



Benefits of a Yoga Programme: an Investigation of Participant Perception

KEYWORDS

Yoga, Perceived benefit ,Participant

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ABSTRACT *The Present study was conducted to identify the perceived benefits of yoga by the participant before joining a yoga class and how much benefit they attained due to yoga classes. All the selected participant were enrolled in a yoga class at Arogya Kendra ,Delhi in place for more than six months .*

Data was collected with the help of a self made questionnaire in the month of August, 2013.Data was analyzed with the help of SPSS 16.0 Version. Frequency table ,Pie Chart, Bar diagram were used to present the data. Finding of the study revealed that relaxation, relief in joint pain, Stress relief , weight lose, workout or exercise and mediation/spiritual benefit were the chief perceived benefit that drive them to join yoga classes. participant attained moderate to major benefits by yoga classes. It was suggested that health problem specific yoga session, massage & naturopathy should be included in a yoga programme.

Introduction

Yoga the secret divine science of life, revealed to enlightened sages in meditation was firstly narrated by lord Shiva to his wife Parvati for upliftment of humanity' Indian culture has given many gifts to the world. One of the gifts which have taken the modern world by storm is the ancient art of Yoga. Around 200BC, Rishi Patanjali, compiled and refined the system of Yoga. He was the first person to put into writing all the verbal teachings of Yoga, which came to be known as Yoga Sutras ,Pancham Singh(1999).

He laid down 8 steps of classical Yoga. They include:

S NO	NAMES	MEANING
1.	Yama	Moral restraint
2.	Niyams	Observance
3.	Asanas	Postures
4.	Pranayama	Breath control
5.	Pratyahara	Controlling the senses
6.	Dharna	Concentration
7.	Dhyana	Meditation
8.	Samadhi	Transconsciousness

The first five steps which deal with the body and mind form the 'HATHA YOGA'. The latter three deal with 'RAJA YOGA'. The real Yoga is a combination of Hatha and Raja. Pratyahara (fifth step) bridges the two systems together.

DEFINITION OF YOGA

Yoga is a discipline to improve or develop one's inherent powers in a balanced manner. It offers the means to reach complete self-realization. The literal meaning of the Sanskrit word Yoga is "YOKE"

Yoga today is no longer restricted to hermits, saints, and sages and it has taken its place in our everyday lives and has aroused a world wide awaking and acceptance in the last few decades. The Science of Yoga and its techniques have now been reoriented to suit modern sociological needs and lifestyles Dr. SwamiKarmanan,(1991)

Expert of various branches of medicine including modern medical science are realizing the role of these techniques in the prevention of disease,

mitigation and cure of disease and promotion of health. A mere 25-30 minutes of Yoga asana every second or third day, if not daily, is sufficient to keep a perfect, balanced health (mind and body) even during old age, Collins Gem,(1961).

Scientific research have proven the fact that yoga has many benefits to various systems of the body .In India very few attempts have been made to find what benefit yoga participants perceived before joining a yoga class and how much they attain it. Even what are the characteristics of the yoga participant no enquiry has been made so far .In abroad many surveys have been conducted regarding yoga participants and what help and benefits they achieve by yoga programs. Saper Rb and others (1998) conducted a national survey in U.S to find the user characteristics and what benefits they attain by yoga. Similar surveys are also conducted by Surjet Birdee and etal(2002) to understand the characteristics and benefits which were attained by the participants. Keeping in mind the importance of yoga in today's fast life and to make yoga program more systematic the present study was taken by the scholar.

Material and Methods

Research design

The research design of this study was descriptive in nature .A survey was conducted with the help of a self made questionnaire.

Questionnaire was prepared with the help of expert of the physical education and yoga. following were the objectives of the study.

1. To determine the reason / perceived benefit of joining a yoga program.
2. To identify the characteristics and health problems of the participant .
3. To ascertain how much perceived benefit are attained
4. To find out the preference regarding yoga program.
5. To make the yoga program more systematic.

Firstly an initial draft questionnaire was prepared and expert views were taken .Then it was served to four to five subjects. Necessary modification in terms of

questions and sequence was done on the basis of the re-

sponses. Final draft was served to all the selected subjects of the study.

Selection of the subjects –

All the subjects of the summer project were taken from Arogya Kendra ,Delhi in place of vivekanand yoga ashram. All the subjects were enrolled in the yoga program at Arogya Kendra ,Delhi.Total thirty subjects were selected as subjects of the study. All the subjects were selected as per the convenient of the scholar.

First available thirty trainees of Arogya Kendra ,Delhi were taken as the subjects

Analysis of data-

Data was analyze with help of the SPSS 16.0 version. Raw data was recorded in the world excel sheet and was used in SPSS to analyze the data.

Frequencies Table with percentage were prepared to represent the data .Bar diagram and pie chart were also used to present the data graphically.

Result and Discussion

Result of the data collected from thirty participant of the study is as follows-

Analysis of the data revealed that out of total thirty subjects fifteen were male and fifteen were female. Participant belongs to instead of age ranges from 25 to 60 years age group. when respondent were asked about occupation eight person were housewives (26.7%),seven participant each belong to the group of businessman and student . Four participant each belonged to the category of Govt. servant and Pvt. job/MNC

Table -1.
Your Health problems

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Weight gain	4	13.3	13.3	13.3
	Emotional anxiety/ stress/depression	5	16.7	16.7	30.0
	high/low blood pressure	9	30.0	30.0	60.0
	Recent illness/operation	1	3.3	3.3	63.3
	Joint pain	10	33.3	33.3	96.7
	Respiratory problems(asthma)	1	3.3	3.3	100.0
	Total	30	100.0	100.0	

Analysis of the data revealed that when respondent were asked about the health problem Joint pain was consider as the most common problem

With Ten participants(33.3%).Heart condition /low and high blood pressure was also amongst the most common occurring health problem among respondent with nine participant(30%)Emotional anxiety ,stress and depression was also considered as third main health problem with five participants. Weight gain is also consider as common health problem with four participant(13.7%).Respiratory problem, recent illness/ operation was consider as a health problem with one participant falling in each category.

