



**EFFICACY OF YOGA ON ANXIETY AND DEPRESSION MOTHERS OF
CHILDREN SUFFERING AUTISM IN SHIRAZ**

¹FATEMEH HOSEINI, ^{2*}VALI NOWZARI, ³YOUNES MOHAMMADZADEH

1: M.A student of Sports Management, Department of Physical Education and sports sciences, Arsanjan Branch, Islamic Azad University, Arsanjan, Iran

2: Assistant professor, Department of Physical Education and sports sciences, Arsanjan Branch, Islamic Azad University, Arsanjan, Iran

3: Assistant professor, Department of Physical Education and sports sciences, Arsanjan Branch, Islamic Azad University, Arsanjan, Iran

Corresponding Author: Dr. Vali Nowzari

ABSTRACT

The purpose of this study was to investigate the effect of yoga on depression, anxiety and stress in mothers of autistic children were in line with the above objective, Among the mothers of autistic children by supporting education and welfare of the city of 61 patients were randomly selected. Sample by the scale of depression, anxiety and stress (DASS-21) was tested in 20 sessions of yoga now and then, ultimately, then tested again. . To analyze the data, t-test for independent groups was used. . Research findings suggest that yoga on depression, anxiety and stress affect mothers of children with autism. The result is that yoga can lead to depression, anxiety and stress in mothers of children with autism is.

Keywords: Depression, Anxiety, Stress, Autism and Yoga

INTRODUCTION

Of the family as a social institution and primary cell of society, or the smallest fundamental unit of society, is of considerable interest to psychologists. In the last 15 years due to the increasing influence of experiences within the family and the general impact on the development of

children's behavior and thinking of family members, Some experts consider the family as a system, and emphasized that the influence of the family as a unit, it is much more than a collection of components (Rohner, 2001) Relationships between family members, the most important

constituent element of the family as an organization. Relations between members of the ruling family, creating a space where emotions, feelings and behaviors occur and mutually influence on family relations. Thus, to understand the structure and process of governing the relations between members of the family on the one hand and on the other members of the family to be analyzed (Hoseynian et al., 2005). Many children and adolescents due to unfavorable family environment and a warm and reassuring parents optimistic and loss of self-esteem in connection with the classmates Maladjustment, progress, and self-image been successful academic. Parents helpless, unaware and unconcerned about the importance of a warm and friendly with children, creating an uncomfortable environment at home, children with low self-will and resilience. Many children and adolescents due to unfavorable family environment and a warm and reassuring parents optimistic and loss of self-esteem in connection with the classmates Maladjustment, progress, and self-image been successful academic. Parents helpless, unaware and unconcerned about the importance of a warm and friendly with children, creating an uncomfortable environment at home, children with low self-will and resilience. Parents have learned helplessness, depression and high contrast in

their thinking and behavior in relation to children in the family and home environment influences that surround this type of thinking puts itself formed by an individual in the family And the possibility that this form of the family, little is lost (et all Glavak, 2003). More specifically associated with increased stress and stress in families of autistic children, the normal activity Family functioning and affect the normal functioning of the family and sometimes in extreme cases may disrupt to increase the level of parental anxiety, and this has continued to face many difficulties in their life. Autism is a pervasive developmental disorder characterized by impaired social interaction between sustained damage, delay or deviation communication and stereotyped patterns of communication is limited. Some features of this disorder, as well as slow and difficult diagnosis, symptoms after a period of normal and normal child development, lack of definite and effective treatment and the prognosis is not so good, he can push severe mental impose on families and parents. In any chronic disorder after doctor examinations and tests for the diagnosis of multiple disorders the condition of the suffering caused to families and households under effect on that. This could be very different initial reactions of the parents, But most of these reactions under various loads

parents and their environment with a wide range of total denial of the problem of coming up with a severe or different treatment. For many problems the children, families and especially mothers of children with autism from tension and stress many suffer (White, Schry, Maddox, 2012) Research has shown that families of children with autism and Down syndrome stress than parents of children with mental Mandh are involved with the child and limits the interaction and social activities family and interpersonal relationships affect them, the job has a negative effect, Due to the lack of progress, and in some cases will leave little time and energy due to the high maternal employment responsibilities at home to care for a child with autism increase is, is. The family life revolves around an autistic child. A child with Avtystym disorder causes depression, Anxiety, stress, shame on the parents, and studies have shown that in some cases cause also has a negative effect on marital relations, because it further discussion between husband and wife of children with autism, treatment, care of him and thus more distance between them (Weiss, Perry, Wells, 2010). Most mothers of autistic disorder, with the reaction of denial, confusion, anger and depression. Research that focuses on the difficulty mothers, mothers of children with other problems

