CHAPTER - IV

RESULTS AND DISCUSSIONS

4.1. OVERVIEW

The analysis of the data gathered from the study participants is covered in this chapter. The study's goal was to investigate the “effects of Ashtanga Yoga practices with and without music therapy on selected physiological, bio-chemical and psychological variables among Gestational Diabetic Women”. Forty five gestational diabetic women were chosen at random from a variety of maternal health facilities in and around Erode City in order to accomplish the goal. And ages from 25yearsto35years and the random sample approach was used to divide them into three equal groups. Group I consisted of Ashtanga yoga exercises combined with music therapy (AYWMT), Group II consisted of Ashtanga yoga exercises without music therapy (AYWOMT), and Group III served as the Cont. Gr. (CG).

This study used a randomized group design with pre-test and post-test. From among the maternity health centers in and around Erode city, forty five gestational diabetic women were chosen at random and divided into three equal groups. There are 15 subjects in each group. All forty five subjects took a pre-test on a few physiological, biochemical and psychological variables. This study used a randomized group design with pre-test and post-test. From among the maternity health centers in and around Erode city, forty five gestational diabetic women were chosen at random and divided into three equal groups. There are 15 subjects in each group.

4.2. TEST OF SIGNIFICANCE

This crucial part of the thesis involves analyzing the hypotheses in order to reach the conclusion. Depending on the results obtained in respect to the level of confidence, the hypotheses were either accepted or rejected as part of the testing process.

4.3. LEVEL OF SIGNIFICANCE

The effects of music therapy and Ashtanga yoga on gestational diabetic women were compared based on a few criteria. All three of the groups chosen for the study had their chosen criterion variables measured at the beginning and end of the experimental period. ANCOVA was used to statistically analyze the acquired data. The significance was tested at

a.05 level of confidence in each example, which was deemed appropriate.

4.4. CALCULATING THE COVARIANCE ANALYSIS AND SCHEFFE'S POST HOC TEST

The statistical results of the impact of music therapy and Ashtanga yoga on specific variables in Gestational diabetic women are shown in the following tables. The following tables provided the adjusted means in sequence and mean differences for the groups that were the subject of the study.

4.5. RESULTS ON BMI

The outcomes regarding the impact of twelve weeks of Ashtanga Yoga and music therapy on BMI in Gestational Diabetic Women are displayed in the table. VII

TABLE - VII

COVARIANCE ANALYSIS COMPUTATION ON BMI

(Scores in Mt^2/Kg)

Test	Ex. Group I	Ex. Group II	Cont. group	SV	SS	df	MS	F
Pre-test mean	23.44	24.02	24.13	B	4.10	2	2.05	1.783
				W	48.32	42	1.15	
Post-test mean	25.31	26.83	29.11	B	109.48	2	54.73	15.01*
				W	153.14	42	3.64	
Adjusted mean	25.54	26.75	28.97	B	85.19	2	42.59	12.54*
				W	139.23	41	3.39	

(*Significant)

At the 0.05 level of confidence, significant . F(0.05) (2,42 and 2,41) = 3.23.

The table made it clear VII that Ex. Gr.s I, II, and the Cont. Gr.'s pre-test results on BMI were 23.44, 24.02 and 24.13 correspondingly. The pre-test scores' obtained F value 1.78 which fell short of the necessary F value of 3.23 to have a significance threshold of 0.05. This demonstrated that the E.X. I, II and cont. gr. didn't much significantly differ from one another

demonstrating that the individuals were assigned to groups using a proper randomized technique.

The E.X. I, II, and the cont.gr. post - test results on BMI were 25.31, 26.83 and 29.11 correspondingly. The F value that was achieved 15.01exceeded the necessary F value of 3.23 This demonstrated the significance of the variations in the subjects' post-test means.

E.X. I, II and the cont. gr. ordered adjusted mean scores on BMI were 25.54, 26.75 and 28.97 correspondingly. The F value that was achieved of 12.54 exceeded the necessary F value 3.23. This demonstrated that the means differed substantially as a result of the E.X. practices on BMI.

The findings (Scheffe's post hoc test) were displayed in Table VII.

TABLE - VIII

CALCULATION OF THE FINAL ADJUSTED MEAN DIFFERENCE THAT WAS ORDERED BY SCHIFE'S POST-HOC TEST OF BMI

EX. GR. I	EX. GR. II	CONT. GR.	MD	CI
25.54	26.75		1.20	
25.54		28.97	3.42*	*1.95*
	26.75	28.97	2.21*	

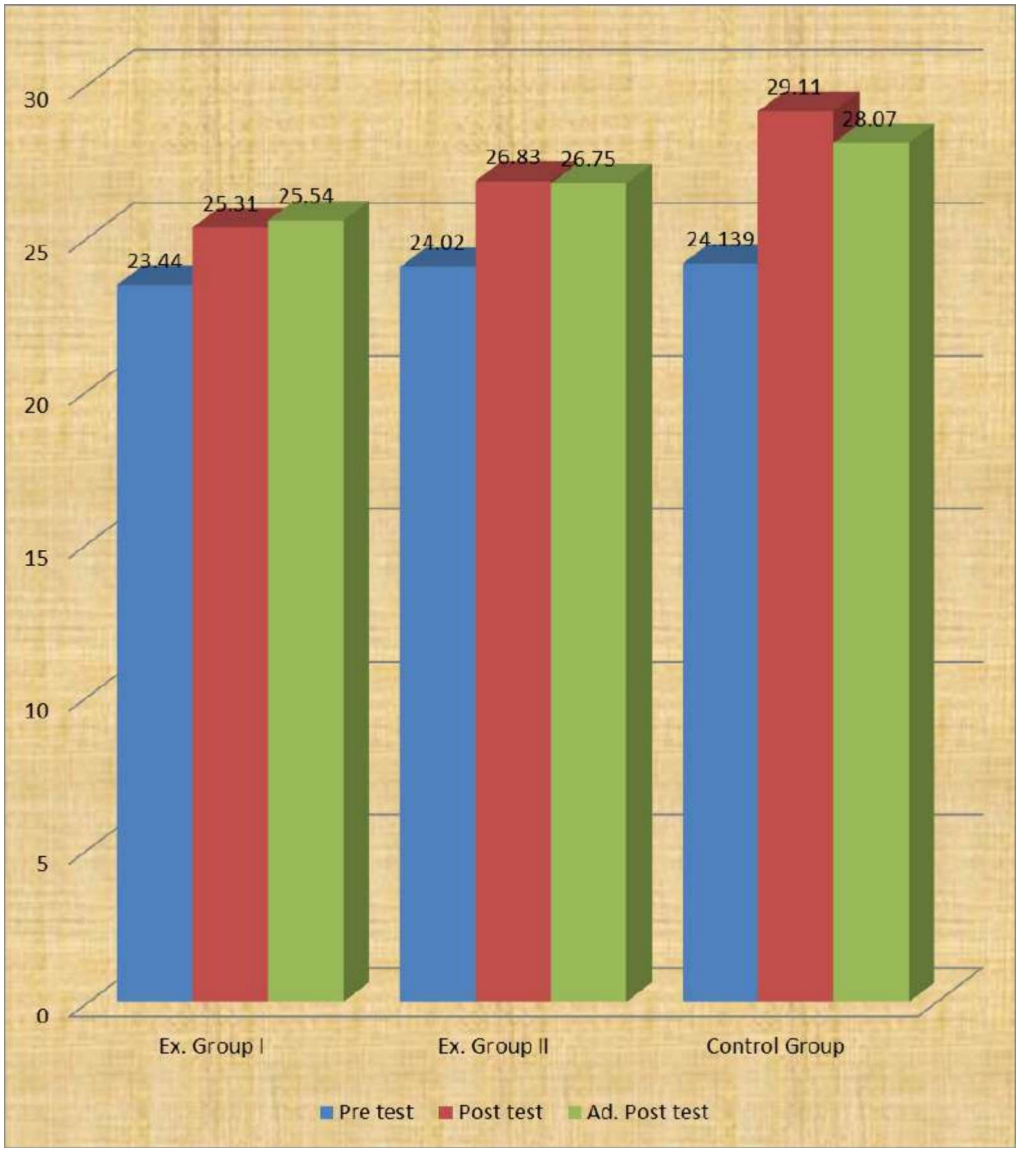
(*Significant)

The comparison of multiple means displayed in Table VIII indicated that there were noteworthy variations between the corrected means of 3 Groups because the obtained indicated that there were note worthy mean difference 1.95.