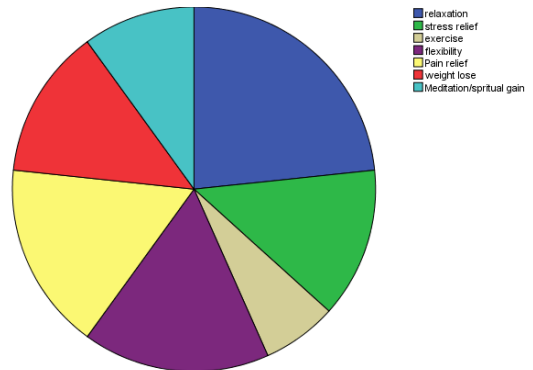
Findings revealed that majority of people attend a yoga classes for relaxation(23.3%).The second preferred reason /perceived benefit of attending a yoga class was flexibility (16.7%).stress relief, weight lose ,meditation and spiritual gain were consider the third most preferred reason /perceived benefit to enrolled in yoga classes (13.3%).Pain relief and engaging in some form of exercise is the least preferred choice with (10%) each.

Personal reason/perceived benefit of attending a yoga class

in exhibited in figure- A

Figure-A

Your own personal reasons for being interested in attending a yoga class



Analysis of the Data revealed that when respondent were asked about any preference on any thing they would like to have in their yoga program

majority of the respondent felt that yoga program should be health problem specific(33.3%).The second most preferred element they want in their program that

complementary massage should be there in the program. seven respondent felt that naturopathy should be included in their yoga program. only five respondent felt that group-ing should be done according to the age.

when the respondent were asked about the important question that how much perceived benefit you attain by yoga classes. The majority of the participant felt that they have moderately achieved the benefits which they perceived before joining the classed with fifteen participant (50%).Twelve participant revealed that they have achieved major benefit which they were perceiving .only three participant were neutral there response(10%).None of the participant have replied with no benefit from yoga classes.

The level of perceived benefit attained by yoga classes is exhibited in figure –B

level of perceived benefits you attained by yoga

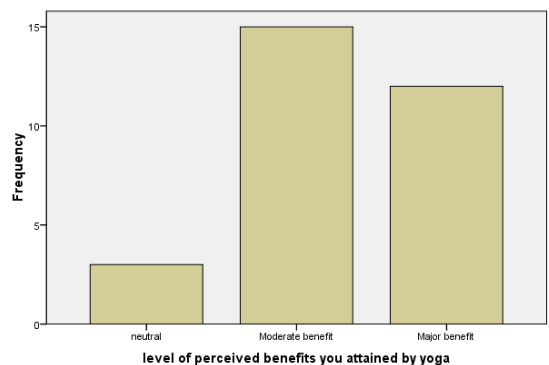


Figure-B

Findings also revealed that all the participant would like to refer yoga classes to their family members or friends.

Discussion

Yoga has been considered an effective tool to counter many health problems emerges due to inactive life style. Finding of the study reveled the fact that instead of the yoga participant who belonged to the group of 26 to 40 and 40 to 60 years they

before were having the health problems like High and low Blood pressure ,cardiac problem ,Joint pain and Obesity which occurs due to sedentary life style.

Finding of the study throw a light on the health problems face by the participants which were mainly Weight gain, Emotional anxiety/stress/depression, high/low blood pressure, Joint pain, Recent operation/illness, Respiratory problem .As per the result these problems are faced by the all the section of the society as the participant were male and female ,housewife, student ,Businessmen ,Govt. Servant and Pvt. And Multinational company workers .

Gurdees s birdee and etal.(2002) Conducted a national survey on Yoga user in the U.S where the finding revealed the fact that Yoga participant belonged to the both the gender and their health problems were mainly Musculoskeletal condition ,several sprain in the last 12 months, Asthma and mental health conditions.

There are many Benefits achieved by attending a yoga classes . fifty percent Yoga participant attained moderate benefit with which they perceived earlier and forty percent achieved major benefit .No one has responded with no benefit. All the participant think yoga as a very effective tool in dealing with many health problem and every one want to recommend it either to a friend or relatives.

Saper Rb (1998) Conducted a survey on 15.0 million yoga participant in United states and finding revealed that participant do yoga for health benefit and ninety percent participant find it helpful in achieving those benefit.

Conclusion

Yoga is divine science which was discovered for the sake of humanity by lord Shiva. Scientist of various branches of medicine and medical science are realizing the role of yoga techniques in the prevention, and cure and promotion of health. Participant of yoga belong to all section of society e.g. housewife ,businessmen ,govt. servant ,Pvt. Job, student .Based on the findings we may can conclude that yoga program has many benefit mainly joint pain relief ,stress relief from Stress /depression and emotional disorders, relaxation, weight lose ,and spiritual gain/mediation. Benefit which were perceived by the participant Before joining yoga were attained after a certain period of regular yoga classes. Health problem specific yoga program can be introduced to make it more effective.

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