such labeling and family, blaming the mother for the development of the disorder, comparison with normal children and children with uncertainty Current Mac and colleagues (2008) found that mothers who have children with intellectual disability is more stress and more problems in family relations experience. Against the (cognitive and behavioral efforts to overcome stress, endurance, reduce or minimize it), Lazarus and Folkman (1979) Research has shown that families of children with autism and Down syndrome families of mentally retarded children and stress involved with it (Gray, 1997). Studies show that parents, particularly mothers of autistic children are at risk of mental health problems Based on some of the issues that face the stress of mothers of children with autism are stuck. There is considerable evidence that high levels of stress with the task of caring for children with disabilities, including autism is (Duarte et al., 2005).

Research background

Internal research

Tayyebby *et al* (2011) Effects of Hatha yoga exercises on stress, anxiety and depression in hemodialysis patients evaluated. The study, which was conducted on 31 patients in Tehran's Yoga courses, showed a positive effect on stress, anxiety and depression in hemodialysis patients have. Riahi *et al* (2011) the effect of cognitive behavioral

therapy and supportive mental health and irrational beliefs of mothers of children with autistic disorder were examined. Their research showed a positive effect on the course of cognitive behavioral therapy and mental health of mothers with autistic's Friend. Guide and colleagues (2011) also influenced yoga on depression in women with multiple sclerosis were examined. The results are consistent with other studies conducted on patients with multiple sclerosis showed that yoga can have a significant impact on depression in these patients. Kamarzin et al (2012) Impact of Yoga on resiliency and components of psychological well-being of women in both groups (15 people) are investigated. Based on the findings of this research study was carried out successfully on both resiliency and well being of affected groups studied.

External research

The first or mud (2010) in Ankara as an indication of quality of life scores after the program, the better the scores obtained before the application of Yoga and yoga help achieve relaxation and stress reduction is worthwhile. In a review by Buffart et al (2012) as the physical and mental benefits of yoga in patient's cancer for more than twenty-one cases were examined in this study. The results showed that most of the research has been done to reduce the high distress, anxiety, and depression has. The

average decrease in fatigue and a moderate increase in the quality of public life and social functioning, emotional functioning seen is. Speed-Andrews and colleagues (2010) examined the quality of life and psychosocial functioning in breast cancer survivors to participate the yoga program began in Canada. In this study, 8 one-hour yoga sessions were held in pre-test and post-test were compared. The results show significantly improved performance of the participants in the yoga sessions. While the courses held was able to positively affect the quality of their lives. In another study conducted by researchers at the University of Texas MD Anderson Cancer Hospital (according to Rosenblatt *et al.*, 2011) on 61 women who have had breast surgery and radiation therapy for breast cancer were treated for 6 weeks; In another study conducted by researchers at the University of Texas MD Anderson Cancer Hospital (according to Rosenblatt *et al.*, 2011) on 61 women who have had breast surgery and radiation therapy for breast cancer were treated for 6 weeks; In another study conducted by researchers at the University of Texas MD Anderson Cancer Hospital (according to Rosenblatt *et al.*, 2011) on 61 women who have had breast surgery and radiation therapy for breast cancer were treated for 6 weeks; Was observed in the present study is consistent with the practice

in areas such as Although there is a sex difference is not statistically significant.(Betts, 2006), Diane. Betts, in a book entitled "Yoga for children with autism," the effect of yoga on reducing behavioral problems in children and provide a step by step guide for mothers, and educators in the use of yoga is about.However, as the title of the book can be found in this book focus on individuals with autism are not their parents.Unfortunately, little information is available about the amount of stress and anxiety among mothers of children with autism has led to integrated management plans for the interaction between health agencies,Sports and psychological training to reduce risks that threaten families of children with autism, there is, and the lack of support strategy is simple, efficient and based exercise to reduce Anxiety and Stress in mothers of children with autism, also exacerbate the problem and serious disturbances in the lives of these groups have been The need for targeted research and information on the problems seen in families of children with autism And ways to overcome them has become a necessity in this area.