The mean values of the pre, post, and adjusted tests on BMI were displayed using a bar diagram in the picture to help visualize the study's findings fig 5

FIG - 5

PRE, POST AND ADJUSTED POST - TEST VALUES ON A BAR DIAGRAM ON BMI



4.6. RESULTS ON SYSTOLIC BLOOD PRESSURE

The outcomes regarding the impact of twelve weeks Ashtanga Yoga and music therapy on systolic blood pressure in Gestational Diabetic Women are displayed in the table IX.

TABLE – IX

COVARIANCE ANALYSIS COMPUTATION ON SYSTOLIC BLOODPRESSURE

(Scores in mm / hg)

Test	Ex. Group I	Ex. Group II	Cont. group	SV	SS	df	MS	F
Pre-test mean	138.26	139.40	137.73	B	21.73	2	10.86	0.24
				W	1901.46	42	45.27	
Post-test mean	129.73	133.13	141.26	B	1053.64	2	526.82	10.26*
				W	2155.60	42	51.32	
Adjusted mean	129.76	133.00	141.37	B	1073.69	2	536.84	10.40*
				W	2115.15	41	51.58	

(*Significant).

*At the 0.05 level of confidence, significant. * F(0.05) (2,42 and 2,41) = 3.23.

The table made it clear IX that Ex. Gr.s I, II, and the Cont. Gr.'s pre-test results on systolic blood pressure were 138.26, 139.40 and 137.73 correspondingly. The pre-test scores' obtained F value 0.24 which fell short of the necessary F value of 3.23to have a significance threshold of 0.05. This demonstrated that the E.X. I, II and cont. gr. didn't much

significantly differ from one another demonstrating that the individuals were assigned to groups using a proper randomized technique.

The E.X. I, II, and the cont. gr. post-test results on systolic blood pressure were 129.73, 133.13 and 141.26 correspondingly. The obtained F value 10.26 exceeded the necessary F value of 3.23. This demonstrated the significance of the variations in the subjects' post-test means. E.X.I, II and the cont. gr. ordered adjusted mean scores on systolic blood pressure were 129.76, 133.00 and 141.37 correspondingly. The F value that was achieved of 10.26 exceeded the necessary F value 3.23. This demonstrated that the means differed substantially as a result of the E.X. practices on systolic blood pressure. The findings (Scheffe's post hoc test) were displayed in Table IX.

TABLE – X

CALCULATION OF THE FINAL ADJUSTED MEAN DIFFERENCE THAT WAS ORDERED BY SCHIFE'S POST-HOC TEST OF SYSTOLIC BLOOD PRESSURE

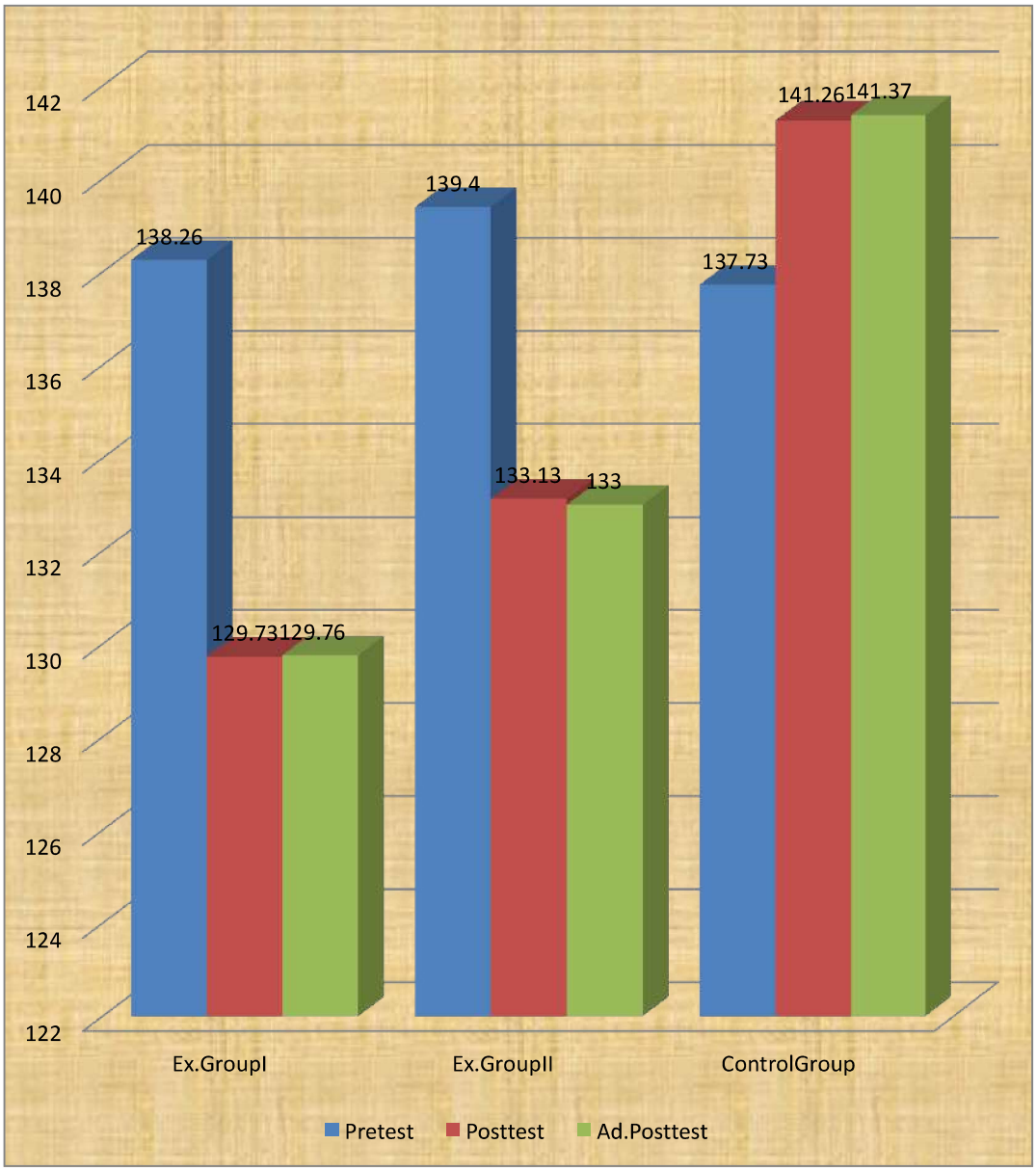
EX. GR. I	EX. GR. II	CONT. GR.	MD	CI
129.76	133.00		3.23	
129.76		141.37	11.61*	
	133.00	141.37	8.37*	*7.61*

(*Significant)

The comparison of multiple means displayed in Table X indicated that there were note worthy variations between the corrected means of 3 Groups because the obtained indicated that there were note worthy mean difference 7.61. The mean values of the pre, post, and adjusted tests on systolic blood pressure were displayed using a bar diagram in the picture to help visualize the study's findings 2.

FIG - 6

PRE, POST AND ADJUSTED POST-TEST VALUES ON A BAR DIAGRAM ON SYSTOLIC BLOODPRESSURE



4.7. RESULTS ON DIASTOLIC BLOOD PRESSURE

The outcomes regarding the impact of twelve weeks Ashtanga Yoga and music therapy on diastolic blood pressure in Gestational Diabetic Women are displayed in the table XI

TABLE – XI

COVARIANCE ANALYSIS COMPUTATION ON DIASTOLIC BLOODP RESSURE

(Scores in mm hg)

Test	Ex. Group I	Ex. Group II	Cont. group	SV	SS	df	MS	F
Pre-test mean	95.40	94.46	95.26	B	7.64	2	3.82	0.641
				W	250.26	42	5.95	
Post-test mean	85.20	87.86	94.46	B	682.71	2	341.35	88.57*
				W	161.87	42	3.85	
Adjusted mean	85.19	87.88	94.46	B	682.06	2	341.03	86.48*
				W	161.67	41	3.94	

(*Significant).

