

ABSTRACT

OBJECTIVE:

The purpose of this study is to find out the efficacy of Yoga Therapy in alleviating the psychopathological symptoms in young women with physical disabilities.

METHOD:

An experimental study was conducted on a sample of Women with physical disabilities. The standard tool, measuring the level of Depression, anxiety and stress DASS 21 was used. The subjects were from the Association of People with Disability (APD), Bangalore. This was a two group Pre-Post experimental design, with an experimental group and a control group. Both groups were assessed for depression, anxiety and stress at baseline and after 4 weeks. The sample size was 110 and Duration of the intervention was 4 weeks.

RESULT:

In the yoga intervention group, There was a significant decrease in depression (%change 29.4, pValue is .000) anxiety (%change -33.3, pValue .000), stress (%change -37.1, pValue is .000). In the control group there was a significant decrease in anxiety (% change -7.84, pValue is 0.000) And stress (% change -11.53, pValue is 0.000) after 1 month compared to baseline in the Control Group. But, Depression showed no significant difference (% change -0.83, pValue is 0.102)

CONCLUSION:

It was an Encouraging result, showed that yoga can reduce depression, anxiety and stress. Yoga intervention proved beneficial for Women with physical disability, to tackle their psychological problem. And also works as a therapeutic support.

KEY WORDS:

Yoga, physical disabilities, depression.