

YOGA ON WELLNESS OF SEDENTARY LIFESTYLE PEOPLES OF KOLHAPUR CITY

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Abstract

The 'Couch Potato' or 'Sitting Disease' is some phrases for sedentary and inactive lifestyle. They simply mean the similarly things; a lifestyle with a lot of sitting home or office with minimum body movement or exercise. In recent time there is a lot of research around sedentary lifestyle and health challenges caused due to the same sedentary or inactive lifestyle. A yoga practice is mainly a spiritual discipline and gives physical, mental and intellectual benefits as well. There are many scientific researches being done for the various benefits of yoga practice for daily lifestyle and its applicability for sedentary people. The objective of the research work is to examine the yoga on wellness of sedentary lifestyle people of nashik city. The question raised was whether yoga practice can help to improve wellness of sedentary lifestyle peoples. The research question is answered through the experimental approach where only experimental group participants were analyzed through the pre and post implemented questionnaire. The results are encouraging and show that yoga practices intervention help to improve wellness of sedentary lifestyle peoples.

Keywords: Yoga, Wellness and Sedentary Lifestyle Peoples.

Introduction

Yoga, when practiced regularly, has been seen to regulate various bodily functions like heart rate, blood pressure, blood sugar and also the secretion of various important hormones like adrenaline, thyroxin, etc. Considering the brain functioning, as explained earlier, yoga pumps more oxygen to the brain which in turn helps in increasing the concentration power, reduction in anxiety, relaxation, improvement of balance as well as the maintenance of a healthy nervous system functioning. Yoga also helps cure sleep disorders and in turn proves to be relaxing for the brain and the body (Pestonjee, Muncherji, 1991).

The modern way of lifestyle when people have all the facilities just a step away, they are seen at ease with an availability of all the resources within the reach which has led to lesser physical activities and imbalance in one's peace of mind. The current study is relevant in its importance because along with having a sedentary lifestyle, today people face stress and health problems from overwork, job insecurity, increasing competition and the increasing pace of life (Adhia et. al, 2010).

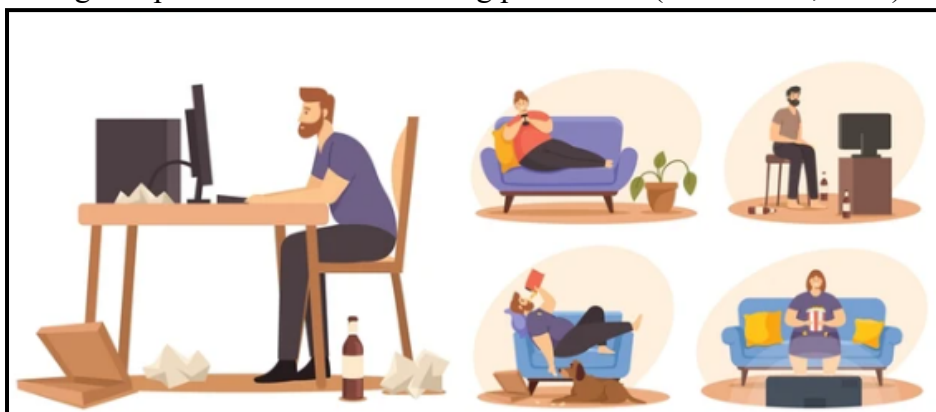


Figure no. 1: Sedentary lifestyle

Material and Method:

The present research study was experimental which was conducted with objective to examine yoga on wellness of sedentary lifestyle people of Kolhapur city. Experimental design was used for this study to check the hypothesis; this research was based on pre-test and post-test non equivalent groups design. In these research study 30 sedentary peoples was randomly selected from Rajarshi Chhatrapati Shahu College, Kolhapur. The total number of 30 subjects was only in experimental group. In this study wellness variable was selected and for that variable measures through the teacher made eight dimensions wellness questionnaire used for collected data. The yoga practice program was implemented for six weeks. Before & after yoga practice conduct pre-post of wellness measured through the teacher made eight dimensions wellness questionnaire for experimental groups. After implemented six weeks yoga practice 60 minutes practice six days per week given to the experimental group.

Table no. 1
Yoga Practice Program

1. Prayer:

Om Sahnnavatu...

2. Yogic Sukshma vayaym:

Neck rotation, Hand rotation, Hip Rotation, side bending, alternate toe teach, Ankle rotation

3. Suryanamaskar:

4. Asanas:

Standing Postures (Asanas):

Tadasana, Katichakrasana, Vrukshashana, Trikonasana, Virbhadrasana-1

Seated Postures (Asanas):

Dandasana, Janu Shirasana, Vajrasana, Mandukasana, Vakrasana

Supine Postures (Asanas):

Pawanmuktasana, Setubandhasana, Marktasana, Ardhalasana,

Prone Postures (Asanas):

Niralambhasana, Bhujangasana, Shalabhasana,

5. Pranayama:

Deep Breathing, Anulom - Vilom, Ujjayi and Bhramari

6. Relaxation Techniques:

Shavasana, Makrasana, Yoga Nidra

7. Meditation

8. Personal Counseling

Counseling was done in groups as well as personal levels.

The researcher assembled the all subjects and given to them instruction about experiment also provide explanation of eight dimensions wellness questionnaire after the experimental group implement six weeks yoga practice for experimental group 30 sedentary peoples. Before yoga practice pre conducted eight dimensions wellness questionnaire experimental groups, after the completed yoga practice conduct post eight dimensions wellness questionnaire for data collection.

Statistical Tools

After collected data of pre-post eight dimensions wellness questionnaire of sedentary peoples by analyzed through the paired sample 't' test and interpretation were drawn. The level of significance was kept at 0.05 to test the hypothesis.

Results of the study:

The obtained results present in the below tables which represents analysis of paired sample t-test to compared the pre and post questionnaire mean value of experimental group.

Table no. 1
Paired Samples Descriptive Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Wellness Questionnaire	Pre-Score	189.00	30	10.48	3.31
	Post- Score	140.50	30	18.32	5.79

Table no. 2
Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	SD	Std. Err. Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Wellness Questionnaire	Pre - Post Score	48.50	16.33	5.16	36.81	60.18	9.38	28	.002

Table no. 2 shows the mean value of pre and post score of wellness eight dimension questionnaire change in performance in sedentary peoples were compared with statistical tool of paired sample t-test. The calculated 't' value of subjects in wellness was 9.38 respectively. To determine the significant effect of six weeks yoga practice on wellness variable of sedentary peoples in Kolhapur city.

Discussion of findings:

Discussion on the results of wellness variable measure with eight dimension wellness questionnaire constructed by researcher self through to teacher made form applied experimental group sedentary peoples were given as; It was observed from the finding that effect of six weeks yoga practice on wellness of selected sedentary peoples from table no. 1 and 2 shows that there was a significant difference between pre and post wellness questionnaire scores of sedentary peoples regarding to the wellness variable. This indicates that yoga practice had positive effect on wellness variable of sedentary peoples. Therefore the set hypothesis that there was significant effect of six weeks yoga practice on positive change wellness variable of sedentary peoples was accepted.

Conclusion:

On the basis of result obtained in the study the researcher concluded there was positive effect of six weeks yoga practice on positive change wellness variable of sedentary peoples due to the yoga practice treatment given. The study focused on the ways in improving the work lives in working people. Yoga practice that is prominent for the physical and psychological well being. An increase in the rate

of obesity and inactive lifestyle among people especially the working professional who have sedentary lifestyle people put down the health issue.

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