



## STUDY OF YOGA AWARENESS IN URBAN AREA OF KOLHAPUR DISTRICT OF WESTERN MAHARASHTRA.

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**ABSTRACT** **BACKGROUND:** Yoga is no longer a mysterious phenomenon. Yoga is a tool for gaining body and mind awareness to achieve whatever religious or spiritual believes you have.  
**METHODS:** Study conducted at Kasaba Bawda & Kadamwadi area of Kolhapur. 510 subjects selected randomly above age of 15 years from July to August 2015.  
**RESULTS:** More number of males (52.63%) practicing yoga as compared to females (47.37%). Majority 68.04% knows some health benefits of yoga. 60% correctly know the steps in suryanamaskar. 63.53% subjects opined that yoga should be included in school syllabus. 59.02% had very positive attitude towards yoga. 43.53% are going to encourage others for practicing yoga. Yoga should be learnt and practiced in earlier phase of life before 15 years according to 40.78% subjects.  
**CONCLUSIONS:** The percentage of practicing Yoga is still very low, there has been a wakeup call to rethink about one's physical and mental health. The people have come to recognize Yoga as much more than a form of exercise with growing demand.

**KEYWORDS :** Yoga, awareness, urban area

### INTRODUCTION:

Although yoga originated in India thousands of years ago, it was introduced to western world in 19<sup>th</sup> century. Yoga has been the subject of research in the past few decades for therapeutic purposes for modern epidemic diseases like mental stress, obesity, diabetes, hypertension, coronary heart disease, and chronic obstructive pulmonary disease. Individual studies report beneficial effect of yoga in these conditions, indicating that it can be used as non-pharmaceutical measure or complement to drug therapy for treatment of these conditions. However, these studies have used only yoga asana, pranayama, and/or short periods of meditation for therapeutic purposes. General perception about yoga is also the same, which is not correct [1]. The practice of yoga is about creating balance in the body by developing both strength and flexibility. This is accomplished by performing a series of postures or "poses" which are designed for specific benefits to each part of your body [2-5]. There are many benefits of a regular yoga practice. Not only does yoga help maintain a healthy lifestyle, it clears your mind and provide clarity of focus – something we all could use from time to time! A yoga session will leave you energized and relaxed [6]. Now days certified teachers are available for the Yoga consultation, while in ancient days Yogi were available as master of the Yoga. India is birth place of yoga and in India still many Yoga teachers are available and known as the Yogi [7, 8]. These Yoga masters are claiming to treat about all the diseases by the best style of yoga practices for physical fitness and overall health goals [9]. Complementary and Alternative Medicine (CAM) has gained its popularity worldwide in recent years, as evidenced by the widespread practice of Yoga, Ayurveda, Acupuncture, Herbology and many others across the globe [10,11]. Low-cost intervention offered by CAM practices such as Yoga, meditation, herbal medicines, supplement therapy and behavioral medicine could be delivered as substitutes for high cost drugs and technological interventions for the management of chronic conditions [12, 13]. Overweight and obesity are strong risk factors for diabetes, hypertension, and ischemic heart disease. Yoga has been found to be helpful in the management of obesity. Training of yoga asnas and pranayama for three continuous months, one hour every day in the morning by a yoga expert resulted in decrease in body weight, body mass index (BMI), and waist hip ratio [14]. India is referred to as diabetic capital of the world as it has the largest number of cases of diabetes. The practice of yoga asnas and pranayama helps in control of type II diabetes mellitus and can serve as an adjunct to medical therapy [15]. Many physicians now recommend Yoga practice to patients at risk for heart disease, as well as those with back pain, arthritis, depression, and other chronic conditions. Knowing the importance of yoga, the present study has been planned in the urban population to understand the knowledge, attitude and practices about the yoga.

