

EFFECTS OF YOGIC PRACTICES ON SITTING TOLERANCE AMONG AUTISTIC CHILDREN

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Abstract

The study investigated the effects yogic practices on Sitting tolerance among autistic children, For the purpose of study 20 children with autism selected from National Institute for Empowerment of Persons with Multiple Disability, Muttukadu, Chennai, Their age ranged between 8 and 12, The subjects were divided in two equal groups of 10 subjects each, namely experimental group-1, and control group. Experimental group-1 underwent Yogic practices, for five days a week for six weeks and control group kept as active rest. The selected criterion variable sitting tolerance of body parts were assessed before during and after the training period, the collected data were statistically analysed by Analysis of co-variance (ANCOVA), the result of the study reveals that the Sitting tolerance of body parts significantly improved in experimental group when compared with the control group.

Keywords: Neural disorder, Autism, Yoga, Sitting tolerance, Special education.

INTRODUCTION

Autism is chronic neural-developmental disorder. It affects information processing in brain by altering how nerve cells and their synapses connect and organize, It characterized by impaired social interaction and communication, engagement in repetitive and stereotype movement, It prevalence is 1 of 68 estimated by CDC (Centre for Disease Control and Prevention), Etiologic of autism currently agreed that a combination of genetic and epigenetic factor. The first trimester of pregnancy is particularly vulnerable time to triggers of disease. Children with autism have limited repertoire of experience due to their tactual sensory and kinaesthetic defensive responses to the environment. This may result in lessened body perception, body co-ordination, and sitting tolerance, the yoga asana has characterized as stretch, pull, pressure and co-ordinates body parts, which in turn to exercise those parts and increases blood flow and involve isometric contraction of muscles, here a muscle is held under constant pull or stretch without undergoing a change of length. It allows the posture stability ultimately improves Sitting tolerance,

OBJECTIVES OF THE STUDY

The study helped to find out the effects of yogic practices on sitting tolerance among Autistic children.

Hypothesis

It has hypothesized that there would be significant improvement on Sitting tolerance among Autistic children due to Yogic practices than control group.

Methodology

For the purpose of the study, a sample size of 20 children with autism selected from National Institute for Empowerment of Persons with Multiple Disability, Muttukadu, Chennai, aged between 8 and 12 from both genders. The random group design has used as experimental design method for this study. The selected subjects have divided into two equal groups of strength of 10 children as experimental group, and control group. Experimental group underwent Yogic practices, for a period of six weeks, five days a week, per day maximum two hours between 11.00am and 01.00pm at National Institute for Empowerment of Persons with Multiple Disability, Muttukadu, Chennai, and the control group was not exposed any specific training but participated in regular activities. The selected criterion variable Sitting tolerance assessed by self-structured questionnaire as pre, mid and post-tests, the collected data were statistically analysed by Analysis of co-variance (ANCOVA).

The Yogic practices given to experimental group include, Prayer, Preliminary practices, Loosening exercises, Surya namaskar, Tadasana, Vajrasana, Sasankasana, Padmasana, Bhadhakonasana, Bhujangasana, Simasana, Bramari pranayama, Japa meditation, Shavasana, Prayer.

Tools of study

The self-structured questionnaire was used to collect related data on selected physical variable sitting tolerance.

Analysis of Data

The statistical technique used to analyse the results of data is ANCOVA test,

Interpretation of data

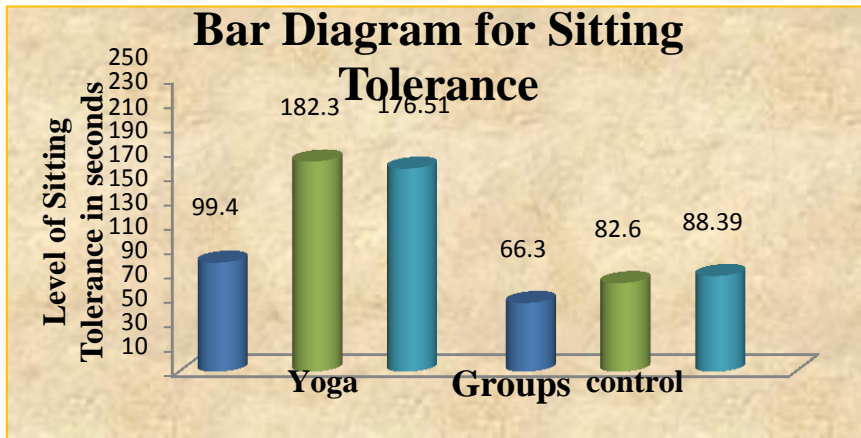
Table – I
Computation of Analysis of co variance of Sitting tolerance

Test	Yoga	Control	Source of variance	Sum of square	df	Mean sum of square	F ratio	Table value
Pre	99.4	66.3	between	5478.05	1	5478.05	1.72	4.41
			within	16980.5	18	9433.91		
Post	182.3	82.6	between	49700.45	1	49700.4	5.25*	4.41
			within	170364.5	18	9464.69		
Adjusted	176.5	88.39	between	16500.35	1	16500.3535	4.71*	4.45
			within	59465	17	3497.94		
Mean gain	-82.9	-16.3						

significant at 0.05 level, table values for (1, 18) and (1, 17) are (4.41) and (4.45) respectively.

Table –I shows it was found that obtained F value of pre-test of Sitting tolerance score 1.72 was not significant at 0.05 level of confidence as the obtained value was lesser than the required table value, and that obtained F value of post test score and adjusted mean score of Sitting tolerance were 5.25, 4.71 respectively significant at 0.05 level of confidence as the values were greater than the required table value.

The obtained adjusted mean values of Sitting tolerance are presented through bar diagram



CONCLUSION

The result of the study showed that the physical variable Sitting tolerance significantly increased due to six weeks of yogic practices among children with autism, the result of study also reveals that the appropriate yogic practices majorly helped to reduce the symptoms of Autism and substantially improved in functional abilities through increasing sitting tolerance.

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Journal article

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