



## Effect of Yoga on Well-Being of Adults

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### Abstract

Present study investigates to the study of well-being among Regular performer yoga and Not-performer of yoga adults. Total sample 100 subjects in which 50 subjects were from Regular performer yoga and 50 were selected from Not-performer yoga adults. All subjects included in the study from Jalna district. The dependent variable well-being is measured by general well-being scale developed by Dr. Vijay Laxmi Chauhan and Ravi Kirti Didwania. Results concluded that the Regular performer yoga and Not-performer yoga adults significantly differ on well-being. Regular performer yoga adult's level of well-being is higher than the not-performer yoga adults. Male and female adults not differ significantly on well-being.

### INTRODUCTION

Yoga, derived from the Sanskrit word meaning "the unity of body and mind," encompasses a blend of breathing techniques, physical postures, and meditation. This practice has been an integral part of Eastern traditional medicine for over 5,000 years. Within the philosophical framework of yoga, hatha yoga focuses on physical training, incorporating postural exercises (asana), controlled breathing (pranayama), and relaxation and meditation (shavasana).

According to Patanjali, the primary goal of yoga is to curb the fluctuations of the mind, encapsulated in the phrase "Yogaschhitta vritti nirodhah." Yoga seeks to analyze, eliminate, and transform various samskaras, or mental complexes, to restore balance within the personality and prepare the mind for higher psychic and spiritual achievements. As Swami Satyananda articulates, "Yoga is a science of consciousness." He elaborates that yoga enables mastery over all stages of consciousness, allowing us to become observers of our experiences. Interestingly, Freud's theory of the three levels of the mind—conscious, subconscious, and unconscious—was anticipated over two millennia earlier by Patanjali in his Yoga Sutras, where he detailed different levels of consciousness

and noted that only a small portion of the mind is conscious, while the majority remains hidden.

Well-being refers to the overall state of a person's health, happiness, and life satisfaction. It encompasses physical health, mental and emotional stability, social connections, and a sense of purpose or fulfillment. Achieving good well-being typically involves maintaining a healthy lifestyle, managing stress, fostering positive relationships, and engaging in activities that bring joy and meaning. Enhancing well-being is important for leading a balanced, fulfilling life. If you'd like, I can provide more specific information or tips on improving well-being.

Factors that impact well-being include a variety of physical, mental, social, and environmental elements; Yoga is highly beneficial for overall well-being. It promotes physical health through improved flexibility, strength, and posture, while also supporting mental and emotional health. Practicing yoga can reduce stress, anxiety, and depression by encouraging relaxation and mindfulness. The breathing exercises (pranayama) help calm the nervous system, improve concentration, and enhance sleep quality. Additionally, yoga fosters self-awareness and

emotional balance, contributing to a greater sense of inner peace and resilience. Overall, integrating yoga into your routine can lead to improved physical health, mental clarity, and emotional stability.

The present study aims to look at the effect of yoga on 6-min walked distance, rating of perceived exertion (RPE), recovery time following the walk and state of well-being. Statistically significant improvements were observed in 6-min walk distance (P value = 0.000), RPE (P value < 0.000), recovery time (P value < 0.000) and sense of well-being score (P value < 0.000). Yoga practices are beneficial in improving the functional capacity in young healthy adults. Yoga can very well be incorporated in medical practice for increasing the patient's functional capacity, for those who have limitations in performing aerobic training due to various health reasons. The improved state of well-being motivates the patients to adhere to yogic practices (Akhtar Pooja, Sujata Yardi, and Murtaza Akhtar, 20130).

The Institutional Ethics Committee of R.D. Gardi Medical College, Ujjain, IEC Ref No. 09/2018. All participants would be provided with written and verbal information about the purpose of the project and would be free to withdraw from the study at any time. Refusal to participate in the study would not have any negative consequences. Confidentiality of the information of each participant would be ensured. Knowledge obtained would be disseminated to stakeholders through workshops, meetings and relevant scientific conferences (Choudhary A. and *et al.* 2019).

The impact of Yoga on psychological well-being, life enhancement and quality of life among adults in Islamabad. For this purpose, 30 respondents aged between 18-30 were selected as a sample and approached in the two Yoga Centers. A questionnaire was given to the participants of the study to get answers to the research objectives. The results show that yoga was effective in daily life,

increasing the range of positivity and reducing the level of any other illness but new trainers were found to produce significant results of yoga among adults with psychological well-being, life enhancement, and quality of life (Kamakhya Kumar, 2007).

#### Objective Of The Study:

1. To study the level of Well-being of regular yoga performer and not-performer male & female adults
2. To investigate the level of Well-being male and female adults.
3. To study the interaction effect of well-being between the adults and gender.

#### Hypothesis of The Study:

- 1 There will be significant difference of Well-being between regular yoga performer and not-performer yoga adults.
- 2 There will be significant difference of Well-being between male and female adults.
- 3 There will be significant interaction effect between adults and gender on well-being.

#### Sample:

According to the purpose of present study total 100 adults from regular yoga performer and not-performer Yoga are randomly selected. In this study there were 50 male and 50 female included. All Sample taken from the Jalna district. Participants were aged between 24 and 40 years.

#### Variable:

In the present study following variables treated as dependent and independent.

