

Effect of Comprehensive Yogic Practices on General Well Being of Urban Population

Ganesh Prasad¹ and Ishwar Bhardwaj²

1. Research Scholar, Dept. of Yogic Science, Gurukula Kangri Vishwavidyalaya.
2. Professor, Dept. of Yogic Science & Dean, Faculty of Medical Science and Health, Gurukula Kangri Vishwavidyalaya, Haridwar, Uttarakhand

Abstract:

The purpose of the study is to investigate the impact of Comprehensive Yogic Practices on General Well Being of Urban Population. This study has been conducted in Delhi NCR. 50 participants were selected through purposive sampling from Navadha Yoga Health Care Institute. Pre-Post research design has been used in this study. The duration of Yogic Intervention was three months excluding Weekend and government holidays. The result revealed that the Comprehensive Yogic Practices significantly effect on General Well Being of Urban Population.

Key words: Yogic Practices, General Well Being, Urban Population.

Introduction

According to the present scenario of Positive Psychology, wellbeing is envisioned at three levels, namely subjective, individual and collective. The subjective level is about valued subjective experiences such as wellbeing, contentment and satisfaction (in the past), hope and optimism (for the future), and flow & happiness (in the present). At the individual level, it is about many traits such as the capacity for love and vocation, courage, interpersonal skills, aesthetic sensibilities, perseverance, forgiveness, originality, future mindedness, spirituality, talent and wisdom. At the community level, it includes the civic virtues like responsibility, nurturance, altruism, civility, moderation, tolerance and work ethics and institutions, which move individuals towards harmonious living.

This conceptualization of wellbeing is closer to the concept of mental health, happiness, life satisfaction and actualization of one's full potential. Verma and Verma (1989) have defined general wellbeing as the "subjective feeling of contentment, happiness, satisfaction with life experiences and one's role in the world

of work, sense of achievement, utility, belongingness, and no distress, dissatisfaction and worry." Thus, western psychology as looked at human life and behavior from a positive note and psychologists have started to understand that there is always a need or striving for wellbeing.

Rapid urbanization has become a global phenomenon. The percentage of the population residing in urban areas is projected to gain 3.1 billion, passing from 3.3 billion in 2007 to 6.4 billion in 2050 worldwide. Virtually, all of the world's population growth will be absorbed by the urban areas of the less developed regions, whose population is projected to increase from 2.4 billion in 2007 to 5.3 billion in 2050. The situation in India is not different from the rest of the world. A process of rapid urbanization has already been making strides in the form of the growth of big cities and urban agglomerations due to poverty induced rural-urban migration. In the word of Kingsley Davids, it is a process of "over-urbanization" where in urban misery and rural poverty exist side by side. The present movement toward urban living has become one of the most

important global health issues of the 21st century.

Considering Delhi is an ideal place for this study “Effect Of Comprehensive Yogic Practices On General Well-Being Of Urban Population” as Delhi represents typical characteristics of urbanization of India. Urbanization disturbs the equilibrium between demand and supply in the economic market, resulting in larger demands and lesser supplies. It is very difficult to get pure food, milk and other commodities, even pure drinking water. Everything is impure or adulterated. Therefore, it is essential to develop better understanding of urbanization and environmental influences that have major negative effects on mental well-being of the people through an intensive research. The main objective of the study is to investigate the effect of yogic practices on general well-being of urban population residing in the Delhi & NCR.

Today, Yoga has become popular because of its strengths in prevention and management of many lifestyle related disorders including physiological and psychosomatic disorders. Yoga brings harmony in behavioral pattern and attitude, which helps to improve interpersonal relationships at home and also in society. The specialty of this system is that it can get along with any other drug systems of health care. There is a need to introduce such systems that could help to promote health and well-being of urban population at all levels.

Therapeutic benefits of Yoga have also been revealed by many scientific researches carried out across the globe. Some review of the literature on yoga and well-being are in the followings.

Review of Literature

Gahlawat, Savita (2014) studied the “Effect of Yogic Practices on Anxiety

and Feeling of Well-Being amongst Parents of Mentally Challenged Adolescents” and found that there is significant decrease in the level of Anxiety and positive change in the feeling of well being after the practice of yoga.

Mehta, Manjula & Taneja, Priti(2013) studied “Effect Of Short-Term Yoga Practices On Psychological General Well Being In Medical Students” and found that there is a marked and highly significant improvement in the psychological well being scores of the students after performing short-term yoga practices. By extending these results it is suggested that short-term yoga practices can help to primary prevention as well as management of various psychological and life style diseases.