METHODOLOGY

Quasi-experimental study. In this study, an experimental group with pre-test and post-test were used.The population

Since the objective of this study was to determine the effects of yoga on stress, anxiety and depression in mothers of children with autism, as well as with regard to the Note that this study was done on mothers of children with autism in the city The study sample consisted of 75 women Autistic children in the city of Shiraz in 2013 their son's autism coverage of education or welfare centers have been trained.Sample Sampling Methods

Random sampling method was used for sampling. For this purpose the education and welfare of the city families with children with autism who were covered by the two institutions have been identified and their mothers in a meeting at the invitation of local education authorities were gathered. Research project description on the importance given to them then randomly sampled, and 61 were selected.

Variables

Independent variable: Yoga

Dependent variables: depression, anxiety and stress

Measurements

Scale for Depression, anxiety and stress (DASS-21)

Data analysis

In this study, the dependent variable of depression, anxiety and stress and the type of hypotheses have been proposed to analyze the data, descriptive statistics were

used to sort the data, This is based on data obtained from this study are shown in the tables. The t-test was used to analyze data related assumptions were used.

RESULTS

Research hypothesis

First hypothesis: yoga on depression in mothers of children with autism courses effectively. According to the study, and taking into consideration the fact that in this study, the pre-test and post-test were used for a group. To investigate this hypothesis, the t test was used for groups of test results are presented in the following tables.

Null: yoga courses for mothers with children with autism have no effect on depression.

Suppose the contrary: yoga on depression in mothers of children with autism courses effectively.

Suppose the contrary: yoga on depression in mothers of children with autism courses effectively.

The **Table 3** of descriptive indicators of depression in pre-test and post-test is presented. According to the information

provided before running out of depression yoga participants To 65/17 and then run the test was 8.18.

According to what was presented in the **Table 4** mean the difference between pre-test and post-test is 9/47. T-value is equal to 9/47 and 60 degrees of freedom. Significance level is equal to 0/001. According to the available information, it can be said there is a significant difference between pre-test and post-test. The researchers hypothesized that the effect of yoga on depression in mothers of children with autism are approved. The second hypothesis courses yoga on anxiety of mothers with autistic children effectively.

Null hypothesis: the effect of yoga on anxiety in mothers of children with autism do not.

Suppose the contrary: the anxiety of mothers of children with autism yoga courses.

The **Table 6** in the pre-test and post-test anxiety descriptive indicators presented. According to the information provided before running out of anxiety yoga participants to 16/13 and then run the test was 7/95.

Table 1: Descriptive statistical analysis of the experimental variables

Standard error	Standard deviation	Average	Variable
0/993	7/76	17/65	Depression
0/771	6/02	16/13	Anxiety
1/08	8/48	27/18	Stress

Table 2: Descriptive indicator variables in the test

Standard error	Standard	Average	Variable
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	deviation		
0/280	2/18	8/18	Depression
0/271	2/11	7/95	Anxiety
0/507	3/96	10/77	Stress

Table 3: Descriptive indicators of depression in the pretest and posttest

Standard error	Average	Average	Variable
0/993	7/76	17/65	Depression test
0/280	2/18	8/18	PPD test

Table 4: Results of t-test and post-test to compare the scores of depression in mothers of children with autism

Significance level	Degrees of freedom	t	Standard error	Standard deviation of the differences	The mean differences	Variable
0/001	60	/14 10	0/934	7/29	9/47	Depression test
						PPD test

Table 5: Descriptive measures of anxiety in the pre-test and post-test effectively

Standard error	Standard deviation	Average	Variable
0/771	6/02	16/13	Pre-test anxiety
0/271	2/11	7/95	Test anxiety

Table 6: Results of t-test to compare the pre-test and post-test anxiety scores of mothers of children with autism

Significance level	Degrees of freedom	t	Standard error	Standard deviation of the differences	The mean differences	Variable
0/001	60	/15 11	0/733	5/72	8/18	Pre-test anxiety
						Test anxiety

