



ATTITUDE OF YOGA AMONG STUDENTS - A STUDY WITH SPECIAL REFERNCE TO COLLEGE STUDENTS IN THRISSUR DISTRICT

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ABSTRACT

Yoga is a science of right living and it works when integrated in our daily life .It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means ‘unity’ or ‘oneness’ and is derived from the Sanskrit word ‘yuj’ which means ‘to join’. Yoga is considered to be the oldest physical discipline in existence and symbolizes balance in every area of life. In earlier times the rationale of doing yoga postures and breathing exercises was to prepare for the rigors of sitting still and alert for long periods of time. Today, yoga can be an important practice for maintaining balance between work and a healthy life style.

KEYWORDS

Physical health, Stress, mental health, menstrual problems, concentration

Introduction

Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy. Four basic principles underlie the teachings and practices of yoga’s healing system. The first principle is the human body is a holistic entity comprised of various interrelated dimensions inseparable from one another and the health or illness of any one dimension affects the other dimension. The second principle is individuals and their needs are unique and therefore must be approached in a way that acknowledges this individuality and their practice must be tailored accordingly. The third principle is yoga is self-empowering; the student is his or her on healer. Yoga engages the student in the healing process; by playing an active role in their journey toward health, the healing comes from within, instead of from an outside source and a greater sense of autonomy is achieved. The fourth principle is that the quality and state of an individual’s mind is crucial to healing. When the individual has a positive mind-state healing happens more quickly, whereas if the mind-state is negative, healing may be prolonged.

Objectives

1. To find out the influence of practicing yoga among female students.
2. To find out the motivational factors for practicing yoga.
3. To analyze the growth and development felt by students at pre and post of practicing yoga.

Methodology

Both primary and secondary data are used for the study. Primary data are collected through schedule from 30 female students in a college from Thrissur district who are practicing yoga. And secondary data are collected from the published source of information like books, magazines, journals, and websites. Purposive sampling technique is used for the study.

Review of Literature

ML Sophia Verzosa,(1988), “Influence of yoga on hormonal changes, quality of life, and musculoskeletal fitness in menopausal women”, she observed that symptoms associated with menopause are known to negatively affect the quality of life for many women. Moreover, concern about risk associated with hormone replacement therapy can prompt women to seek non pharmacological approaches to symptom management. Claims exist that yoga can be useful in management of menopause symptoms, possibility through modification of endocrine function.

Pallav Senguptha conducted a study on “Health impacts of yoga and pranayama ,” reviewed that thousands of years ago

yoga is originated in India, and in present day and age an alarming awareness was observed in health and natural remedies among people by yoga and pranayama. Yoga is reported to reduce stress and anxiety, improves automatic functions by triggering neuro hormonal mechanisms by the suppression of sympathetic activity, and even. Now-a- days several reports suggested yoga is beneficial for physical health of cancer patient.

Catherine Wood yard conducted a study on “Exploring the therapeutic effects of yoga and its ability to increase quality of life,” dept. of health, exercise science and recreation management, reported that as participation rates in mind-body fitness programmers such as yoga continue to increase, it is important for health care professionals to be informed about the nature of yoga and the evidence of its many therapeutic effects. Therapeutic yoga is defined as the application of yoga postures and practice to the treatment of health conditions and involves instructions in yogic practices and teachings to prevent reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. The results shows that it promote recovery from and treatment of addiction, reduce stress, anxiety, depression and chronic pain, improve sleep patterns and enhance overall well being and quality of life.

M. Janbakht, (2009), conducted a study on “Effects of yoga on depression and anxiety of women “. It reviewed that yoga has often been perceived as a method of stress management tool that can assist in alleviating depression and anxiety disorders and the study results that the women who practiced in yoga classes showed a significant decrease in state anxiety and trait anxiety.

Data Analysis and Interpretation

Data analysis is the process of breaking down a complex set of figures in to simple statements in order to have a better understanding. Interpretation means explaining the meaning and significance of data.

Table: 1

Table showing the religion wise classification of respondents

Religion	No. of respondents	percentage
Muslim	16	53.33
Hindu	13	43.33

Christian	1	3.34
Total	30	100

Source: primary data

Table shows that 53.33% of the respondents are Muslims and 43.33% of the respondents are Hindu and the remaining respondents are Christians.

Table: 2 Time spent for practicing yoga

Hours	No. of respondents	Percentage
Less than 1 hour	22	73.33
Only 1 hour	7	23.33
More than 1 hour	1	3.34
Total	30	100

Source: primary data

Above table shows that 73.33 % of respondents are practicing yoga less than 1 hour daily.23.33% respondents are practicing yoga only 1 hour and the remaining respondents are practicing yoga more than 1 hour.

Table: 3 Responses of students who are attending yoga class

Response	No. of respondents	Percentage
Yes	25	84
No	5	16
Total	30	100

Source: primary data

Table showing the students who are attending yoga class, out of 30 students 84 percentages attending yoga classes.