*At the 0.05 level of confidence, significant. * F(0.05) (2,42 and 2,41) = 3.23.

The table made it clear XI that Ex. Gr.s I, II, and the Cont. Gr.'s pre-test results on diastolic blood pressure were 95.40, 94.46and 95.26 correspondingly. The pre-test scores' obtained F value 0.641 which fell short of the necessary F value of 3.23to have a significance threshold of 0.05. This demonstrated that the E.X. I, II and cont. gr. didn't much significantly differ from one another demonstrating that the individuals were assigned to groups using a proper randomized technique.

The E.X. I, II, and the cont. gr. post-test results on diastolic blood pressure were 85.20, 87.86 and 94.46 correspondingly. The F value that was achieved 88.57 exceeded the necessary F value of 3.23. This demonstrated the significance of the variations in the subjects' post-test means. E.X.I, II and the cont. gr. ordered adjusted mean scores on diastolic blood pressure were 85.19, 87.88 and 94.46 correspondingly. The F value that was achieved of 86.48 exceeded the necessary F value 3.23. This demonstrated that the means differed substantially as a result of the E.X. practices on diastolic blood pressure. The findings (Scheffe's post hoc test) were displayed in Table XI.

TABLE – XII

CALCULATION OF THE FINAL ADJUSTED MEAN DIFFERENCE THAT WAS ORDERED BY SCHIFE'S POST - HOC TEST OF DIASTOLICBLOOD PRESSURE

EX. GR. I	EX. GR. II	CONT. GR.	MD	CI
85.19	87.88		2.69	
85.19		94.46	9.27	
	87.88	94.46	6.57	*2.10*

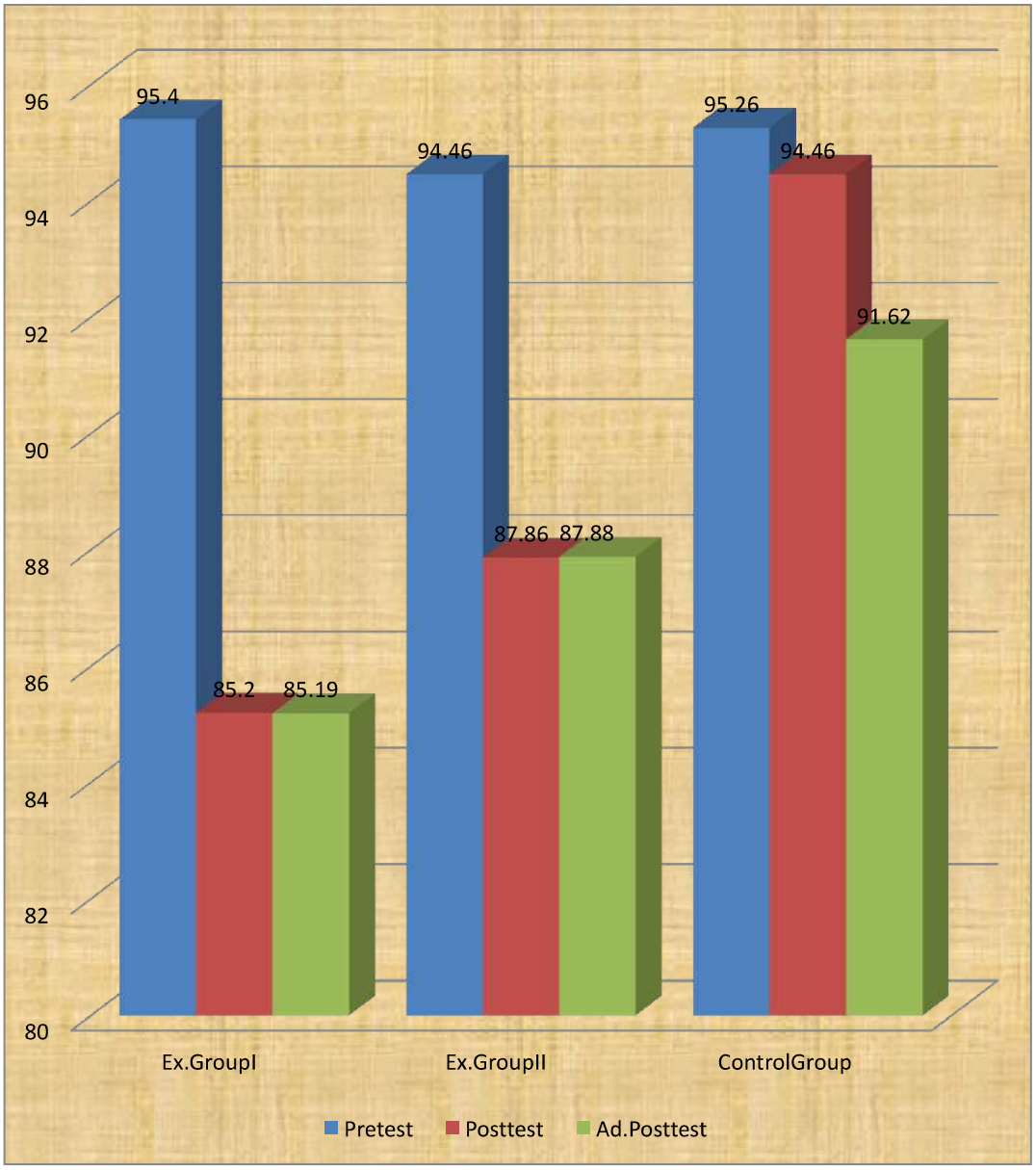
(*Significant)

The comparison of multiple means displayed in Table XII indicated that there were noteworthy variations between the corrected means of 3 Groups because the obtained indicated that there were note worthy mean difference 2.10.

The mean values of the pre, post, and adjusted tests on diastolic blood pressure were displayed using a bar diagram in the picture to help visualize the study's findings 2.

FIG - 7

PRE, POST AND ADJUSTED POST-TEST VALUES ON A BAR DIAGRAM ON DIASTOLICBLOOD PRESSURE.



4.8. RESULTS ON BLOOD SUGAR (POST PRANDIAL)

The outcomes regarding the impact of twelve weeks Ashtanga Yoga and music therapy on blood sugar (post prandial) in Gestational Diabetic Women are displayed in the table XIII.

TABLE XIII

COVARIANCE ANALYSIS COMPUTATION ON BLOOD SUGAR

(2h - POSTPRANDIAL)

(Scores in mg/dl)

Test	Ex. Group I	Ex. Group II	Cont. group	SV	SS	df	MS	F
Pre-test mean	135.20	134.06	134.66	B	9.64	2	4.82	0.27
				W	734.66	42	17.49	
Post-test mean	127.86	131.33	136.40	B	552.53	2	276.26	33.66*
				W	344.67	42	8.20	
Adjusted mean	127.85	131.35	136.40	B	553.53	2	276.76	33.01*
				W	43.66	41	8.38	

(*Significant).

*At the 0.05 level of confidence, significant. * F(0.05) (2,42 and 2,41) = 3.23.

The table made it clear VIII that Ex. Gr.s I, II, and the Cont. Gr.'s pre-test results on Blood Sugar (2h - Post Prandial) were 135.20, 134.06 and 134.66 correspondingly. The pre-

test scores' obtained F value 0.27 which fell short of the necessary F value of 3.23 to have a significance threshold of 0.05. This demonstrated that the E.X. I, II and cont. gr. didn't much significantly differ from one another demonstrating that the individuals were assigned to groups using a proper randomized technique.