DISCUSSION AND CONCLUSION

First hypothesis: yoga on depression in mothers of children with autism are effective. The results presented suggest that yoga leads to lower rates of depression in mothers with children has autism. These findings are consistent with findings by Tayyebi and colleagues (2011), Rahnama and colleagues (2011), NajafiDolatAbadi *et al* (2011), Yazdani and Babazadeh (2012), Rozenblat *et al* (2011) speed Andrews *et al.* (2010) by Bofart *et al* (2012) are consistent. Tyby *et al* (2011) in research on

the effect of Hatha yoga exercises on stress, anxiety and depression in hemodialysis patients over 31 patients in Tehran's case was concluded that this practice can have a positive impact. Significantly on stress, anxiety and depression in hemodialysis patients have. The explanation for this finding could be due to relaxation is an important component of Hatha yoga exercises, control stress, anxiety and depression and acceptance is. It seems that yoga has the ability to lower plasma catecholamines. It also significantly reduces

sympathetic nervous system activity, even against some exercises like Pranayama many chemical biological agents such as choline levels and reduced blood sugar. Some studies also suggest that the practice of serum cholinesterase, catecholamines, plasma, serum lipids, cholesterol and regulate. The new findings suggest that the depression Changes in brain biochemistry and chemical fluctuations of certain neurotransmitters such as serotonergic system have an active role in the development and stability of depressive illness. Yoga to the effect that the activities of the autonomic nervous system, especially the sympathetic system, either directly or indirectly affect regulation Neurotransmitters in the brain serotonergic and dopaminergic neurotransmitter chemical that plays a role. Why can effectively reduce problems such as depression occurs. Thus, according to the findings of this study and the results of the studies, especially in recent decades the positive effects of yoga on stress and psychological problems, they can practice using low-cost and simple and fun yoga to improve and even prevent such problems, especially in chronic diseases steps. The second hypothesis: the anxiety of mothers of children with autism is effective yoga exercises.

The results presented suggest that yoga may reduce the anxiety of mothers with children has autism. These findings are consistent with findings by Tayyebby and colleagues (2011), Rahnama and colleagues (2011), Rezai and Ghaneian (2012), Kamarzyn *et al* (2012), the village government NajafiDolatAbadi *et al* (2012), Yazdani and Babazadeh (2013), and YaglyAvlgr (2010), Chandvany *et al* (2010), Koenig *et al* (2012) are consistent. Some research has been done to increase alpha waves in the brain and reduce cortisol levels after exercise, yoga have been reported. Other studies show a conscious state after doing yoga exercises are focused on.. Hatha yoga exercise on the other hand, studies show the positive role of exercise in cardiac function - breathing, mental status and melatonin after three months interconnected mind and body have long been clear and objective of yoga as a philosophy of life. East to deliver the balance of the power device compatibility mental, nervous, immune, cognitive and modulation of autonomic nervous system and increase the physical stability And modulation of the immune system and the body's resistance to increasing the quality of life and overall health effect leaves. Yoga series of interventional procedures, physical, psychological, social and spiritual impact of oriented and provides systematic human needs. Physical exercise and yoga breathing,

flexibility and muscle strength increases, circulation and absorb oxygen and hormones to improve system performance. In addition, relaxation and meditation in yoga to confirm the release of autonomic nervous system and control all emotions leads to an improved sense of well-being of the individual.

In general we can say that the practice of slow motion, such as stretching, strengthening moves status of the specific yoga breathing exercises and physical synchronization and full attention to what taking place, the benefits will gradually increase. In much of the state of yoga (asanas) it is possible to image the body to demonstrate the mental picture of the person that it is very easy to understand. This Exercise are also a way to bring people to shy, introverted, or Even those who are somewhat difficult problems aside and a new sense of freedom and liberation of experience. Thus, the need to express their feelings and opinions are met when they are opportunity to exhibit their physical movements, the mental creativity will be more. Yoga provides the opportunity to develop a strong sense of confidence and self are extremely valuable. Exercises are also a way to bring people to shy, introverted, or Even those who are somewhat difficult problems aside and a new sense of freedom and liberation of

experience. Thus, the need to express their feelings and opinions are met When they are Hyja opportunity to exhibit their physical movements, the mental creativity will be more. Yoga provides the opportunity to develop a strong sense of confidence and self are extremely valuable. Exercises are also a way to bring people to shy, introverted, or Even those who are somewhat difficult problems aside and a new sense of freedom and liberation of experience. Thus, the need to express their feelings and opinions are met When they are Hyja opportunity to exhibit their physical movements, the their mental creativity will be more. Yoga provides the opportunity to develop a strong sense of confidence and self are extremely valuable.

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