Table: 4

Table showing the way of inspiration of respondents for practicing yoga

Inspirations	No. of respondents	Percentage
Demonstration through TV	3	10
By attending yoga class	13	43
Getting knowledge from books	14	47
Any other	-	-

Total	30	100
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Source: primary data

Table shows that 47% of respondent’s inspiration is the way of getting knowledge from books.43% of respondents get inspiration by attending orientation programme of yoga class and the balance of 10% respondents are inspired from demonstration through TV.

Table: 5

Table showing respondent’s change in mental health through yoga

Response	No. of respondents	Percentage
Strongly agree	11	37
Agree	18	60
Neither agree nor disagree	1	3
Disagree	-	-
Strongly disagree	-	-
Total	30	100

Source: primary data

Table shows that 60% of respondents are agree with the statements and 37% of respondents strongly agree and remaining respondents are neither agree nor disagree .

Table: 6

Table showing opinion about improvement in physical health of respondents by practicing yoga

Response	No. of respondents	Percentage
Strongly agree	9	30
Agree	18	60
Neither agree nor disagree	2	7
Disagree	1	3
Strongly disagree	-	-
Total	30	100

Source: primary data

Table shows that 60% Of respondents are agree with that an improvement in their physical health.30% of respondents are strongly agree with this, 7% of respondents are neither agree nor disagree and the remaining respondents are disagree with this statement.

Table: 7

Table showing improvement in concentration power of respondents

Response	No. of students	Percentage
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Strongly agree	9	30
Agree	19	63
Neither agree nor disagree	2	7
Disagree	-	-
Strongly disagree	-	-
Total	30	100

Source: primary data

Table reveals that, by practicing yoga 63% of respondent's concentration power has been developed and 30% of respondents are strongly agree and the remaining respondents are neither agree nor disagree with this agreement.

Table: 8

Table indicates that the ability of respondents to manage stress by practicing yoga.

Response	No. of respondents	Percentage
Strongly agree	6	20
Agree	19	63
Neither disagree nor disagree	5	17
Disagree	-	-
Strongly disagree	-	-
Total	30	100

Source: primary data

Table reveals that 63% of respondents are agree with that their ability to manage stress has been developed and 20% of respondents are strongly agree with this and the remaining 17 % respondents are neither agree nor disagree with the statement.

Table: 9

Table showing opinion about variations in the body flexibility of the respondents

Response	No. of respondents	Percentage
Strongly agree	10	33
Agree	16	54
Neither agree nor disagree	3	10
Disagree	1	3

Strongly disagree	-	-
Total	30	100

Source: primary data

Table reveals that 87 % of respondents are agree with the statement that their body have flexible after practicing yoga and 10% of respondents are neutral for these statements the remaining respondents are disagree with the statement.

Table: 10

Table showing changes in menstrual problems of respondents

Response	No. of respondents	Percentage
Strongly agree	5	17
Agree	12	40
Neither agree nor disagree	9	30
Disagree	3	10
Strongly disagree	1	3
Total	30	100

Source: primary data

Table shows that by practicing yoga, 57% of respondent's menstrual problems has been reduced by continuously practicing yoga. 30% of respondents are neither agree nor disagree, 17% of respondents are strongly agree, 10% of respondents are disagree and the remaining respondents are strongly disagree with this statement.

Findings of the study

1. Among 30 respondents 53% are Muslims who practices yoga than other religious people because data are collected from a college who belonged to Muslim Management and students have completed their higher secondary education form CBSE School in foreign countries.
2. 73.33% of the respondents are practicing yoga daily less than 1 hour. Only 3.33% of the respondents are practicing yoga more than 1 hour.
3. 47% of the respondents are inspired to do yoga by the way of getting knowledge from books and 63% of the respondents have opinioned that their interest towards yoga has increased.
4. 60% of the respondents have felt that, a better improvement in their physical and mental health by practicing yoga and 63% of the respondents are agreeing with that their concentration power has been developed through yoga.
5. 90 of the respondents are agree with that an improvement in their physical health by continuously practicing yoga and 57% of respondent's menstrual problems has been reduced by continuously practicing yoga. 87 % of respondents are agreeing with the statement that their body have flexible after practicing yoga.

CONCLUSION

Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath and energy. The result of the study reveals that, there is a positive influence of practicing yoga among female students. By practicing yoga it is capable to achieve the personal abilities such as stress management, attention in their works and maintenance of physical and mental health. In modern era, yoga places a key role in curing the life style diseases and health issues. People

practicing yoga and meditation as a means to manage and relieve both acute and chronic stress that helps individual to overcome other co morbidities associated with diseases and it leads to increased positively influence the females to a great extent. Emphasis should be provided on awareness about yoga among college students. By the way of daily yoga practice, it can be maintain the life style disease up to a certain extent. Conducting yoga classes should be included in our syllabus.

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