

YOGA CAN CONTROL NEGATIVE EFFECT OF MODERN LIFE IN RECENT SOCIETY

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ABSTRACT:

"Quality of Life" is a major topic in politics and economics. It takes into account a wide range of social and economic factors. People's income and access to goods and services is a major element in determining their standard of living. Many other things, such as freedom of choice and well-being are harder to pin down, as are advances in science and technology and the expression of creative ideas. The term "quality of life" (abbreviated QoL) has recently gained popularity in the medical community. Both the quality of treatment provided and the quality of life enjoyed by those who receive it are important considerations in healthcare. The idea of Quality of Life is well-suited to this task because it encompasses both objective and subjective aspects: the subjective experience of one's own life and the more objective assessment of variables outside of one's own life that affect the quality of one's own life's quality are both. The term "quality of life" conjures up images of health, happiness, and well-being for all of us. An increasing number of countries are realizing the necessity of high-quality health education and promotion. In the clinically healthy adult population, there have been few studies on the psychological benefits of Yoga. This study aims to bridge the gap by examining Hatha Yoga's role in improving health and wellness. This study focuses on young Indians to explore if yoga might help predict positive traits like mindfulness, self-compassion, and contentment with one's life. With this research, we hope to provide additional lines of quantitative evidence for mindfulness and self-compassion in the development of intervention and therapy programmed centered upon yoga that aim to improve mental, physical and emotional health in children, adults and society. This study will examine a significant and contributory role of yoga to control negative effect of modern life in recent society.

Keywords: quality, yoga, health, mindfulness, clinical, well-Being.

1.1 INTRODUCTION

The strength of the human being is used identically in context with Health-related strength of human being; it is defined as the ability to perform occupational, recreational and daily activities without

undue fatigue and possesses physical attribute to minimize risk of hypo – kinetic disease and enhance the degree wellness. The production of the traits within the human body which act as a protection shield which protect us from various disease are commonly described as the health of human being with the fitness of the physical body which could be attained by some physical exercises. The wellbeing related it is importance to all humans and it should be enforced by the instructors of the physical education. Strengthening wellbeing concern cost and there are various colleges, school's institutions/organisation have realized the advantages that can be achieved by taking part in these health activities which makes human body fit for that purpose some initiative should be takes for the students. Such institution /organization have realized that such kind of initiative programmes encourage vibrant health and also contribute in economy in terms of less money would be spent on health issues, primal death makes economic sense since poor health is cost by in terms of illness, primitive death, progress efficiency and non-attendance.

Yoga has been shown to have a substantial relationship with quality of life. According to research, Yoga can improve personal change, interpersonal connections, spiritual realisation, and a feeling of purpose, all of which are common predictors of quality of life (Ross, Bevens, Friedmann, Willams, & Thomas, 2013). This study will look at the impact of Hatha Yoga on characteristics that influence quality of life in clinically healthy people from urban India, a demographic that faces a variety of current life difficulties that necessitates more research. Apart from greatly enhancing human convenience, altering dynamics in environmental structures have also resulted in a state of disequilibrium in overall health, with negative consequences on an individual and societal level. An increase in pressure to manage with increasing rates of competency and complexities has had negative impacts on mental health, affecting the majority of metropolitan adults. This study combines the eastern scope of Hatha Yoga with the western constructions of Mindfulness, Self-Compassion, and Quality of Life in order to recover balance and improve psychological health among the young. It perfectly balances the two views in order to offer factual support for old Indian traditions and their significance in improving psychological functioning.

1.2 REVIEW OF THE LITERATURE

(Mishra, 2016) A study was conducted to see how yoga practises affected emotional intelligence and healthy lifestyle behaviours. The current study aims to discover the impact of yoga practises (asanas, pranayam, and meditation, both theoretical and practical) on emotional intelligence and good living behaviours. On a random basis, the investigator recruited 100 people from Allahabad (50 regular Yoga practitioners of Bhartiya Yoga Sansthan Allahabad centre who practised yoga regularly

under the supervision of qualified experts & 50 individuals who practised yoga rarely). Emotional intelligence and healthy lifestyle practises were assessed using self-created questionnaires. Expert opinion was used to determine the tools' content strength, and dependability was determined using the split-half approach and product moment correlation. The data was analysed using an ex post facto research design.

2016 (MadanmohanTrakroo) A brief examination of the physiological effects of yogic activities was conducted. This short overview study offers a high-level look at some of yoga's health-promoting properties in relation to several systems as described by modern medical physiology. References are provided to explain possible processes for such physiological, biochemical, and psychological consequences. Despite the fact that the majority of research studies and systematic reviews show that in improving physiological functions of almost every system, more comprehensive and rigorous investigations are still needed to prove these positive advantages conclusively. When dealing with mind-body therapies and lifestyle modifications that have preventative, promotive, rehabilitative, and curative potential as an adjuvant therapy, it is critical not to overlook the qualitative components of such benefits in our pursuit of quantitative findings.

