

# **A Comparative Study of Yoga and Gym Practitioners on Positive and Negative Affects and Psychological Well- Being**

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## **Abstract**

In this complex and busy world spiritual people perform some spiritual practices for attaining mental peace, different types of healings and for many other purposes. Yoga is one of the most vital spiritual practices which make the practitioners not only physically well but psychologically also. In the present study yoga and gym practitioners were compared on their subjective well-being. Positive and Negative Affect Scale (PANAS) developed by Watson, Clark and Tellegen (1988) and psychological well-being scale by Prakash and Bhogle (1995) were used to assess the positive and negative affects and psychological well-being of yoga and gym practitioners. t-test was applied in order to find out the significant difference between yoga and gym practitioners on their positive and negative affects and psychological well-being as well. The sample of the study consisted of 100 yoga and gym practitioners (50 yoga & 50 gym). Yoga and gym practitioners were drawn from the Department of Physical Education, Aligarh Muslim University and different gyms situated in Aligarh districts of U.P. Data analysis revealed that there was a significant difference exists between yoga and gym practitioners on positive and negative affects and psychological well-being as well. The main finding of this study was that yoga as compared to gym practitioners has perceived significantly low level of negative affects and high level of positive affects and psychological well-being.

**Keywords :** Spiritual Practices, Positive and Negative Affect, Psychological well-being, Yoga and Gym.

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## **Introduction and Background**

Now and these days, human-beings are suffering from so many problems those not only affect their personal life but also affect their family and social life. In the present day context well-being derived from spiritual practices like yoga are often ignored. The aim of the present study is to find out whether yoga practitioners or gym practitioners are higher on their subjective well-being as well as their positive and negative affects.

## **Positive/ Negative affects**

Positive affect (PA) reflects the extent to which an individual usually experiences active, alert and enthusiastic. High level of positive affect indicates toward the state of full concentration, high energy and pleasurable engagement, on the other hand low level of positive affect indicates toward the state of lethargy and sadness. Whereas, negative affect (NA) is a general dimension of subjective distress. High level of negative affect indicates toward the state of anger, disgust, guilt, fear, nervousness, contempt and unpleasurable

engagement, in contrast low level of negative affect indicates toward the state of serenity and calmness.

### **Yoga and positive & negative affect**

#### **Psychological well-being**

According to Sinha (1990) it is difficult to define psychological well-being. It is somewhat a malleable concept which has to do with person's feelings about his/her daily life activities and experiences, and these feelings may range from extreme negative mental states or psychological strains (such as depression, worry, anxiety, frustration, unhappiness, dissatisfaction and emotional exhaustion) to more positive states (such as positive mental health of joy, satisfaction, happiness and the like) which has been identified as positive mental health, which are not only the simple state of "absence of" worry or unhappiness, but also are the states which relate one to sound mental health and include favourable self-esteem and success (Jahoda, 1958; Warr, 1978).

### **Yoga and psychological well-being**

#### **Objectives:**

The objectives of the present study were as follows:

1. To examine the significance of difference between Yoga and gym practitioners on their positive and negative affects.
2. To examine the significance of difference between Yoga and gym practitioners on their psychological well-being.

#### **Hypotheses:**

The following hypothesis were formulated:

There will be no significance of difference between Yoga and gym practitioners on their positive and negative affects.

There will be no significance of difference between Yoga and gym practitioners on their psychological well-being.

### **Method**

#### **Participants**

In the present research study, purposive sampling technique was used. The sample of the present study comprised of 100 yoga and gym practitioners (n= 50 Yoga, 50% and n= 50 Gym, 50%) both male and female (n= 50, 50%, n= 50, 50% respectively). They were randomly selected from the Department of Physical Education, Aligarh Muslim University and different gyms situated in Aligarh districts of U.P. Age of the sample participants ranges from 21 to 46 years (Mean and SD were 30.40 and 7.24 respectively). Of these, 50 yoga practitioners both male (n= 27, 54%) and female (n= 23, 46%) and, 50 gym practitioners both male (n= 23, 46%) and female (n= 27, 54%) were randomly selected. In the present study sample both Hindu and Muslim adults (n= 34, 34% and n= 66, 66%) vulnerably participated.

#### **Measures**

In the present study two scales were used in order to collect the data from yoga and gym practitioners.

