

Yogic Intervention and its Effect on General Well Being

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Abstract

Contemporary researches done in the area of 'Yogic intervention and their effect over various parameters of Psychological health' provoked the researcher to attempt an individual project to judge the effect of Yoga on normal people at the level of General Well Being. To observe the effect of Yoga on General Well Being level of the normal people a Control - group research design study has been conducted at the Yoga Arogya Polyclinic of Dev Sanskriti Vishwavidyalaya, Haridwar, India. For this study a group of 80 persons of range 30 – 40 years from the semi urban area of Haridwar and Dehradun Districts were selected through purposive quota sampling as subject in practice group and 30 were in control group. They practiced a set of Asana and Pranayama regularly for sixty days. The present study shows a significant change on the General Well Being level of the normal persons as the result of yoga practice. The results are significant at 0.01 level of confidence. At the end it can be concluded that Yoga practice having a positive impact over the General Well Being level of the normal persons.

Key words: General Well Being, Asana and Pranayama

Introduction

Yoga aims for the integrity of the body, mind, and spirit through a system of Asana, Pranayama and meditation. In reality, it consists of disciplines designed to bring closer to godliness. With the integration of the body, mind and spirit, you can attain a balance (physically and mentally) in your life as well as an inner peace to your body.

Practice of Yoga not only help to keep the young body strong and supple but also incorporate mental activities, disciplines that help to develop attention and concentration and stimulate the creative ability that are latent within human body.

Yoga brings control over breathing and that works in effectively increasing the psycho-motor coordination. Practice of Yoga is a conscious process of gaining control over the mind, and thus the concentration and attention-span improve, and hence intelligence of the children found in this study increased.

At recent time there has been an increased awareness and interests in health and nature remedies. Yoga is an effective and time tested method for promotion and improving our health as well as prevention and management of diseases especially psychosomatic and degenerative chronic disorders. The scientific psycho-spiritual discipline of Yoga is the most precious gem of our culture and heritage and is being practiced in India for thousands of years.

General Well Being may be defined as the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the world of work, sense of achievement, utility, belongingness, and no distress, dissatisfaction or worry, etc. These things are difficult to evaluate objectively. It may be well maintained in adverse circumstances and conversely, may be lost in favorable situation. It is related to but not dependent upon the physical / physiological conditions.

A study done in this area shows a significant change due to the effect of Yoga Based Lifestyle Intervention on State and Trait Anxiety of the subjects.¹

A group of researcher states after their study that the effect of yoga on depression and anxiety of women referred to yoga clinic were found very significant.²

One of the studies shows a significant change as an effect of Yoga Intervention on Anxiety and Subjective well-being of the practitioners.³

One such study shows the Efficacy of Mindfulness-Based Meditation Therapy on Anxiety, Depression, and Spirituality in Japanese Patients with Cancer and find a significant change in above mentioned parameters, Morita, T. Akechi, T. Ito, S. Tanaka, M. Ifuku, Y. Nakayama, T. (2009).⁴

A group of researcher state that the effect on the volunteers of a Yoga Practice Session and a Yoga Theory Session, and find a significant change on the level of State Anxiety.⁵

The above study shows that researchers are keen to know the effect of Yoga on various directions; thus it is the right time to go deep into the search of the

impact of Yoga having the following aims and objectives: to study the effect of yoga on wellbeing of the normal subjects.

Methods:

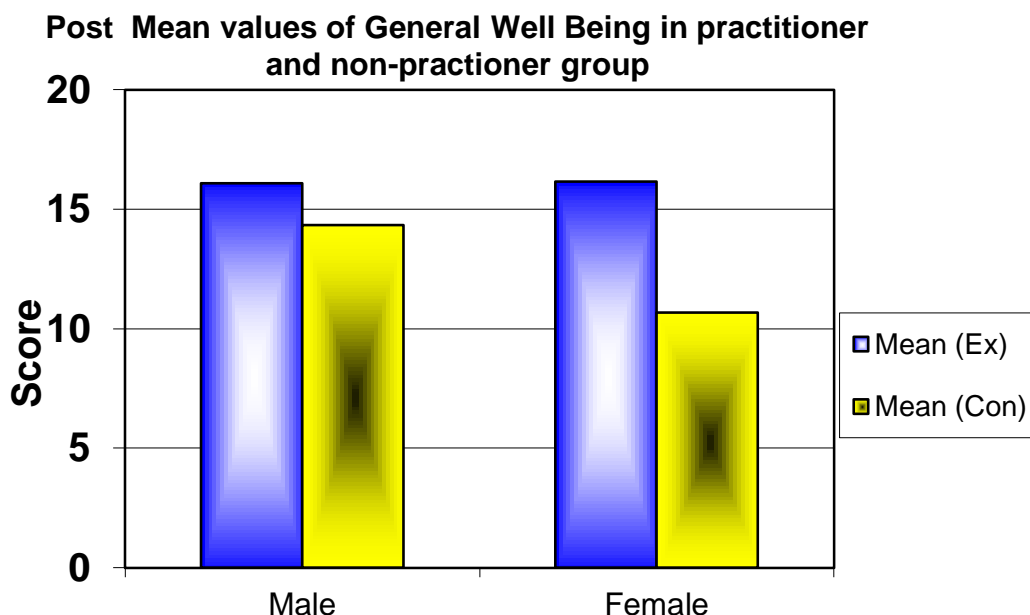
The study is based on the data collected on 110 subjects (55 males and 55 females), age ranging 30 – 40 years. Subjects were randomly divided into two groups: Experimental and control. 40 males and 40 females were in practice group who attended regular yoga session provided to the people with common health problems came to Yoga Arogya Polyclinic, at Dev Sanskriti Vishwavidyalaya, Haridwar, India. 15 males and 15 females were assigned as control group. Although 125 subjects were selected for the study, due to various reasons 15 subjects could not complete the study. The study was approved by the ethical committee of Dev Sanskriti Vishwavidyalaya. The subjects were a heterogeneous group having Diabetes, Hypertension, Obesity and joints problem but otherwise healthy and were voluntarily wanted to join Yoga session for general physical mental wellbeing.

