

Impact of Yoga on Physical & Psychological Health among Elderly Yoga doer and Non Doer

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Abstract:-

Yoga is an ancient art that is defined as the union of the soul with god. Yoga is one of system of Indian philosophy. Yoga is both a philosophy of life and science of human personality. The old age is not without problems. The elderly population may greatly benefit from the practice of yoga. Yoga contributes to creation of the life style in which biological, social, mental, emotional, creative, psychological and spiritual dimensions of older adults are daily cultivated. The present study aimed to investigate the impact of yoga on physical and psychological health among elderly yoga doer and yoga non doer. To assess the impact of yoga on physical and psychological health among elderly both male and female (yoga doer and yoga non doer) are undertaken. The present study was conducted on a sample of 160 elderly participants of Junagadh city in Gujarat. In order to realize the objectives of the study two hypotheses were formulated. After establishing rapport with the participates the CMI health questionnaire for measures both physical and psychological health were administered using instructions. The collected data was analyzed and interpreted using statistical tool such as mean, standard deviation and t-test. The results reported that yoga has a significant impact on physical and psychological health of elderly male yoga doer as well as female yoga doer. It clearly identified that elderly male & female yoga doer have better physical and psychological health then the elderly male & female non yoga doer. Yoga is an integrated practice of physical fitness, which offers the potential to improve allover psychological health. Yoga is found to be more effective in improving physical and psychological health of elderly.

Key words: physical & psychological health, elderly, yoga doer & yoga non doer.

Introduction:-

Yoga is one of systems of Indian philosophy which has been discussed in various Indian scriptures such as the Bhagavad Gita, the Ahirbudhyna samhita, the Upanishads and yoga sutra. The Sanskrit word 'yoga' comes from the root 'yuj'. The definition of yoga is

'to yoke or joint together' Tylor (2003). It integrates the mind and body focusing on balance posture, deep breathing, stretching and relaxation. "Yoga is an ancient art that as defined as the union of the soul with God" – Anand (2000). It is a path of personal spiritual development that utilizes meditation

to bring enlightenment, self realization and ultimately the attainment of God and bliss.” ‘Yoga is a science of integrating body, mind and soul crating a positive sense of belongingness among the human being and also with the environment’.

Presently, India has around 90 million elderly and by 2050, the number is expected to 315 million, constituting 20 percent of the total population. The old age is not without problems. As elderly population is increasing at an alarm rate the problems relating to physical health, psychological, mental, emotional, social, economic, cultural issues are also becoming paramount in the recent years. Now a day’s older people have aware of the importance of health and now taking in the various health programs like yoga. Many older people who practice yoga do so to maintain their health and well being, improve physical fitness. There are many known beneficial impact of the regular practice of yoga, which help to minimize many of the problems associated with ageing.

Impact of yoga on physical health:-

Strengthen bones, protect joints, reduction blood pressure, reduction cholesterol levels, reduce heart attack risk, improving musculoskeletal health, improving oxygen consumption, reducing menstrual symptoms, preventing menopausal discomfort, decreases headaches migraines, increases energy and vitality, increases range of motion in the joints, reducing the muscular tension, reduces sodium level, increases level of red blood cells, improves circulation of blood improves reaction time, Increase the

Galvanic skim response, improving body awareness.

Impact of yoga on psychological health:

Improved overall mood wellbeing, reduction of the fear of death, reduction of hostility. Increase self averseness increase self confidence, reduction stress, anxiety, depression, pain, fatigue, help with stress management, improved sleep quality, self acceptance increase, self actualization increase cognitive function increase, balance function increase, improves self discipline, social skills increase, increased power of bodily sensation, minimize hypertension, boosts mood, increased general self efficacy, memory improves, attention improves, learning efficiency improves. Increased overall well being, increases mental clarity.

A review of the scientific literature revealed that yoga research tends to predominantly focus on physical and psychological health. The research literature indicates that yoga has the potential to improve health and functional capacity Collins (1998). Yoga has been shown to be effective in relieving symptoms of mental illness including depression and anxiety (Mc Caffery et. al. 2005, Woolery et.al. 2004, and Smith et. al. 2007). Yoga may also be a useful intervention for stress related health condition such as hypertension. Sao et. al. (2011) reported that intervened yoga practice caused significant beneficial effect on psychological disorders. Participation in regular physical activity can increase self esteem and reduce stress and anxiety. Yoga can help play a role in preventing mental

health problems and also improve the quality of life.

Yoga is also beneficial in the prevention as well as control of common health and emotional problems that is linked with old age. A review of the scientific literature revealed that yoga research tends to predominantly focus on psychological and physical health. In a 2011 study NCCIH researchers compared yoga with conventional stretching exercises in 228 adults with chronic low pain. The results showed that both yoga and stretching were more effective for improving function and reducing symptoms due to chronic low back pain. Another study on 313 adults with chronic or recurring low back pain suggested that twelve weekly yoga classes resulted in better function than usual medical care. Smith ET. al. (2007) reported that yoga was more effective than relaxation in improving mental health and also effective as relaxation in reducing stress and anxiety. Bridee et. al. (2008) found many individuals practice yoga to improve mental health conditions.

Yoga, as an integrated program of mind and body fitness, holds an even greater potential for improving psychological well being. Although aerobic exercise improves psychological health Connor et. al. (2000). Kasture (2015) studied mental health and stress a comparative study among yoga doer and yoga non doer executives and found yoga doer executives had better mental health as compared to non yoga doer executives. Pallav (2012) studied the health impact of yoga and pranayama and found yoga is also reported to reduce stress, anxiety

and improves autonomic functions. Yoga has the capacity to improve cardiovascular health (Raub 2002). Yoga would be useful for the promotion of positive health in older population.