The E.X. I, II, and the cont. gr. post-test results on blood sugar (2h - post prandial) were 127.86, 131.33 and 136.40 correspondingly. The F value that was achieved 33.66 exceeded the necessary F value of 3.23. This demonstrated the significance of the variations in the subjects' post-test means.

E.X. I, II and the cont. gr. ordered adjusted mean scores on blood sugar (2h - postprandial) were 127.85, 131.35 and 136.4 correspondingly. The F value that was achieved of 33.01 exceeded the necessary F value 3.23. This demonstrated that the means differed substantially as a result of the E.X. practices on blood sugar (2h - postprandial).

The findings (Scheffe's post hoc test) were displayed in Table XIII.

TABLE – XIV

CALCULATION OF THE FINAL ADJUSTED MEAN DIFFERENCE THAT WAS ORDERED BY SCHIFE'S POST-HOC TEST OF BLOOD SUGAR (2h-POSTPRANDIAL)

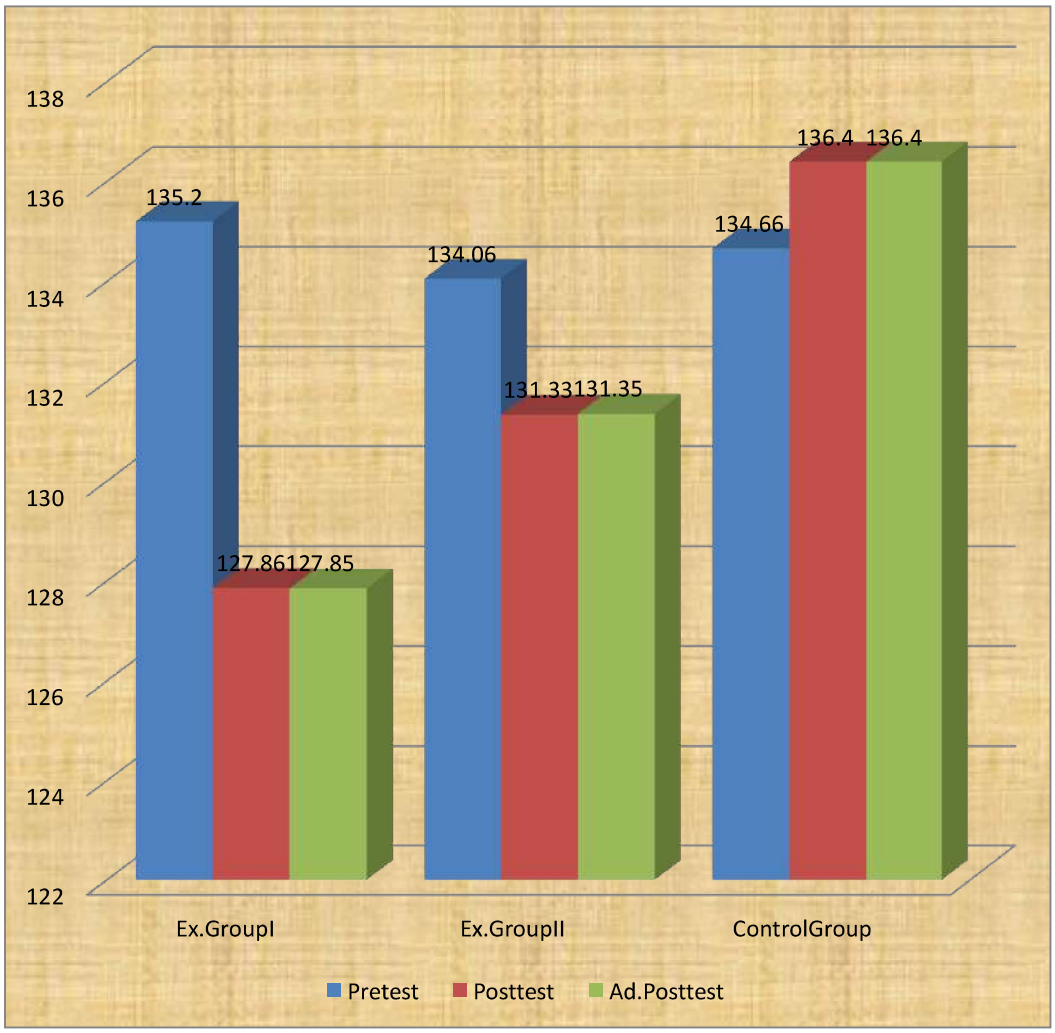
EX. GR. I	EX. GR. II	CONT. GR.	MD	CI
127.85	131.35		3.50*	
127.85		136.40	8.55*	3.06
	131.35	136.40	5.04*	

(*Significant)

The comparison of multiple means displayed in Table XIIV indicated that there were note worthy variations between the corrected means of 3 Groups because the obtained indicated that there were noteworthy mean difference 3.06. The mean values of the pre, post, and adjusted tests on blood sugar (2h - post prandial) were displayed using a bar diagram in the picture to help visualize the study's findings 2.

FIG - 8

PRE, POST AND ADJUSTED POST-TEST VALUES ON A BAR DIAGRAM ON BLOOD SUGAR (2h-POST PRANDIAL)



4.9. RESULTSON HDL

The outcomes regarding the impact of twelve weeks Ashtanga Yoga and music therapy on HDL in Gestational Diabetic Women are displayed in the table XV.

TABLE – XV

COVARIANCE ANALYSIS COMPUTATION ON HDL

(Scores in mg /dl)

Test	Ex. Group I	Ex. Group II	Cont. group	SV	SS	df	MS	F
Pre-test mean	53.93	54.60	54.80	B	6.17	2	3.08	0.87
				W	148.93	42	3.54	
Post-test mean	59.40	58.13	55.13	B	144.04	2	72.02	21.14*
				W	143.07	42	3.40	
Adjusted mean	59.45	58.12	55.10	B	144.34	2	72.17	20.86*
				W	141.82	41	3.45	

(*Significant).

At the 0.05 level of confidence, significant. F(0.05) (2,42and2,41)= 3.23.

The table made it clear XV that Ex. Gr.s I, II, and the Cont. Gr.'s pre-test results on HDL were 53.93, 54.60 and 54.80 correspondingly. The pre-test scores' obtained F value 0.87 which fell short of the necessary F value of 3.23 to have a significance threshold of 0.05. This demonstrated that the E.X. I, II and cont. gr. didn't much significantly differ from one another demonstrating that the individuals were assigned to groups using a proper randomized technique.

The E.X. I, II, and the cont. gr. post-test results on HDL were 59.40, 58.13 and 55.13 correspondingly. The F value that was achieved 22.39 exceeded the necessary F value of 3.23. This demonstrated the significance of the variations in the subjects' post-test means.

E.X. I, II and the cont. gr. ordered adjusted mean scores on HDL were 59.35, 58.15 and 55.17 correspondingly. The obtained value of 22.39 exceeded the necessary F value 3.23. This demonstrated that the means differed substantially as a result of the E.X. practices on HDL.

The findings (Scheffe's post hoc test) were displayed in Table XV.

