



EFFECT OF BREATHING TECHNIQUE ON EMOTIONAL FACTORS OF WOMEN

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ABSTRACT

The study was designed to investigate the Effect of breathing technique on emotional factors of women. To investigate the study, thirty women were randomly selected from house women at Coimbatore and their age was ranged between 30 and 35 years. The subjects were randomly assigned to two equal groups (n=15). All the subjects were divided in to two groups with 15 subjects each as experimental and control group. Group-I underwent Breathing technique for a period of 12 weeks and group-II acted as control who did not participate in any special training other than the regular routine. The emotional factors variables such as anxiety and stress were selected as dependent variables. Pre and post-test random group design was used for this study. The dependent 't' test was applied to determine the difference between the means of two groups. To find out whether there was any significant difference between the experimental and control groups. To test the level of significant of difference between the means 0.05 level of confidence was fixed. The result of the study shows that, there was a significant improvement takes place on anxiety and stress of women due to the Effect of breathing technique. And also concluded that, there was a significant difference exists between experimental and control groups in anxiety and stress. The control group did not improve the selected criterion variables.

KEYWORDS: *Breathing Technique, anxiety and stress,*

INTRODUCTION

Breathing is a necessity of life that usually occurs without much thought. When you breathe in, blood cells receive oxygen and release carbon dioxide. Carbon dioxide is a waste product that's carried back through your body and exhaled. Improper breathing can upset the oxygen and carbon dioxide exchange and contribute to anxiety, panic attacks, fatigue, and other physical and emotional disturbances. The next time you're feeling anxious, there are a variety of anxiety breathing exercises to try. Learn how to use breathing exercises to help relieve feelings of anxiety and stress. This type of breathing, called thoracic or chest breathing, causes an upset in the body's oxygen and carbon dioxide levels, resulting in increased heart rate, dizziness, muscle tension, and other physical sensations. Your blood is not being properly oxygenated, and this may signal a stress response that contributes to anxiety and panic attacks. Diaphragmatic or deep breathing, on the other hand, stimulates the parasympathetic nervous system, which is part of the peripheral nervous system responsible for regulating heartbeat, blood flow, breathing, and digestion. Deep breathing helps you avoid the "fight-or-flight" response (acute stress response) to mentally or physically terrifying situations. Any type of deep breathing exercise can be effective for relieving

anxiety. Sheryl Ankrom (2012)

METHODOLOGY

The purpose of the study was to find out the Effect of Breathing technique. To achieve the purpose of the study, thirty house women were Coimbatore. The subjects were randomly assigned in to two equal groups namely, Breathing technique group (BTG) (n=15) and Control group (CG) (n=15). A pilot study was conducted to assess the initial capacity of the subjects in order to fix the load. The respective training was given to the experimental group the 3 days per weeks for the training period of 12 weeks. The control group was not given any sort of training except their routine.

DESIGN

To evaluate emotional factors variable anxiety was questioner test and stress was by questioner test. The parameters were measured at baseline and after 12 weeks of Waling technique were examined.

STATISTICAL ANALYSIS

The collected data before and after training period of 12 weeks on the above said variables due to the Effect of



breathing technique was statistically analysed with ‘t’ test to find out the significant improvement between pre and post-test.

In all cases the criterion for statistical significance was set at 0.05 level of confidence. (P<0.05)

