

عنوان مقاله:

Effectiveness of ۱۲ Weeks of Cyclic Yoga Exercise on the Perception of Pain in Middle-Aged Women with Type ۲ Diabetes

محل انتشار:

اولین کنفرانس بین المللی دانشجویان علوم ورزشی و تربیت بدنی (سال: 1401)

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خلاصه مقاله:

Introduction: Diabetes is defined as a metabolic disorder associated with chronic pain and is an important health and socioeconomic problem in the world. Cyclic Yoga is known as a low-cost and non-pharmacological therapy that can have a positive effect on the perception of pain in diabetic patients. The aim of the research was the effectiveness of ۱۲ weeks of cyclic yoga exercise on the perception of pain in middle-aged women with type ۲ diabetes. Methods: ۴۲ diabetic women were assigned either to the cyclic yoga group (n=۲۱, ۵۴.۷۱±۵.۰۸۱ years) or the control group (n=۲۱, ۵۳.۳۸±۵.۳۲۴ years). The cyclic yoga group did ۵۰-۹۰ minutes of Yoga sessions three times a week. McGill Pain questionnaire (MPQ) was used to assemble information at before and after ۱۲ weeks of cyclic yoga. One-Way ANOVA was used for group comparison and dependent T-test was used for in-group measurement. Statistical analysis was performed with SPSS version ۲۴ software. Result: Analysis of the variance test showed the non-significance of pain perception variables between cyclic yoga group and control group in pre-test. But, the analysis of the variance of pain perception variables showed that there is a significant difference between cyclic yoga group and control group in post-test. The results of the T-test of the Sensory pain, Emotional pain, VAS, Current pain, and Total pain variables showed that there was a significant decrease in the cyclic yoga group from the pre-test to the post-test but, there was a significant increase in the control group from pre-test to post-test in all ariables. Conclusion: Cyclic yoga exercises as .an effective and accessible non-pharmacological treatment lead to the improvement of various dimensions of pain

کلمات کلیدی:

Cyclic Yoga, Chronic Pain, T۲DM, Middle-Aged

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