### MATERIAL AND METHODS:

The present Cross-Sectional study was conducted at Kasaba Bawda &

Kadamwadi area of Kolhapur, Maharashtra. The study populations were the residents from this area. Study subjects were selected randomly and explained the purpose of study and assured confidentiality. Subjects above the age of 15 yrs were included in study. The total of 510 subjects participated in the study. Unwilling to participate were excluded from study. The data has been collected from July to August 2015. The pre-tested questionnaire used to collect information about knowledge, awareness, practice, attitude and health effects of yoga, etc. The personal interviews were conducted to elicit the data. The collected data was tabulated and analyzed for descriptive statistics.

### RESULTS:

The total of 510 subjects participated in the study. Majority (28.04% & 27.84%) of participants were from 21-25 yrs and above 40 yrs age group respectively. Least numbers (08.04%) were from 31-35 yrs age group. The study revealed that majority participants (26.70%) above 40 yrs were practicing yoga, next to that 24.81% from 36-40 yrs age group. There were 19.92 % and 15.04% practicing yoga from 31-35 and 26-30 yrs age group. While very few i.e. 04.88% and 08.65% practicing yoga from 15-20 and 21-25 yrs age group respectively (Table 01). The males were 264 (51.76%) and females 246 (48.23%). It has found that, more number (52.63%) of male participants was practicing yoga as compared to females (47.37%) in the study but the difference was not significant (P>0.05) (Table 02).

**Table 01: Age-wise distribution of study subjects:**

Age group (Yrs)	Participants (%)	Practicing yoga (%)
15-20	72 (14.12)	13 (04.88)
21-25	143 (28.04)	23 (08.65)
26-30	61 (11.96)	40 (15.04)
31-35	41 (08.04)	53 (19.92)
36-40	51 (10.00)	66 (24.81)
>40	142 (27.84)	71 (26.70)
Total	510 (100)	266 (52.16)

**Table 02: Gender wise distribution of subjects practicing yoga:**

Practicing yoga	Male	Female	Total	Chi-square
Yes	140 (52.63)	126 (47.37)	266 (52.16)	= 0.167
No	124 (50.82)	120 (49.18)	244 (47.84)	P>0.05
Total	264	246	510	NS

**Table 03: Awareness and knowledge about yoga in study subjects:**

Sr.no.	Awareness / knowledge	Present %	Absent %
1	History of yoga	227	44.51
2	Yoga meaning	134	26.27
3	World yoga day	222	43.53

4	Health benefits	347	68.04	163	31.96
5	Steps in suryanamaskar	306	60.00	204	40
6	Breathing exercise	273	53.53	237	46.47
7	Shirshasana?	264	51.76	246	48.24
8	Is yoga will be solution to modern life style health problems?	287	56.27	223	43.73

Table no. 3 shows the awareness and knowledge of subjects about yoga. 44.51% subjects had some idea about History of yoga, while 55.49% didn't know anything about it. Meaning of yoga was not known to 73.73% subjects while only 39.22% were in position to describe yoga meaning. 43.53% subjects were aware about World yoga day celebration but 56.47% didn't know about the same. As there are many health benefits of yoga, majority (68.04%) knows some health benefits while 31.96% didn't know about health benefits of yoga. 60% subjects correctly know the steps in suryanamaskar while 40% didn't know. Breathing exercises were known to 53.53% subjects while 46.47% unaware. 51.76% of subjects were aware about Shirshasana while 48.24% didn't. 56.27% subjects agreed that yoga will be solution to modern life style health problems.

Table no.4 reveals various responses of study subjects about yoga. Only 27.25% of the subjects responded that attended yoga camp/class but rest 72.75% had not attended. As per majority 45.49% of subjects, yoga classes or trainers might be the best way to learn yoga while 14.51% in favour of yoga dvd or youtube source and very few 3.73% quoted yoga by reading books.

