Effect of *Surya Namaskar* and *Yoga Nidra* on Menstruation Problems of Adolescent girls

Abstract

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Adolescence is a developmental transition between childhood and adulthood. In this phase of growth and development there are several physical, physiological changes take place in the body which generally affect and affected by psychological changes developed simultaneously. Menstrual cycle is the one of the major change occurred in the female’s body. Though menstruation is a normal physiological process, many a times it is associated with physical discomforts and anxiety before and during menstruation. The physical and psychological changes may reduce self-concept of adolescent girls. The physical and psychological problems affect the daily routine, as well as physical and academic performance. *Surya Namaskar* and *Yoga Nidra* offer great help at puberty. The purpose of the present study is to check the effects of *Surya Namaskar* and *Yoga Nidra* on physical and psychological problems of adolescent girls during their menstruation. For this purpose researcher selected 180 girls in early adolescence years (mean age=13.23 ± 0.756) who have started their menses students using simple random sampling technique. The girl students were assigned into three equal groups (n=60 in each group) viz., *Surya Namaskar* (SNG), *Yoga Nidra* (YN) and control group (CG) and 24 weeks well designed *Surya Namaskar* and *Yoga Nidra* programme is implemented on respective group. Teacher-made questionnaire for measuring physical problems of adolescent girls, Self-concept Scale by Dr. Saraswat (1981) and Sinha’s Comprehensive Anxiety Test (1973) are used for data collection. The data was analyzed with the help of S.P.S.S. version 17.0 by using One-way ANOVA and Scheffe’s post-hoc test. It is concluded that, both *Surya Namaskar* and *Yoga Nidra* programme help to reduce physical problems (p < 0.01) of adolescent girls during menstruation and reduce their anxiety level (p < 0.01) as well as improve their self concept (p < 0.01) from average level to high level in 24 weeks. *Surya Namaskar* is proved more effective than *Yoga Nidra*.

Key words: *Surya Namaskar*, *Yoga Nidra*, Menstrual problems, Adolescent girls.