The subjects were selected from the semi urban area of Haridwar and Dehradun Districts through purposive quota sampling as experimental group. They practiced a set of Asana and Pranayama regularly for sixty days under the guidance of a Yoga Expert. The Yoga Sessions consisted of an integrated package of Asana and Pranayama regularly the protocol of the session is given below in Table 1.

Table 1. – Yogic Intervention applied over the subjects

Sr. No	Practice	Physical Awareness	Rounds	Duration
1	Tadasana	Spine	5	120 sec.
2	Tiryak Tadasana	Wastes	5	120 sec
3	Kati chakrasana	Scapulas	5	120 sec
4	Surya Namaskar	All internal organs	2	180 sec
5	Shavasana	Whole muscles	-	300 sec
6	Kapalbhati	Abdomen	100-150	120 sec
7	Nadisodhan	Eyebrow centre	5	240 sec
8	Ujjai	Throat region	10	240 sec
9	Bhramari	Brain region	10	240 sec
10	Om chanting	Whole Head region	-	120 sec

In this Control group research study to measure General Well Being, **PGI General Well Being Measure** (standard questionnaire) developed by Dr. Santosh K.Verma and Ms. Amita Verma, Chandigarh has been used and the data has been analyzed through Proper Statistical Method on 't' test basis. The result has been shown in the table 2.



Graph shows the post values of General Well Being of experimental and control group.

Hypothesis (1): The practice of Yoga will positively affect the general well being of the male subjects in the practice group.

Table (2) - **G.W.B (Male)**

	Mean	sd	"t" value	significant level
Experimental	16.08	2.97	1.98	at 0.01
Control	14.33	4.20		

Table (2) shows that the post mean values of experimental group are 16.08 and 14.33 of control group and the 't' value is 1.98, there is a significant

change at 0.01 significant levels in the **General Well Being** of the male subject of experimental and control group; Hypothesis (1) has been proved.

Hypothesis (2): The practice of Yoga will positively affect the general well being of the female subjects in the practice group.

Table (3) - **G.W.B (Female)**

	Mean	sd	“t” value	significant level
Experimental	16.15	2.81	4.15	at 0.01
Control	10.67	5.96		

Table (3) shows that the post mean values of experimental group are 16.15 and 10.67 of control group and the ‘t’ value is 4.15, there is a significant change at 0.01 significant levels in the **General Well Being** of the female subject of experimental and control group; Hypothesis (2) has been proved.

Discussion & Conclusion

A significant change has been observed in the General Well Being level of the subjects during this study. G.W.B. may be defined as the subjective feeling of contentment, happiness, satisfaction with life’s experiences and of one’s role in the world of work, sense of achievement, utility, belongingness, and no distress, dissatisfaction or worry, etc.

The improvement of general well being level is a normal mechanism as per the effect of Yoga Practice, as yogic practices stop the fluctuation of the Mind. Due to excessive activity on the mental plane, the mind always remains in a state of arousal, which results in anxiety. Throughout life the mind is fed with negative data. In the practice of yoga, especially during shavasana and breath awareness, the mind is relaxed, thereby releasing the mental tensions. In this way, through the regular and sincere practice of yoga, tensions at the physical, and stress at mental level can be minimized.

Practice of Yoga stops the uncontrolled and uninterrupted thoughts. So the set of Asana and Pranayama in combination plays a vital role for anxiety. Previous researches also support our study. Gersten, D J (1978) said that the practitioner of Yoga becomes his own psychotherapist, recognizing and systematically alleviating his own personal problems and interpersonal difficulties.⁶ Matthew, R J (1981) reported that yoga is a successful therapy

for both recent and long-standing psychological disturbances of all kinds, especially high anxiety levels and neurotic behavior patterns.⁷ Telles, S. Gaur, V. Balkrishna, (2009) observed the effect of a Yoga Practice Session and a Yoga Theory Session on anxiety level. In this manner, various researches show that the practice of Yoga can be successfully administered to manage various psychological disorders. As the previous studies shows that practice of Yoga, Meditation and Relaxation significantly lowers all the psychological problems.

A high percentage of people remain in a state of tension and frustration. This continuous level of tension in the body, mind and emotions predisposes the individual towards psychological and psychosomatic disorders. Practice of Yoga through releasing all the worries and tensions enhances the contentment and the sense of happiness; which is the region behind of a positive change into GWB of the subjects.

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