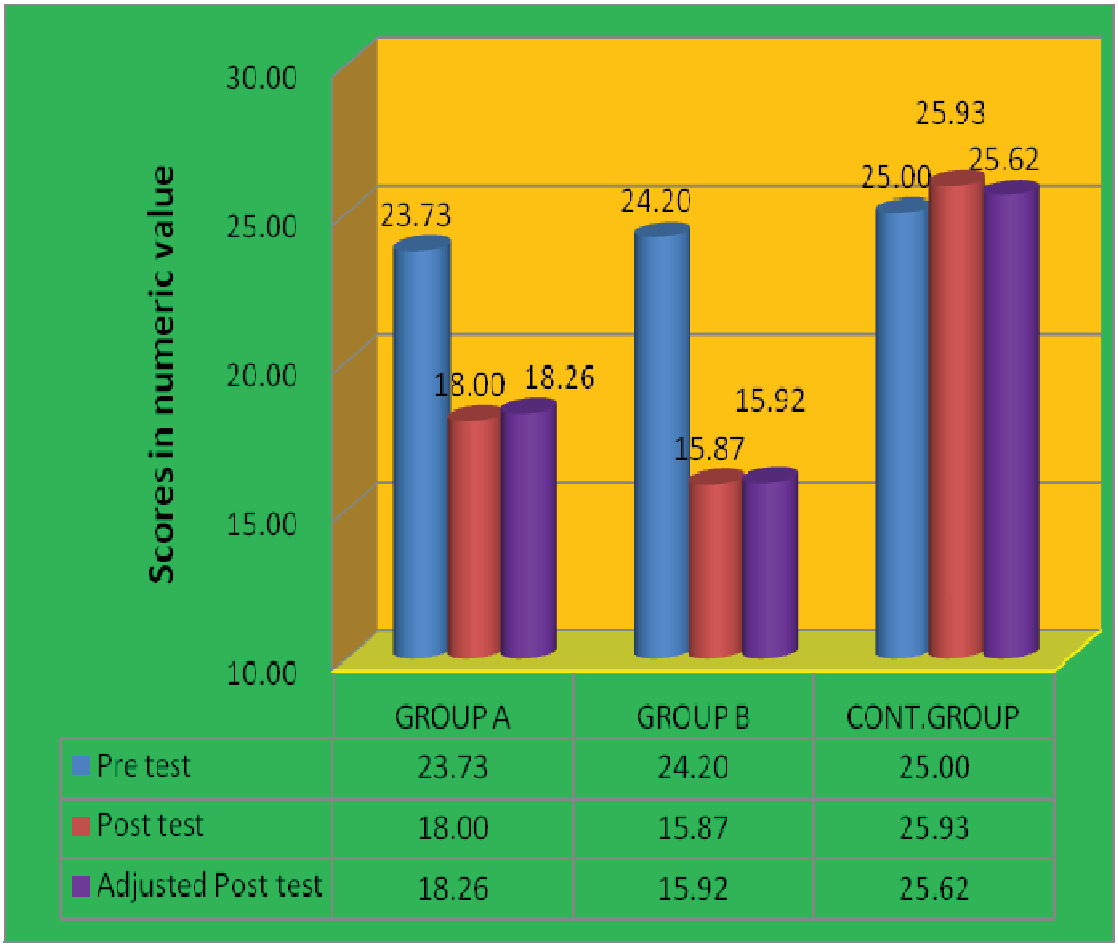

Figure 129

4.4.11.1. DISCUSSION ON THE FINDINGS OF ANXIETY

The results presented in Table XXIV showed that obtained adjusted means on anxiety among Yogic Practices based on Chakra Model (Group A) was 18.26, followed by Yogic Practices based on T. Krishnamacharya's Approach (Group B) with mean value of 15.92 and control group mean values of 25.62. The differences among pretest scores, post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and the obtained F values were 2.20, 41.74 and 50.69 respectively.

It was found that obtained F value on pre test scores were not significant and the obtained F values on post test and adjusted means were significant at 0.05 level of confidence as these were greater than the required table F value of 3.22 and 3.23.

The post hoc analysis through Scheffe's Confidence test proved that Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) reduced anxiety than the control group of the hypothyroid women and the differences were significant at 0.05 level. Further, the post hoc analysis showed that there was significant difference between the experimental groups, clearly indicating that Yogic Practices based on T. Krishnamacharya's Approach (Group B) was significantly effective than Yogic Practices based on Chakra Model (Group A) in reducing the anxiety.

The findings of this study are in agreement with the findings of the experts **Li, AW. and Goldsmith, CA. (2012)**; **Mehrotra, Ranjita et al. (2012); Telles, Shirley. et al. (2011); Smith, JA. et al. (2011).**

4.5 DISCUSSION ON HYPOTHESES

The Investigator formulated four important hypotheses to progress her study.

1. The first hypothesis stated that there would be significant differences on selected physiological variables namely resting heart rate, systolic and diastolic blood pressures, body mass index among women with hypothyroidism due to Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) than the control group.

The results presented in tables IV, V, VI, VII, VIII, IX, X, XI proved that Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) had significant differences on the selected physiological variables namely resting heart rate, systolic and diastolic blood pressures, body mass index among women with hypothyroidism than the control group. Hence the formulated research hypothesis was accepted at 0.05 level of confidence.

2. The second hypothesis stated that there would be significant differences on selected hematological variables namely thyroid stimulating hormone, high density lipoprotein, low density lipoprotein, triglycerides among women with hypothyroidism due to Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) than control group.

   The results presented in tables XII, XIII, XIV, XV, XVI, XVII, XVIII, XIX proved that Yogic Practices Based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) had significant differences on the selected hematological variables namely thyroid stimulating hormone, high density lipoprotein, low density lipoprotein, triglycerides among women with hypothyroidism than the control group. Hence the formulated research hypothesis was accepted at 0.05 level of confidence.

3. The third hypothesis stated that there would be significant differences on selected psychological variables namely self esteem, anxiety, stress among women with hypothyroidism due to Yogic Practices Based on Chakra Model

(Group A) and Yogic Practices Based on T. Krishnamacharya's Approach (Group B) than control group.

The results presented in tables XX, XXI, XXII , XXIII , XXIV and XXV proved that Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) had significant differences on the selected psychological variables namely self esteem, anxiety, stress among women with hypothyroidism than the control group. Hence the formulated research hypothesis was accepted at 0.05 level of confidence.

4. The fourth hypothesis stated that there would be significant differences between the Yogic Practices based on Chakra Model and Yogic Practices based on T. Krishnamacharya's Approach on selected physiological, hematological and psychological variables among women with hypothyroidism.

The Post hoc analysis of the results proved that there were significant differences between the Yogic Practices based on chakra model and Yogic Practices based on T. Krishnamacharya's Approach and also proved that Yogic Practices based on T. Krishnamacharya's Approach was significantly effective than Yogic Practices based on Chakra Model on selected physiological hematological and psychological variables among women patients of hypothyroidism . So the formulated research hypothesis was accepted at 0.05 level of confidence.