

CHAPTER 4 : AIMS & OBJECTIVES

4 AIMS AND OBJECTIVES

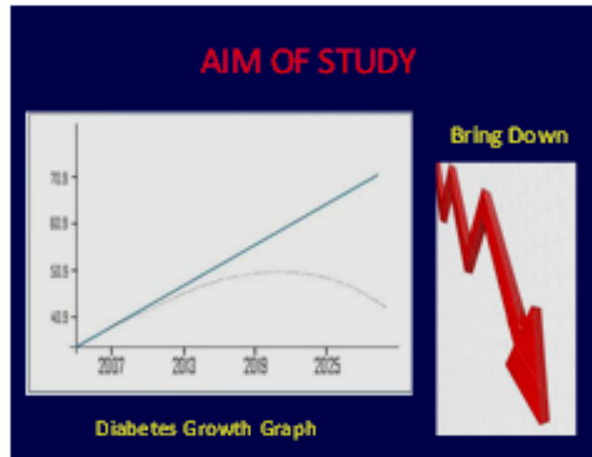


FIGURE 97: AIM OF STUDY

4.1 AIMS OF THE STUDY

- To study the effect of yoga based Lifestyle Modification in Prediabetes.
- To study the effect of yoga based Lifestyle Modification of stress on prediabetes, Diabetes.
- To reduce and control the growing curve of Diabetes in India

4.2 OBJECTIVES OF THE STUDY

To determine the effect of yoga based lifestyle Modification on

- Fasting blood sugar in Pre-diabetics.
- Post Prandial blood sugar in Pre-diabetics.
- Glycated Hemoglobin (HbA1C) in Pre-diabetics

- BMI in Pre-diabetics
- To determine the effect of yoga based lifestyle Modification on Psychological variables like
 - Perceived stress scale in Pre-diabetics.
 - Anxiety and depression using Stress Analogue Scale in Pre-diabetics.
 - Quality of life using scale PHQ in Pre-diabetics.
- To determine the benefits and barriers Questionnaire that the community faces while incorporating yoga into routine practice (Developed by Psychology dept. SVYASA).
- To determine Knowledge, Attitude, and Practice of yoga (Based on Kuppuswamy scale).

4.3 JUSTIFICATION OF THE STUDY

Prevalence of T2DM and impaired glucose tolerance in urban areas increased than rural areas seen in the multistage survey (Sadikot et al., 2004). A 10-year follow-up study on the Prevalence of T2DM and obesity demonstrates an increase in T2DM and Prediabetes in rural areas against urban areas (Tandon et al., 2018). Follow up study showed a higher increase in the low-income group (increase by 135%) than in the middle-income group (increase by 24%) (Deepa et al., 2011). The economic boom resulted in Urbanization with lifestyle change (Ajay et al., 2008). Prevalence of T2DM as seen by glucose tolerance test increases by increasing age, body mass index (BMI), waist score, and monthly income (Anjana et al., 2017).

4.4 HYPOTHESIS

- Hypothesis
 - Integrated Approach of yoga therapy can prevent the conversion of Prediabetes to T2DM
 - Integrated Approach of *yoga* therapy can revert Prediabetes to non-diabetes
- Null hypothesis

- Integrated Approach of yoga therapy cannot prevent the conversion of Prediabetes to T2DM
- Integrated Approach of *yoga* therapy cannot revert Prediabetes to non-diabetes