TABLE – XVI

CALCULATION OF THE FINAL ADJUSTED MEAN DIFFERENCE THAT WAS ORDERED BY SCHIFE'S POST-HOC TEST OF HDL

EX. GR. I	EX. GR. II	CONT. GR.	MD	CI
59.45	58.12		1.32	
59.45		55.10	4.34*	
	58.12	55.10	3.01*	*1.97*

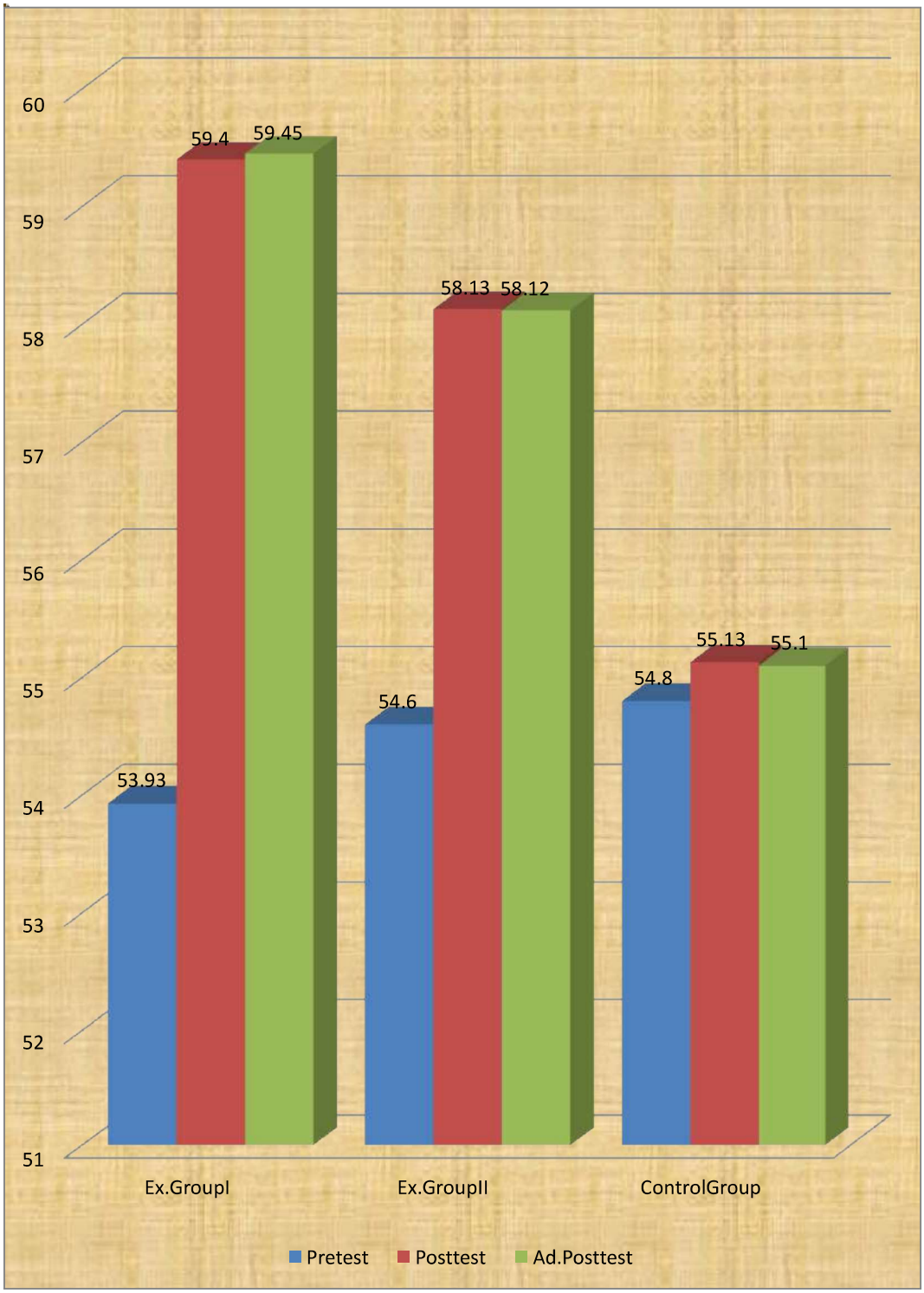
(*Significant)

The comparison of multiple means displayed in Table XVI indicated that there were noteworthy variations between the corrected means of 3 Groups because the obtained indicated that there were note worthy mean difference 1.97.

The mean values of the pre, post, and adjusted tests on HDL were displayed using a bar diagram in the picture to help visualize the study's findings 2.

FIG - 9

PRE, POST, AND ADJUSTED POST-TEST VALUES ON A BAR DIAGRAM ON HDL



4.10. RESULTS ON BLOO DURICACID LEVEL

The outcomes regarding the impact of twelve weeks Ashtanga Yoga and music therapy on blood uric acid level in Gestational Diabetic Women are displayed in the table XVII.

TABLE – XVII

COVARIANCE ANALYSIS COMPUTATION ON BLOOD URIC ACIDLEVEL

(Scores in mg/dl)

Test	Ex. Group I	Ex. Group II	Cont. group	SV	SS	df	MS	F
Pre-test mean	5.02	5.07	4.96	B	0.085	2	0.042	0.059
				W	30.132	42	0.717	
Post-test mean	3.74	3.94	6.37	B	64.329	2	32.164	52.600*
				W	25.68	42	0.611	
Adjusted mean	3.74	3.95	6.37	B	63.94	2	31.97	51.269*
				W	25.56	41	0.623	

(*Significant).

*At the 0.05 level of confidence, significant. * F(0.05) (2,42 and 2,41) = 3.23.

The table made it clear VIII that Ex. Gr. s I, II, and the Cont. Gr.'s pre-test results on blood uric acid level were 5.027, 5.073 and 4.967 correspondingly. The pre-test scores' obtained F value 0.059 which fell short of the necessary F value of 3.23 to have a significance threshold of 0.05. This demonstrated that the E.X. I, II and cont. gr. didn't much

significantly differ from one another. Demonstrating that the individuals were assigned to groups using a proper randomized technique.

The E.X. I, II, and the cont. gr. post-test results on blood uric acid level were 3.740, 3.947 and 6.373 correspondingly. The obtained value 52.60 exceeded the necessary F value of 3.23. This demonstrated the significance of the variations in the subjects' post-test means.

E.X. I, II and the cont. gr. ordered adjusted mean scores on blood uric acid level were 3.74, 3.95 and 6.37 correspondingly. The F value that was achieved of 51.26 exceeded the necessary F value 3.23. This demonstrated that the means differed substantially as a result of the E.X. practices on blood uric acid level.

The findings (Scheffe's post hoc test) were displayed in Table XVII.

TABLE – XVIII

CALCULATION OF THE FINAL ADJUSTED MEAN DIFFERENCE THAT WAS ORDERED BY SCHIFE'S POST-HOC TEST OF BLOOD URIC ACID LEVEL

EX. GR. I	EX. GR. II	CONT. GR.	MD	CI
3.74	3.95		0.21	
3.74		6.37	2.630*	
	3.95	6.37	2.420*	0.83

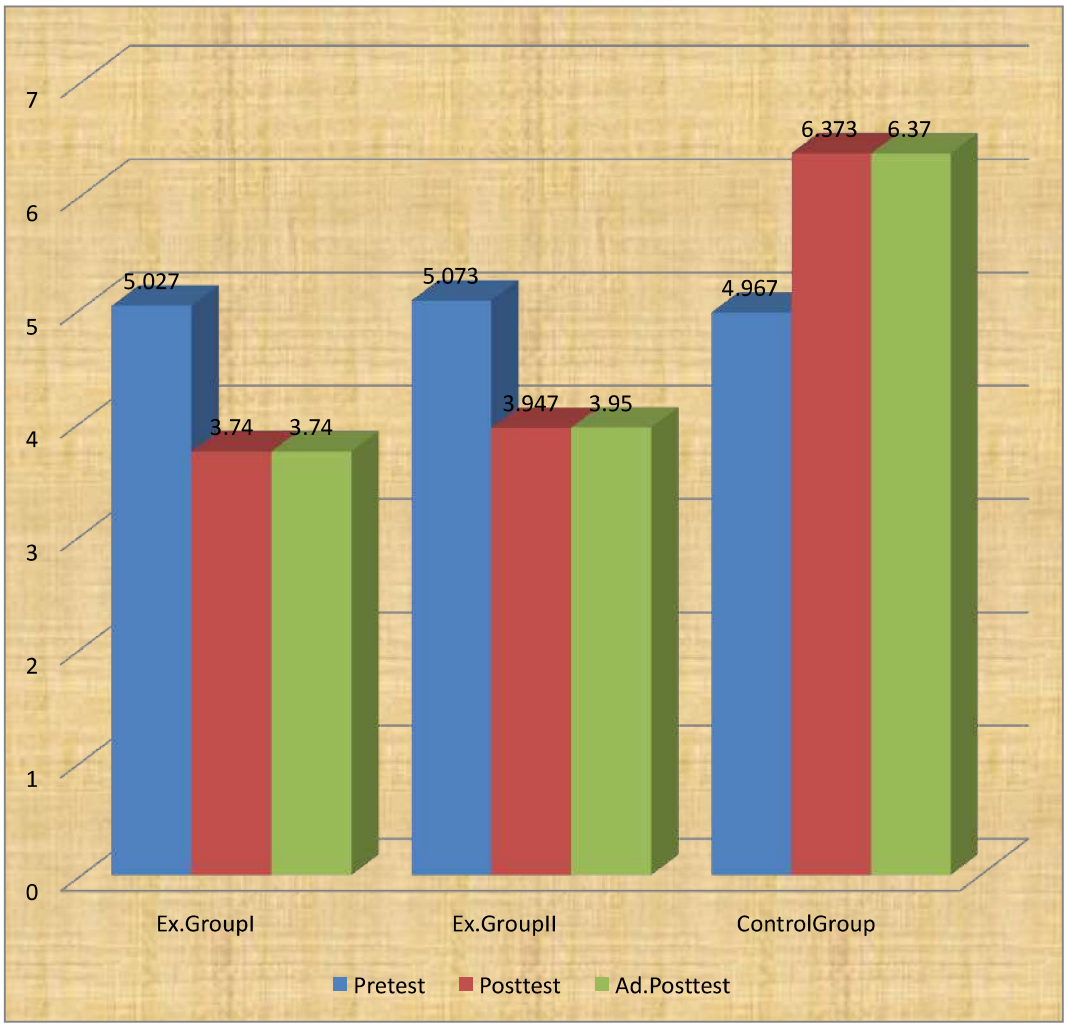
(*Significant)