**Table 04: Responses about yoga of study subjects:**

Sr.No.	Response	No.	Percentage (%)
1	Have you attended any yoga camp/class?		
	Yes	139	27.25
	No	371	72.75
2	What are the ways to learn yoga?		
	Yoga books	19	03.73
	Yoga dvd / youtube	74	14.51
	Yoga classes / trainer	232	45.49
	Don't know	185	36.27
3	Can yoga help to control negativity in social life?		
	Agree	315	61.76
	Disagree	195	38.24
4	Yoga should be included in school syllabus?		
	Yes	324	63.53
	No	148	29.02
	Don't know	38	07.45
5	What is your attitude towards yoga?		
	Positive	301	59.02
	Negative	14	02.75
	No response	195	38.24
6	Can you encourage others for yoga?		
	Yes	222	43.53
	No	288	56.47
7	What age one should start learns & practice yoga?		
	<15 Yrs	208	40.78
	16-25 Yrs	93	18.24
	26-40 Yrs	18	03.53
	>40 Yrs	57	11.18
	Don't know	134	26.27

36.27% subjects didn't know the ways to learn yoga. Majority 61.76% agreed that yoga may help to control negativity in life and leads to positive life. Many 63.53% of subjects opined that yoga should be included in school syllabus so that it may help in earlier phases of life and same may be followed throughout life. 59.02% had very positive attitude towards yoga while only 2.75% had negative attitude and 38.24% not responded. 43.53% responded that they are going to encourage others also for practicing yoga. Yoga should be learnt and practiced in earlier phase of life before 15 years according to 40.78% subjects, 18.24% suggested in 16-25 year age while 11.18% recommended above age of 40 year.

#### DISCUSSION:

The study population consisted of urban populations to see the knowledge, awareness about the yoga. It has been known that yoga is going to be a necessity for the human life and life is going to be hectic in

modern era. Yoga is not a one day therapy or medication. It is since ancient time and really beneficial to cure the diseases. Recently people are more tending towards the yoga because of increasing work load and day to day increasing stress [16].

As per National survey of yoga practitioners in USA, 24.3% subjects accepted to perform yoga. The percentage of females practicing yoga was 84.2%. The mean age of yoga practice is found out to be 51yrs. 85% of participants got good results from yoga practice and thus had positive attitude towards yoga [17]. Another study conducted in USA revealed 68% people practiced yoga once in their life time. They were 68% females and 51% males practice yoga. 90% participants have got good health benefits from yoga. 95% revealed ideal age to start learning yoga between 34-53 years [18]. In 2012 study conducted by "Sports marketing survey: Yoga journal" shows 8.7% US adults practice yoga, the age group was 18-44 yrs (68%). Study shows maximum yoga practice is between 21-25 years. 70% participants have positive attitude towards yoga [19].

Our study shows 26.70% above 40 yrs and 24.81% from 36-40 yrs age group was practicing yoga. More number (52.63%) of males was practicing yoga as compared to females (47.37%). Majority 68.04% knows some health benefits of yoga while 31.96% didn't know about health benefits. 60% subjects correctly know the steps in suryanamaskar. Breathing exercises were known to 53.53% subjects. 56.27% subjects agreed that yoga will be solution to modern life style health problems. 63.53% subjects opined that yoga should be included in school syllabus. 59.02% had very positive attitude towards yoga. 43.53% are going to encourage others for practicing yoga. Yoga should be learnt and practiced in earlier phase of life before 15 years according to 40.78% subjects.

#### CONCLUSION:

The percentage of practicing Yoga is still very low, there has been a wakeup call to rethink about one's physical and mental health and what could be better than Yoga – a science that is very much part of India's tradition. The people have come to recognize Yoga as much more than a form of exercise with growing demand. One of the key reasons for yoga's growing popularity has been its long-term impact on those who practice and teach yoga. Yoga provides better mental clarity and encourages the practitioners to adapt to a healthier, more sustainable way of life, besides offering better strength and dexterity. The government's initiatives like the launch of International Day of Yoga have been embraced by Yogi's from across the world and in India with equal fervor. Currently there are very few players who have made an effort to capitalize, what is essentially a million-dollar market by offering customer's local expertise and know-how that can never be matched by international service providers.

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