Kumar, K (2013), studied on the “Effect of Yogic Intervention on Adolescent’s Intelligence and Well Being” and found that 40 days Yoga Practice has made significant change in the General Intelligence level and General Well Being level of 11-15 age group. On the basis of that it can be said that practice of yoga can help to improve their intelligence and wellbeing.

Kumar, K (2012), studied on “Yogic Intervention and its Effect on General Well Being” and found that significant change on the General Well Being level of the 30 – 40 age group normal persons as the result of yoga practice. The results are significant at 0.01 level of confidence. At the end it is concluded that Yoga practice having a positive impact over the General Well Being level of the normal persons.

Jadhav, S. G. and Havalappanavar, N. B. (2009), studied on the “Effect of Yoga Intervention on Anxiety and Subjective Well-being” and found a significant decrease in both State and Trait Anxiety levels and positive change in the

Subjective Wellbeing of the 50 students of Naturopathy and Yogic Science.

Malathi A, Damodaran A, Shah N, Patil N, Maratha S. (2000) studied “Effect of yogic practices on subjective well being” and found a significant improvement and beneficial effect of regular practice of yoga on subjective well being.

Research Methodology

Variables

Dependent Variable: General Well-being: It 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, hence, the emphasis on the term “subjective” well-being. It may be maintained in adverse circumstances and conversely, may be lost in favourable situation. It is related to but not dependent upon the physical/physiological conditions.

Thus defined and conceptualized, the general well-being may show some degree of positive correlation with quality of life, job satisfaction/general satisfaction level, sense of achievement etc, and negatively related with neuroticism, psychoticism, and other such variables. However, the degree of overlap with such variables should not be high if this concept as a separate independent entity is to be considered as a valid one. Also, it should show relative stability over time (reasonable time gap without any significant life events intervening). Its utility will depend upon these relationships/a network of relationship with other variables.

Independent variables: Sodhankriya(s), Yogic Suksma Vyayama(s) and Sthula

Vyayama(s), Asana(s), Pranayama(s), Dhyana.

Hypothesis:

On the basis of above found literature reviews, directional hypotheses is used in this research work.

- There will be significant effect of Yogic practices on General Well-being Level.

Research Design:

Pre-Post experimental group research design is used in the study.

Sample and Sampling:

The total sample consist of 50 participants, aged between 25 to 55 years selected through purposive sampling from the area of New Delhi and NCR.

Inclusion:

Aged between 25 -55years male and female.

Those who are willing to join program for the proposed time period.

Participants who will be regular for the proposed time period of Yogic intervention.

Exclusion

Handicapped persons who cannot practice Yogic intervention.

Participant who will not be able to follow the proposed Yogic intervention.

Pregnant females.

Tools:

For the proposed research work, following tool is used:

P.G.I. General Well Being Measure: to measure General Well Being.

Intervention time period: 90 minutes.

- **Relaxation/Prayer: 3 minutes** - Relaxation with yogic deep breathing and Prayer

- **Sodhankriya: 10 minutes-** Jal neti (twice a week), Sutra neti (twice a week), Kunjal (twice a week), Vatkrum Kapalbhathi 3 rounds (60 strokes in each rounds everyday)
- **Yogic Sukshma Vyayama(s) and Sthula Vyayama(s):10 minutes** - Greeva shakti vikasak kriya, Purna bhujja shakti vikasak kriya, Hrid gati, Sarvangpushti
- **Asana(s): 40 minutes-** Suryanamaskar. 2 rounds, Tadasan, Tiryaka Tadasana, Katichakrasana, Ushtrasana, Paschimottanasana, Ardhamatsyendrasana, Makarasana, Bhujangasana, Sarvangasana, Matsyasana, Pawanamuktasana, Savasana.
- **Pranayama (s): 15 minutes-** Nadisodhan- 10 rounds, Bhastrika- 6 rounds, Bhramari- 6 rounds.
- **Dhyana:** Anapana. **10 minutes**
- **Sankalpa and Shanti patha: 2 minutes**
- **Dietary Advise :** All the participants

are advised to take vegetarian diet only. Participants are strictly advised to avoid smoking and consumption of alcohol.