Dependent variables:

1. Well-being

Independent variables

- 1) Adults

Regular performer yoga and Not-performer yoga

- 2) Gender:

Male and Female

#### Design

2 X 2 factorial design is use.

Gender (B)	Adults (A)	
	Yoga Performer (A1)	Non-Yoga Performer (A2)
Male (B1)	A1 B1	A2 B1
Female (B2)	A1 B2	A2 B2

**Tool**

**General well-being scale:**

This scale consist 50 items divided into Twelve areas- Physical well-being, Psychological well-being, Social, Happiness, Spiritual, Cultural & Religious Wellness, Active Life Style, Positivity, Economical Independency, Self Awareness, Family relations and Environmental Adjustment. The well-

being scale intends to measure the well-being of elderly which includes the all relative constructs and aspects of aging life. The tool may conveniently be administered to the adults also because statements are adult free.

The scale consists of 50 items, each item is to be rated on five point scale. There are 36 positive and 14 negative statements.

**Scoring system**

Sr. No.	Types of Items	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1	Positive	5	4	3	2	1
2	Negative	1	2	3	4	5

This scale includes various aspects of well-being. The statements were arranged random order to minimize the error of expectancy and practice.

The Cronach's Alpha reliability computed with the No. of 380 respondents found 0.78. The test retest was done after one month and it was found 0.72. Both the results are significant at 0.01 level of significance. To determine validity of the General well-being scale coefficients of correlation between the score of present scale and PGI general

well-being scale measures of S. K. Varma and K. Varma was computed the correlation of coefficient was found to be 0.83. When computed correlation of coefficient with Life satisfaction scale of Promila Singh and George Joseph (2000) was found to be 0.76. Both the results are significant at 0.01 level of significant. The scale also passed through face and content validity since each item was judged by experts.

**RESULTS AND INTERPRETATION**

**Table No. 1** Mean and SD of Well-being among Regular performer yoga and Not-performer yoga adults.

Adult	Gender	Mean	Std. Deviation	N
Yoga performer	Male	136.88	20.20	25
	Female	127.60	20.65	25
	Total	132.24	20.76	50
Not performer	Male	120.92	20.87	25
	Female	120.16	24.40	25
	Total	120.54	22.47	50
Total	Male	128.90	21.87	50
	Female	123.88	22.69	50
	Total	126.39	22.31	100

**Table No. 2** Summary of ANOVA on Well-being among Regular performer yoga and Not-performer yoga adults.

Source	Sum of Squares	df	Mean Square	F	p
Adults	3422.25	1	3422.25	7.33	0.01
Gender	630.01	1	630.01	1.35	N.S.
Adults * Gender	453.69	1	453.69	0.97	N.S.
Error	44797.84	96	466.64		
Total	49303.79	99			

Significant level (1, 96) at the 0.01 level = 6.76.

Significant level (1, 96) at the 0.01 level = 3.89.

Above table no. 2 shows that summary of ANOVA on dependent variable well-being. Subjects from Regular performer yoga and Not-performer yoga adults differ significant themselves on the dependent variable well-being. A summary of two way ANOVA shows that main effect adults is highly significant ( $F=7.33$ ,  $df$  1 and 96,  $p < .01$ ). According to table no. 4.1 mean and SD score of the regular yoga performer adults are (Mean = 132.34 and  $SD=20.76$ ) and not regular performer of yoga adult mean and SD score are (Mean = 120.54 and  $SD=22.77$ ). According to these result hypotheses no.1 “There will be significant difference of Well-being between regular yoga performer and not-performer yoga adults” accepted.

The table no 2 show that male and female subjects significantly differs among themselves on the dependent variable well-being. A summary of two way ANOVA shows that the main effect of gender is not significant ( $F=1.35$ ,  $df$  1 and 96,  $p > .05$ ). According to table no. 4.1 mean and SD score of the male adults are (Mean = 128.90 and  $SD=21.87$ ) and female adult mean and SD score are (Mean = 123.88 and  $SD=22.69$ ). According to this result hypothesis no. 2 “There will be significant difference of well-being between male and female adults” is rejected.

Above table no. 2 shows that summary of ANOVA on dependent variable well-being. The f value for the interaction effect between adults and gender is = 0.97 ( $F=0.97$ ,  $df$  1 and 96,  $p > .05$ ). F value is not significant both the level of confidence. According to this results hypothesis no.3, “There will be significant interaction effect between adults and gender on well-being” is rejected.

Results of previous studies reported positive effects of yoga on multiple health outcomes in elderly. However, there is scarcity of scientific information where yoga’s effect is examined on over well-being

and on multiple health outcomes simultaneously in elderly. research indicates that there is a significant difference in well-being between adults who regularly practice yoga and those who do not. Regular yoga practitioners often report higher levels of physical health, mental clarity, emotional stability, and overall life satisfaction. Yoga's combination of physical postures, breathing exercises, and meditation can reduce stress, improve flexibility and strength, and promote a sense of calm and mindfulness. Conversely, adults who do not practice yoga may not experience these specific benefits, potentially leading to lower overall well-being.

#### CONCLUSION:

Regular performer yoga and Not-performer yoga Adults significantly differ on well-being. Regular performer yoga adult’s level of well-being is higher than the not-performer yoga Adults. Male and female adults significantly not differ on well-being.

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