The comparison of multiple means displayed in Table XVIII indicated that there were noteworthy variations between the corrected means of 3 Groups because the obtained indicated that there were note worthy mean difference 0.83.

The mean values of the pre, post, and adjusted tests on blood uric acid level were displayed using a bar diagram in the picture to help visualize the study's findings 2.

FIG - 10

PRE, POST AND ADJUSTED POST-TEST VALUES ON A BAR DIAGRAM ON BLOOD URIC ACID LEVEL



4.11. RESULTS ON PAIN

Table XIX shows the outcomes of a 12 week Ashtanga Yoga and music therapy program on pain in gestational diabetic women.

TABLE – XIX

COVARIANCE ANALYSIS COMPUTATION ON PAIN

(Scores in numbers)

Test	Ex. Group I	Ex. Group II	Cont. group	SV	SS	df	MS	F
Pre-test mean	53.93	54.60	54.80	B	6.17	2	3.08	0.87
				W	148.93	42	3.54	
Post-test mean	44.86	46.66	50.86	B	284.40	2	142.2	12.47*
				W	478.80	42	11.4	
Adjusted mean	44.70	46.72	50.98	B	299.23	2	149.61	13.24*
				W	462.98	41	11.29	

(*Significant).

*At the 0.05 level of confidence, significant. * F(0.05)(2,42 and 2,41) = 3.23.

Table XIX shows that the pre-test pain scores for Ex. Gr. I, Ex. Gr. II, and the Cont. Gr. were 53.93, 54.60, and 54.80, correspondingly. The F value that was achieved for pre-test scores was 0.87, which was lower than the required F value of 3.23 to be significant at the 0.05 level. This demonstrated that there was no significant difference between the experimental and Cont. Gr.s, demonstrating that the randomization technique was perfect when assigning people to groups.

The post-test pain scores for Ex. Gr. I, Ex. Gr. II, and the Cont. Gr. were 44.86, 46.66, and 50.86, correspondingly. The F value that was achieved of 12.47 exceeded the required F value of 3.23. This demonstrated that the subject's post-test means differed significantly.

The adjusted mean pain scores for Ex. Gr. I, Ex. Gr. II, and Cont. Gr. were 44.70, 46.72, and 50.98, correspondingly. The F value that was achieved of 13.24 exceeded the required F value of 3.23. This demonstrated that the experimental training on pain resulted in a substantial difference in means.

The findings (Scheffe's post hoc test) were displayed in Table XIX.

TABLE – XX

CALCULATION OF THE FINAL ADJUSTED MEAN DIFFERENCE THAT WAS ORDERED BY SCHIFE'S POST-HOC TEST OF PAIN

EX. GR. I	EX. GR. II	CONT. GR.	MD	CI
44.70	46.72		2.01	
44.70		50.98	6.28	
	46.72	50.98	4.26	3.56

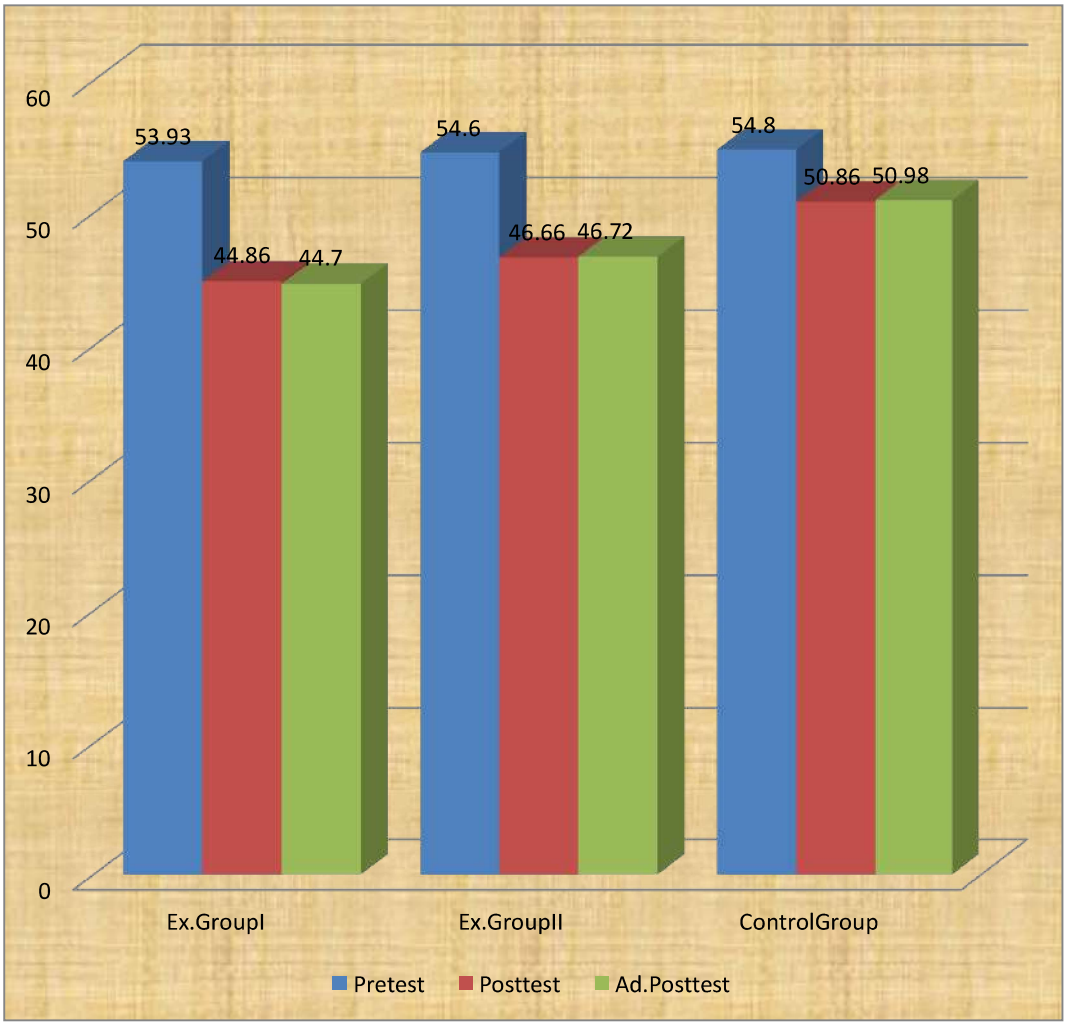
(*Significant)

The multiple mean comparison shown in Table XX demonstrated that there were significant differences between the adjusted means of 3 Groups, as the mean difference exceeded the obtained confidence interval of 3.56.