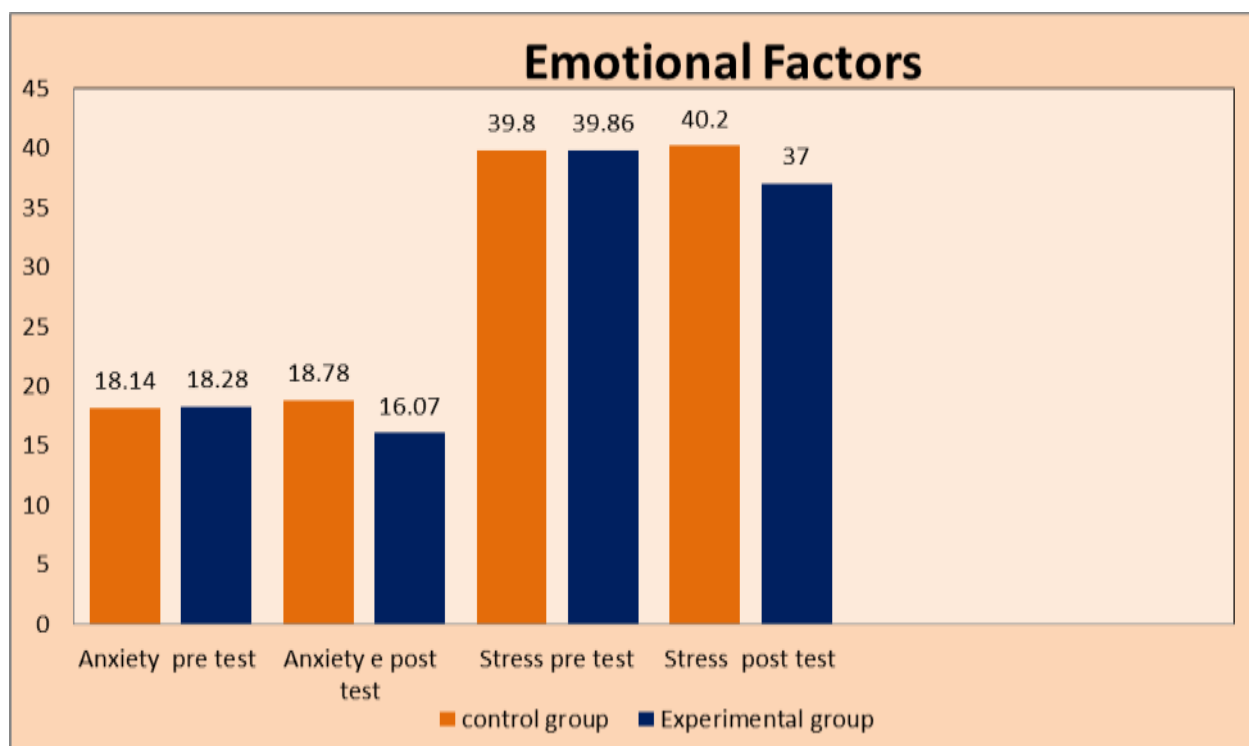
Table I
 Computation of ‘T’ Ratio on experimental group and Control group selected House women Coimbatore.

Group	Variables		Mean	N	Std. Deviation	Std. Error Mean	t ratio
Experimental Group	Anxiety	Pre	18.28	15	1.58	0.29	7.38*
		Post	16.07	15	1.38		
	Stress	Pre	39.86	15	2.50	0.50	
		Post	37.00	15	1.96		
Control Group	Anxiety	Pre	18.14	15	2.76	0.46	1.38
		Post	18.78	15	3.06		
	Stress	Pre	39.80	15	4.74	1.01	
		Post	40.20	15	3.70		

*Significant level 0.05 level degree of freedom (2.14, 1 and 14)

Table I reveals the computation of mean, standard deviation and ‘t’ ratio on selected emotional factors variable namely anxiety and stress of experimental group. The obtained ‘t’ ratio on anxiety and stress were 7.38 and 5.66 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained ‘t’ values were greater than the table value it was found to be statistically significant. Further the computation of mean,

standard deviation and ‘t’ ratio on selected Health related fitness variable namely anxiety and stress of control group. The obtained ‘t’ ratio on anxiety and stress were 1.38 and 0.39 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained ‘t’ values were lesser than the table value it was found to be statistically not significant.





DISCUSSION ON FINDINGS

The result of the present showed the Effect of breathing technique on emotional factors of women.. And there was a difference between experimental group and control group. The findings of the present study are in line with investigator referred in this study. Anxiety and stress developed due to the game specific training after 12 week training period. **Deniz (2021)** The Effect of Breathing Exercise on Stress Hormones. **Rickard(2015)**. Breathing techniques associated with improved health outcomes. **Vagedes (2014)** The Buteyko breathing technique in children with asthma. Investigated Effect of breathing technique on emotional factors of women. From the result of the present study, it is speculated that the observed changes in anxiety and stress may properly designed game specific which are suitable for male tennis players.

13. Deniz (2021) *The Effect of Breathing Exercise on Stress Hormones The Effect of Breathing Exercise on Stress Hormones*. Cyprus J Med Sci 2021;6(Suppl 1):22-27.

CONCLUSION

1. There was a significant improvement takes place on selected emotional factors variable due to the effect of 12 weeks breathing technique.
2. There was a significant difference exists between experimental and control groups on selected emotional factors variable such as anxiety and stress.

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