

## CHAPTER FOUR

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## **4. AIMS AND OBJECTIVES**

### **4.1 AIMS OF THE STUDY**

To study the physiological, anthropometric and psychological changes after 5 weeks of yoga practices of Integrated Approach of Yoga Therapy, IAYT in overweight and obese adolescents.

### **4.2 OBJECTIVES OF THE STUDY**

- To identify the design of IAYT for obesity in adolescents.
- To validate IAYT for obesity in adolescents.
- To identify feasibility of validated IAYT for obesity in adolescents.
- To study the effect of IAYT on anthropometric, physiological, psychological and cognitive parameters.

### **4.3 JUSTIFICATION OF THE STUDY**

All recent published work & scientific literature study indicated the need to have Yoga as a Life Style modification & more research is required to work on specific IAYT for adolescents. There are no studies in which intervention module for adolescent obesity is prepared and validated. Treating obesity seems simple but maintaining the weight and sticking to an exercise routine is the most difficult part. Main focus of IAYT should be to prevent individuals from becoming obese i.e., to prevent weight gain and to improve the efficacy of weight reduction. The ancient practice of Yoga may help children and young people to cope with stress and thus contribute positively to mental health. Yoga has been found to be an effective tool for the management of obesity.

To manage stress level & reduce psychological problems which are very common, weekly counseling sessions are required. Parents & Teachers counseling sessions are need of time as without their participation controlling growing problem of obesity cannot be reduced. There is enormous need to study the efficacy of IAYT on adolescent obesity.

### **4.4 HYPOTHESIS**

IAYT may improve anthropometric, physiological, psychological and biochemical assessments in adolescent obese children.

#### **4.4 NULL HYPOTHESIS**

IAYT may not improve anthropometric, physiological, psychological and biochemical assessments in adolescent obese children.

#### **4.5 SCOPE**

The scope of the study includes adolescents of any origin, both males and females, between the age group of 11-17 years, living in Maharashtra, India and who qualify as overweight and obese according to the BMI for age criteria.