The mean values of the pre, post, and adjusted tests on pain were displayed using a bar diagram in the picture to help visualize the study's findings 2.

FIG - 11

PRE, POST AND ADJUSTED POST-TEST VALUES ON A BAR DIAGRAM ON PAIN



4.12. RESULTS ON MATERNAL COMFORT

The outcomes regarding the impact of twelve weeks Ashtanga Yoga and music therapy on maternal comfort in Gestational Diabetic Women are displayed in the table XXI.

TABLE – XXI

COVARIANCE ANALYSIS COMPUTATION ON MATERNAL COMFORT

(Scores in numbers)

Test	Ex. Group I	Ex. Group II	Cont. group	SV	SS	df	MS	F
Pre-test mean	105.13	104.93	107.40	A	56.31	2	28.15	0.409
				W	2888.26	42	68.76	
Post-test mean	140.93	132.20	104.86	A	10620.93	2	5310.46	95.51*
				W	2335.07	42	55.59	
Adjusted mean	141.19	132.53	104.29	A	10975.14	2	5487.56	115.66*
				W	1945.21	41	47.44	

(*Significant).

*At the 0.05 level of confidence, significant. * F(0.05)(2,42 and 2,41) = 3.23.

The table made it clear XXI that Ex. Gr.s I, II, and the Cont. Gr.'s pre-test results on maternal comfort were 105.13, 104.93 and 107.40 correspondingly. The pre-test scores' obtained F value 0.409 which fell short of the necessary F value of 3.23 to have a significance threshold of 0.05. This demonstrated that the E.X. I, II and cont. gr. didn't much significantly differ from one another. Demonstrating that the individuals were assigned to groups using a proper randomized technique.

The E.X. I, II, and the cont. gr. post-test results on maternal comfort were 140.93, 132.20 and 104.86 correspondingly. The F value that was achieved 95.51 exceeded the necessary F value of 3.23. This demonstrated the significance of the variations in the subjects' post-test means.

E.X. I, II and the cont. gr. ordered adjusted mean scores on maternal comfort were 141.18, 132.53 and 104.31 correspondingly. The F value that was achieved of 115.66 exceeded the necessary F value 3.23. This demonstrated that the means differed substantially as a result of the E.X. practices on maternal comfort.

The findings (Scheffe's post hoc test) were displayed in Table XXI.

TABLE – XXII

CALCULATION OF THE FINAL ADJUSTED MEAN DIFFERENCE THAT WAS ORDERED BY SCHIFE'S POST-HOC TEST OF MATERNAL COMFORT

EX. GR. I	EX. GR. II	CONT. GR.	MD	CI
141.19	132.53		8.66*	
141.19		104.29	36.89*	
	132.53	104.29	28.24*	7.29

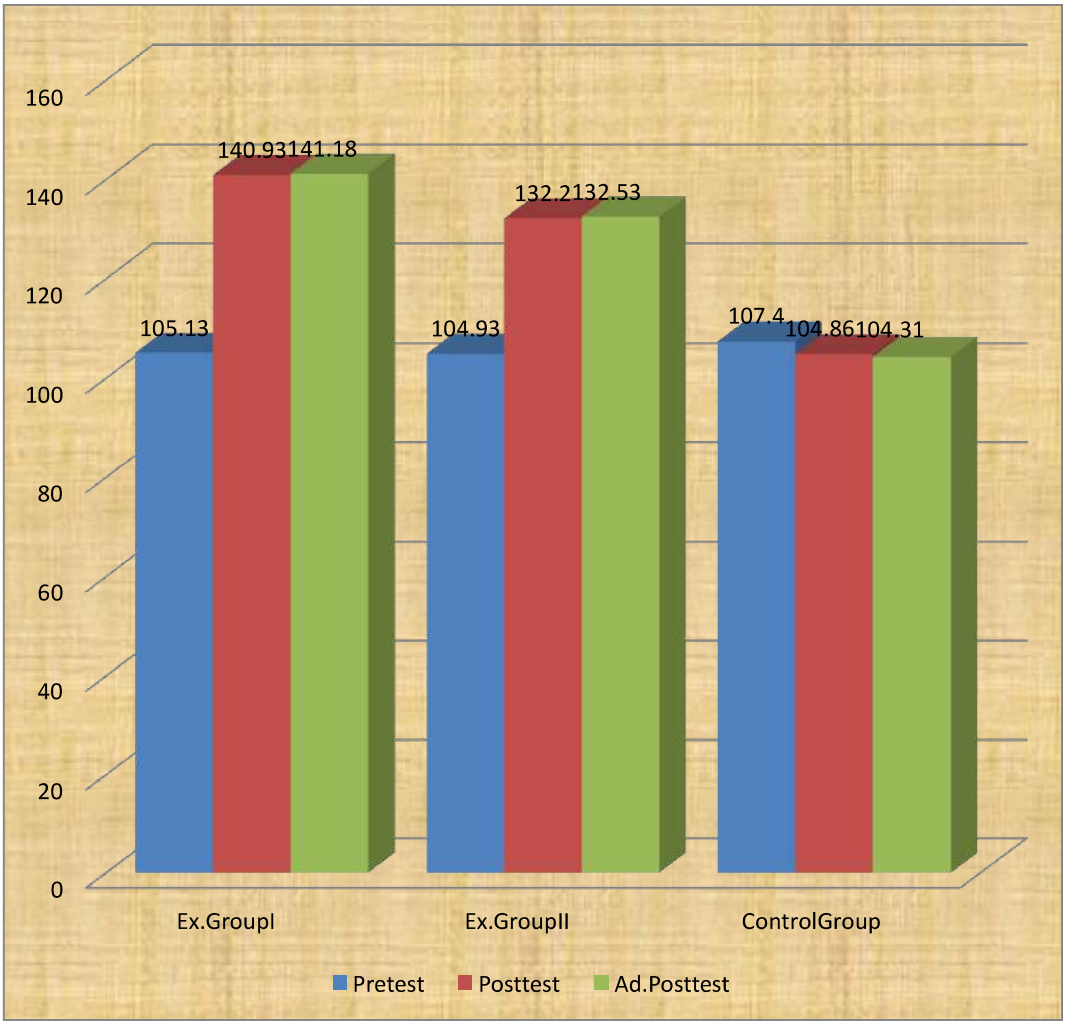
(*Significant)

The comparison of multiple means displayed in Table XXII indicated that there were noteworthy variations between the corrected means of 3 Groups because the obtained indicated that there were note worthy mean difference 7.29.

The mean values of the pre, post, and adjusted tests on maternal comfort were displayed using a bar diagram in the picture to help visualize the study's findings 2.

FIG - 12

PRE, POST AND ADJUSTED POST-TEST VALUES ON A BAR DIAGRAM ON MATERNAL COMFORT



4.13. RESULTS ON ANXIETY

The outcomes regarding the impact of twelve weeks Ashtanga Yoga and music therapy on anxiety in Gestational Diabetic Women are displayed in the table XXIII.

TABLE – XXIII

COVARIANCE ANALYSIS COMPUTATION ON ANXIETY

(Scores in numbers)

Test	Ex. Group I	Ex. Group II	Cont. group	SV	SS	df	MS	F
Pre-test mean	44.867	44.133	43.400	B	16.13	2	8.066	1.349
				W	251.06	42	5.977	
Post-test mean	32.867	35.200	47.467	B	1845.38	2	922.68	58.55*
				W	661.87	42	15.75	
Adjusted mean	32.92	35.20	47.41	B	1725.53	2	862.76	53.56*
				W	660.35	41	16.10	

(*Significant).

At the 0.05 level of confidence, significant. F(0.05)(2,42 and 2,41) = 3.23.