Recent study with older adults suggests interventions encouraging physical exercise can also produce significant changes in mood, wellbeing (Arent 2000). Psychologist David Shapiro found that participants who practiced linear yoga three times a week for eight weeks reported significant reductions in depression, anxiety and neurotic symptoms as well as mood improvements at the end of each class. Many of the participants achieved remission and also showed psychological changes such as heart rate variability, indicative of a greater capacity of emotional regulation. Regular practice of yoga will keep the human body vital and healthy into old age. Although a few previous studies have investigated yoga's impact on health of older adults. Therefore the current study investigated the impact of yoga on physical & psychological health among elderly.

Objectives:-

To examine the physical and psychological health of elderly male.

Materials and Methods:-

Participants:

Overall 160 participants between the ages of 65 to 78 years of age were included in the present study. Eighty of which were male (thirty yoga doer and thirty non-doer) and eighty female participants (thirty yoga doer

and thirty non-doer). The sample was selected through purposive and convenient sampling technique from Junagadh city. The sample consists of only married elderly yoga doer and non-doer. The present study included those living at their own home. All the participants were matched on the variables of age, gender, area, marital status, period of yoga practice, etc.

Material:-

The personal data schedule developed by investigator was used to collect some necessary information. The Cornell Medical Index (Gujarati version) was used to measure the health of the participants. The CMI questionnaire measure both physical and psychological health of the male and female participants.

Procedure:-

Representative sample of 160 elderly yoga doer and non-doer people. After establishing the report with the respondents were requested to give their opinion by filling the requested information in their respective

questionnaires. As well as the respondents were requested not to leave any item unanswered and incomplete. All the participants were voluntarily participants in the present study. As well as all the respondents were assured that their responses would be kept confidential. The data was coded numerically to protect the respondent's privacy.

Statistical analysis:-

The researcher put the data edited and coded together in a carefully designed table for statistical analysis t-test was applied to see the significance of difference between comparative groups on the basis of their score on physical and psychological health.

Results:-

The research findings are based on the responses of 160 male and female elderly people of yoga doer and yoga non-doer. The t-test was used to compare differences on physical and psychological health between the two comparative groups.

Table-1

Showing the mean, S.D. and t-value of health of the elderly male yoga doer and non- doer.

| Elderly male participates | No. | Mean | S.D. | t-value | Sig. |
|---------------------------|-----|-------|-------|---------|------|
| Yoga doer | 40 | 27.94 | 13.51 | 2.59 | 0.01 |
| Non doer | 40 | 21.03 | 10.17 | | |

The result of the above table indicates that mean scores of the physical and psychological health of the elderly male yoga doer 27.94 and 21.03 respectively. The

t-test (2.59) shows that it is significant at 0.01 level of significance. This result indicates that there is statistically significance difference between the yoga

doer and non-doer elderly male with regarding to their scores of physical and

psychological

health.

Table-2

Showing the mean, S.D. and t-value of health of the elderly female yoga doer and non-doer.

| Elderly female participates | No. | Mean | S.D. | t-value | Sig. |
|-----------------------------|-----|-------|-------|---------|------|
| Yoga doer | 40 | 26.58 | 12.94 | 2.48 | 0.05 |
| Non doer | 40 | 20.16 | 10.02 | | |

Table-2 gives the descriptive statistics for each of two groups on physical and psychological health (as defined by elderly female yoga doer and non-doer). The result of the table-2 indicates that mean scores of health in elderly female yoga doer (26.58) and elderly female yoga non-doer is (20.16) respectively. The t-value is 2.48 which is significant at 0.05 level of significance. It is indicate that there is also statistically significant difference in the physical and psychological health scores of elderly female of yoga doer and non-doer.

Discussion:-

The main purpose of the present study was to find out investigated the impact of yoga on physical and psychological health of elderly (both: male & female) yoga doer and non-doer. The following interpretation were made on the basis of the analyzed data.

The t-test was used to compare health scores of yoga doer and non-doer elderly male. Results indicate from table-1 statistically significant mean difference between the two comparative groups. Hence the stated research hypothesis one was rejected and it clearly indicates that elderly male yoga doer

and non doer differ statistically on their physical and psychological health. From the table-1 shows that yoga doer elderly male had a better health score than the non-yoga doer elderly male. Regularly practice of yoga is directly related to physical and psychological health.

To assess hypothesis -2 t-test was used. Result from table-2 t-test revealed a statistically significant difference in the mean scores of health of yoga doer and non-doer elderly female. Table-2 reveals that t-value is found to be significant at 0.05 levels. Therefore the null hypothesis is also rejected. It means that there exists difference in the mean score of the physical and psychological health of yoga doer and non-doer elderly female. Elderly female with yoga practice have better health as compared to the non-yoga doer elderly female. Yoga has been seen as a tool for improving physical and psychological health of elderly male as well as elderly female.

Regular practice of yoga is directly related to improve overall health. Yogic perspective health does not just mean a disease free body. This ancient science believes in a holistic approach to health of which the

body, mind and spirit are integral and interdependent parts. Yoga claims to endow perfect physical, mental and social well-being even under stressful conditions. Yoga is a system of stretching and positional exercise to improve good health fitness and control of mind. Yoga exercise show beneficial trends for the general aging population. Yoga has the potential to positively impact of yoga doer elderly male and female.

Conclusions:

After analysis and interpretation the following conclusions were drawn. The results of the present study concluded that yoga may improve physical and psychological health in elderly yoga doer. The male as well as female elderly yoga doer participants' shown significantly better physical and psychological health scores than the male and female elderly non yoga doer participants.

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