Procedure

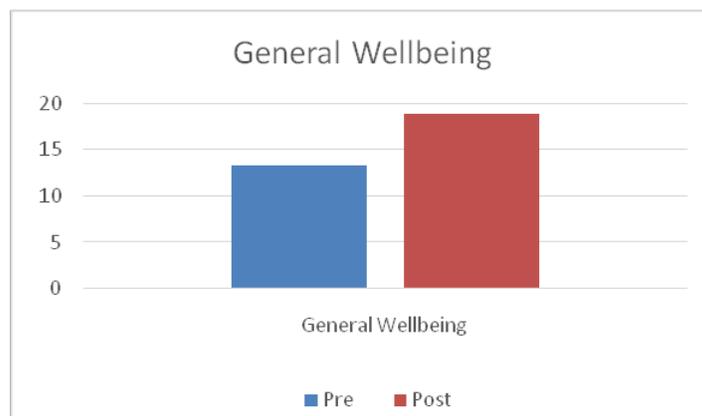
We contacted the participants personally and after developing a good rapport we presented our research and its purpose to them and after taking proper consent we collected the pre-intervention data related to the selected health parameters. After that, we gave yogic intervention to the group of participants for 12 weeks. All the Yogic practices were taught during the first 4 weeks and then followed up by remaining 8 weeks. Daily Yogic intervention was given to the group for 90 minutes per day in morning time (except Sunday and government holidays). After completion of time period of 12 weeks, we took the post test of all participants. Lastly, we compare the results of pre-intervention values and post-intervention values and analysed further.

Result Table General Wellbeing

Result Table. Comparison of Pre intervention and Post intervention General Wellbeing of participants (Mean, SD and ‘t’ value).

General Wellbeing	N	Mean	SD	“t”
Pre	50	13.26	3.65	12.73**
Post	50	18.78	0.86	

The Result Table suggests improvement in the General Wellbeing of the Participants. The post - test mean value is (M=18.78), which is significantly higher than pre-test mean value (M=13.26) at 0.01 level of confidence (t=12.73, p<0.01).



Interpretation & Discussion

All these results suggest that the comprehensive yogic practices administered in this study has a favourable effect on General well-being, and there is no additional anxiety resulting during the practice and course of yogic intervention. This intervention course can therefore make

an appreciable contribution to the primary prevention as well as management of psychological wellness. Thus the hypothesis formulated in this study is accepted, that there is “Yogic Intervention has Significant Positive effect of on General wellbeing of urban population”.

References

- Gahlawat, Savita. (2014).Effect of Yogic Practices on Anxiety and Feeling of Well-Being amongst Parents of Mentally Challenged Adolescents.*International Journal of Research*, 1 (6), ISSN 2348-6848
- Ghuncha, Firdaus. (2017). Mental well-being of migrants in urban center of India: Analyzing the role of social environment. *Indian Journal of Psychiatry*, 59(2), 164-169.
- Jadhav, S. G. and Havalappanavar, N. B. (2009).Effect of Yoga Intervention on Anxiety and Subjective Well-being. *Journal of the Indian Academy of Applied Psychology*, 35 (1), 27-31.
- Jasvir.(2012). “*Problems of Urbanization in India*”. Preserve Articles.
- Kumar, K. (2012).Yogic Intervention and its Effect on General Well Being. *International Journal of Yoga and Allied Sciences*, 1, 150 -155.
- Kumar, K. (2013).Effect of Yogic Intervention on Adolescent’s Intelligence and Well Being. *National Yoga Week, Yoga for Children*, 231-34.
- Malathi A, Damodaran A, Shah N, Patil N, Maratha S. (2000). Effect of yogic practices on subjective well being. *Indian Journal of Physiological Pharmacology*, 44 (2), 202-6.
- Manjula Mehta, Priti Taneja. (2013).Effect Of Short-Term Yoga Practices On Psychological General Well Being In Medical Students. *Journal of Evolution of Medical and Dental Sciences*, 2 (12), 1812.
- Murray, C.J., Lopez, A. (1996). *The Global Burden of Disease*. Havard School of Public Health. Boston.
- Saraswati, Muktibodhanand, (2009). *Hatha Yoga Pradipika*. Bihar Yoga Publication Trust.
- Saraswati, Niranjanand, (2011). *Gheranda Samhita*. Bihar Yoga Publication Trust.
- Saraswati, Satyanand, (2008). *Asana, Pranayama, Mudra & Bandha*. Bihar, Yoga Publication Trust.
- Seligman, M. E., & Csikszentmihalyi, M. (2014). *Positive psychology: An introduction*. In *Flow and the foundations of positive psychology*. Springer, Netherlands, (pp. 279-298).
- United Nations (2003). *World Urbanization Prospects: The 2003 Revision*. United Nations. 2004.
- Verma, S. K., Verma, Amita. (2009). *PGI General Wellbeing Measure*. National Psychological Corporation, Agra.
- WHO (2002). *The World Health Report*. Geneva: WHO.
- <http://www.un.org/esa/population/publications/wup2003/2003Highlights.pdf>.
- <http://www.preservearticles.com/about-preservearticlescom.html>.