Table XXIII shows that the pre-test scores for anxiety in Ex. Gr. I, Ex. Gr. II, and Cont. Gr. were 45.86, 44.13, and 43.40 correspondingly. The F value that was achieved for pre-test scores was 0.41, which was lower than the required F value of 3.23 to be significant at the 0.05 level. This demonstrated that there was no significant difference between the experimental and Cont. Gr.s, demonstrating that the randomization technique was perfect when assigning people to groups.

The post-test anxiety scores for Ex. Gr. I, Ex. Gr. II, and the Cont. Gr. were 32.86, 35.20, and 47.46, correspondingly. The F value that was achieved of 58.55 exceeded the required value of 3.23. This demonstrated that the subject's post-test means differed significantly.

The ordered adjusted mean anxiety scores for Ex. Gr. I, Ex. Gr. II, and the Cont. Gr. were 32.92, 35.20, and 47.41, correspondingly. The computed F value of 53.56 exceeded the required F value of 3.23. This demonstrated that the experimental training on anxiety resulted in a substantial difference in means.

The findings (Scheffe's post hoc test) were displayed in Table XXIII.

TABLE – XXIV

CALCULATION OF THE FINAL ADJUSTED MEAN DIFFERENCE THAT WAS ORDERED BY SCHIFE'S POST-HOC TEST OF ANXIETY

EX. GR. I	EX. GR. II	CONT. GR.	MD	CI
32.92	35.20	-	2.276	4.25
32.92	-	47.41	14.48*	
-	35.20	47.41	12.21*	

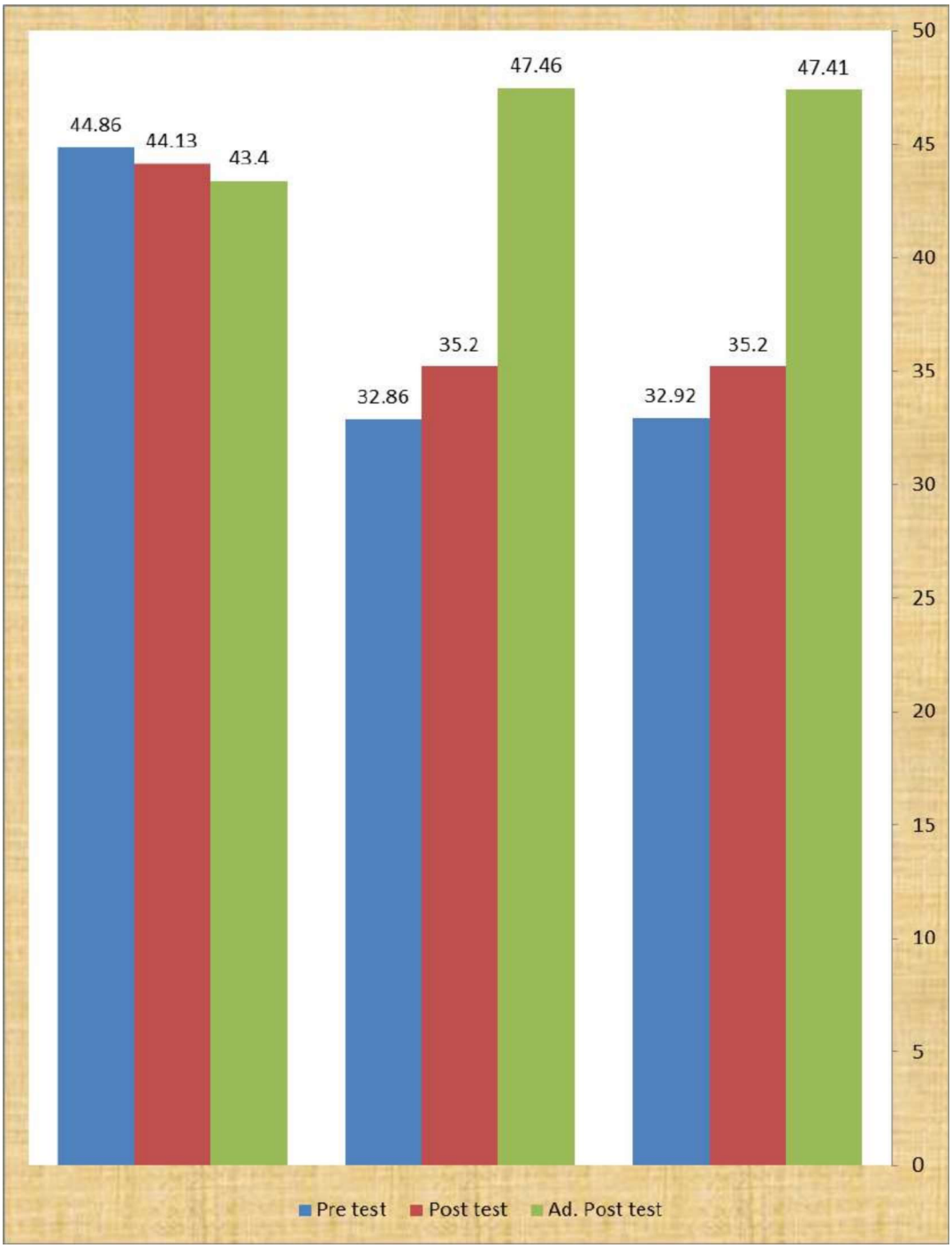
(*Significant)

The multiple mean comparison in Table XXIV revealed that there were significant differences between the adjusted means of 3 Groups, as the mean difference exceeded the obtained confidence interval of 4.25.

The mean values of the pre, post, and adjusted tests on anxiety were displayed using a bar diagram in the picture to help visualize the study's findings 2.

FIG - 13

PRE, POST AND ADJUSTED POST-TEST VALUES ON A BAR DIAGRAM ON ANXIETY



4.14. DISCUSSION ON HYPOTHESES

The study hypothesized that Gestational Diabetic Women who practiced Ashtanga yoga with Music Therapy would show significant differences in physiological, psychological, and biochemical variables compared to the Cont. group after 12 weeks. The current study's findings showed significant differences between adjusted post-test means on selected physiological factors such as BMI, Systolic Blood Pressure, Diastolic Blood Pressure, Bio-Chemical factors such as Blood Sugar-post-prandial, High-Density Lipoprotein, Blood Uric Acid level, and Psychological variables such as Pain and Anxiety, and Maternal Comfort due to Ashtanga Yoga practices with Music Therapy among Gestational Diabetic Women.

The second hypothesis proposed that 12 weeks following intervention, that significant differences in the physiological, psychological, and biochemical variables among gestational diabetic women due to Ashtanga yoga practices without Music Therapy compared to the Control group. The results of the present study showed significant differences between adjusted post-test means on a chosen physiological variables such as Body Mass Index, Systolic Blood Pressure, Diastolic Blood Pressure, Bio-Chemical variables such as Blood Sugar-post-prandial, High-Density Lipoprotein, Blood Uric Acid level, and Psychological variables such as Pain and Anxiety, and Maternal Comfort due to Ashtanga Yoga practices without Music Therapy among Gestational Diabetic Women. As a result, the hypothesis was accepted with a confidence level of 0.05.

The third hypothesis stated that the Ashtanga Yoga practices with Music Therapy group would have significantly greater influence on selected physiological, biochemical, and psychological variables than the Ashtanga Yoga practices without Music Therapy among Gestational Diabetic Women after that 12 weeks following intervention, The results of the present study showed that Ashtanga Yoga practices with Music Therapy have not significantly greater influence on selected physiological factors such as BMI (decreased), Systolic blood pressure (decreased),diastolic blood pressure (decreased), Bio-chemical variables such as, high-density lipoprotein (increased), blood uric acid level(decreased), and psychological variables such as pain and anxiety (reduced) and than the Ashtanga Yoga practices without Music Therapy group among Gestational Diabetic Women.

And also The results of the present study showed that Ashtanga Yoga practices with Music Therapy have significantly greater influence on selected Bio-chemical variables such as blood sugar (post- prandial) (decreased) and psychological variables such as maternal comfort (Increased) than the Ashtanga Yoga practices without Music Therapy group among Gestational Diabetic Women.