1. **Positive and Negative Affects (PANAS):**
2. **Psychological Well-Being Scale:**

#### **Positive and Negative Affects (PANAS):**

Positive and negative affects were measured with the help of Positive and Negative Affect Scale (PANAS) developed by Watson, Clark and Tellegen (1988). The scale consists of 20 items (10-item positive affect and a 10-item negative affect subscale) with five point Likert scale was used from "extremely" to "very slightly or not at all". Positive words such as "interested," "strong," and "inspired" measure positive affects, and negative words such as "guilty," "afraid," and "hostile" measure negative affects. Internal consistency was rated as excellent with alpha coefficients ranging from .84 to .90. Item no 1, 3, 5, 9, 10, 12, 14, 16, 17, and 19 measure positive affects. On the positive sub-scale scores can range from

10 – 50, with higher scores representing higher levels of positive affect. Mean Scores: Momentary \_ 29.7(SD \_ 7.9); Weekly \_ 33.3 (SD \_ 7.2).Item no 2, 4, 6, 7, 8, 11, 13, 15, 18, and 20. Scores can range from 10 – 50, with lower scores representing lower levels of negative affect. Mean Score: Momentary \_ 14.8 (SD \_ 5.4); Weekly \_ 17.4 (SD \_ 6.2).

**Psychological Well-Being Scale:**

Psychological well-being Questionnaire developed by Bhogle and Prakash (1995) was used to measure Psychological well-being. The questionnaire contains 28 items with a forced choice (Yes/No) format. The maximum possible score is twenty eight and minimum is zero. High score indicates higher level of psychological well-being. In the tool, 10 statements (4, 5, 6, 10, 12, 14, 15, 16, 21 and 24) are negatively keyed (score 0 for Yes and 1 for No) and the remaining 18 statements are positive (score 1 for Yes and 0 for No). Scores are classified as (0-9) as low psychological well-being, (10-20) as intermediate psychological well-being and (21-28) as high psychological well-being.

The PWB questionnaire consisted of 13 factors including meaninglessness, somatic symptoms, selflessness, positive affects, daily activity, life satisfaction, suicidal ideas, personal control, social support, tension, wellness, general efficiency and satisfaction. The test – retest reliability coefficient is 0.72 and internal consistency coefficient is 0.84. In terms of validity it correlate well, both with subjective well-being scale (r = 0.622) and with general well-being measure (r = 0.484). The authors have reported satisfactory validity of the questionnaire.

**Procedure**

The data were collected individually from the subjects. Prior to data collection, the investigator established rapport with the subjects and explained the purpose of the investigation. Subjects generally took 10-15 minutes in completing both the scales.

**Data Analysis**

Paired sample t-test was used to examine the significance of difference between Yoga and gym practitioners on their positive and negative affects and psychological well-being as well.

**Results and Discussion**

**Table 1: Indicating difference between the mean scores of yoga and gym practitioners on positive and negative affects and psychological well-being.**

Variables	Participants	N	Mean	SD	t-Value	P
PAs	Yoga	50	38.00	7.47	5.89	< 0.001
	Gym	50	30.66	4.65		
NAs	Yoga	50	19.04	7.04	6.98	< 0.001
	Gym	50	31.38	10.30		
PWB	Yoga	50	65.98	3.56	5.97	< 0.001
	Gym	50	53.30	14.57		

PAs = Positive Affects, NAs = Negative Affects, PWB = Psychological Well-being

As it may be observed from the above table that the Mean and SD of daily yoga practitioners and gym practitioners on positive affects were (M= 38.00, SD= 7.47; M= 30.66, SD= 4.65 respectively)

and on negative affects were (M=19.04, SD=7.04; M= 31.38, SD= 10.30). t-Values (5.89 and 6.98) were found to be significant at .0001 levels. This finding suggests that daily yoga practitioners as

compared to gym practitioners were found to be significantly different from each other on positive and negative affects. So, it may be concluded that yoga practitioners reported comparatively higher level of positive affects and lower level of negative affects from gym practitioners. Further, the Mean and SD of daily yoga practitioners and gym practitioners on psychological well-being were (M= 65.98, SD= 3.56; M= 53.30, SD= 14.57 respectively) and; the t-value was found to be significant at .0001 level of significance. So, on the basis of the significant t-value it may be concluded that daily yoga practitioners reported better psychological well-being as compare to the gym practitioners.

### **Conclusion**

Finally, on the basis of the findings of the present study it may be concluded that the

regular practice of yoga helps in the enhancement of positive affects and psychological well-being among its practitioners as compare to the regular practice of gym drops among its practitioners. The daily practitioners of yoga pleasurable and actively engage themselves in their work with full concentration, excitement and high energy. They have mastery over their work and they are happy and satisfied with their work and life as well. They feel that they are able to take the decisions of their life by their own-self and have a valuable image for the self and also have a very clear-cut purpose of their life besides this; they have some feelings also like feelings of proud, attentiveness, strong and alertness, mental peace, joy, health, positive relationship with others in their life as compare to the daily gym practitioners.

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