(Chen TL, 2009) In this the author have tried to discover about how yoga if acts as an intervention influences the school age children physical fitness who are suffering from asthmatic problems. Quasi-experimental is the research design that have been used in the research and thirty one children on voluntary basis have participated on the research. Out of these subjects, sixteen and fifteen belongs to groups exercise and control respectively. The subjects have the age between seven to twelve years and moreover, one elementary school from Taipei have been selected purposively. The group that belongs to exercise has to practice yoga for seven weeks in continuity and in each week three times are practiced that. The session of yoga is followed by 1 hour and it embraces warm up for ten minutes, yoga activities for forty minutes and cool down activities for ten minutes. After intervention end at 7 th and 9th week, the scores of fitness were measured against the baseline scores. The subjects who have completed this whole process are thirty in number i.e., 16 and 14 belongs to group of exercise and fourteen. The results are mentioned below: 1. The subjects when differentiated from the general population children, all subjects lie below percentile of 50th in physical fitness interested activities. No difference that was significant in nature exists between the both groups at the level of baseline. 2. The authors have figure out that association exists between muscular strength and exercise habit in a positive way among asthmatic children. 3. The group exercise have presented better outcomes than group control with respect to muscular strength and

flexibility. Still, these positive conclusions have become an evident that for adjustment for disease duration, usage of steroid and age, the results of these two groups were distributed unequally.

(Hafner - Holter S, 2009) The authors have tried to know the impact on social competence, stress, mood, well-being and body image by yoga and fitness activities training. They discussed, explained and differentiated programs of yoga and physical fitness activities on the basis of above-mentioned parameters. A total of eighteen persons of gym and twenty-one persons of yoga have participated in the questionnaire before taking admission to the program and have answered twenty parts. The list included different scales named complaint-list (31), Questionnaire of Body-Image (25), Analog scale for stress (10), Adjective Mood-Scale (32) as well as symptom checklist 90R (8). Social competence has shown enhancement in a significant way for groups A and B whereas group B have shown enhancement in well-being related to emotional and physical have shown lessening values in anxiety of body. The outcomes or conclusions of this research have indicated that PyLo well-being enhanced by physical activities whereas group A and B both influences PyLo. In the nearer future, PyLo impacts of different interventions of activities linked with physical concept in programs related with prevention and exercise for patients who are suffering from mental diseases can be done. (OM, 2009)

1.3 METHODOLOGY

The term "methodology" in the English language refers to the process of compiling and organising the rules, procedures, and practices that are specific to a certain field of study. To put it another way, you could say that it's a smorgasbord of approaches used in a little area. Methodology is an essential part of any rational request. The term "informal" is used to describe research that does not adhere to a predetermined methodology.

Because both primary and secondary data sources were available, they were employed to acquire the information needed for the investigation. Data for this study was gathered using a variety of methods, including unstructured face-to-face interviews with a variety of institution, current and former students and family and society. Secondary sources include books, journal articles, and working papers from government agencies, as well as some of the most well-known publications and journals in existence. There are 100 participants in this study via a survey method...

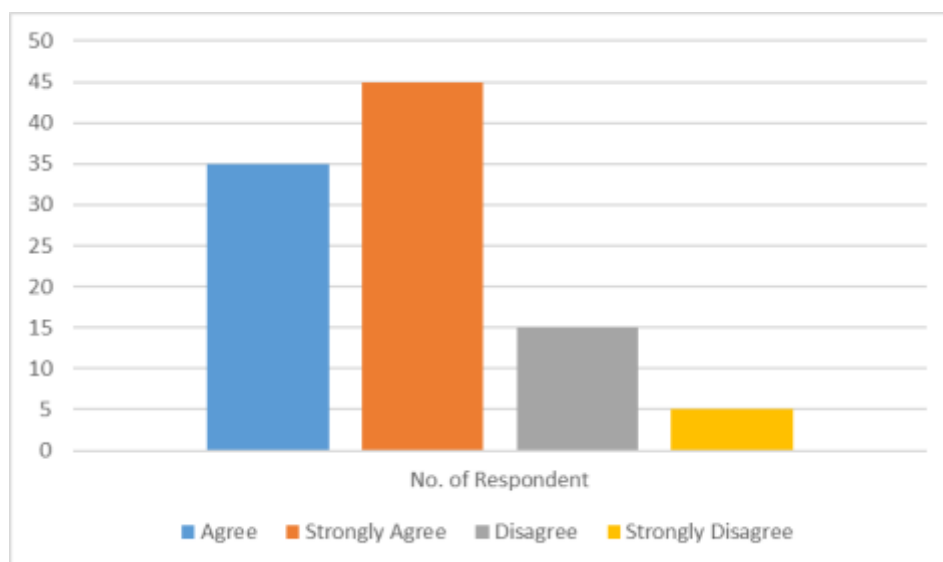
1.4 DATA ANALYSIS AND INTERPRETATION

According to table- 1

When researcher asked people that Yoga relax mind, body and soul 35% people were agree with the statement. While 45% people were strongly agree with statement. 15% people were disagreeing with the statement but 5% people were strongly disagree with the statement. most of the people knows that yoga practice can relax mind, body and soul.

Table 1: Yoga relax mind, body and soul

Opinion	No. of Respondent
Agree	35
Strongly Agree	45
Disagree	15
Strongly Disagree	05



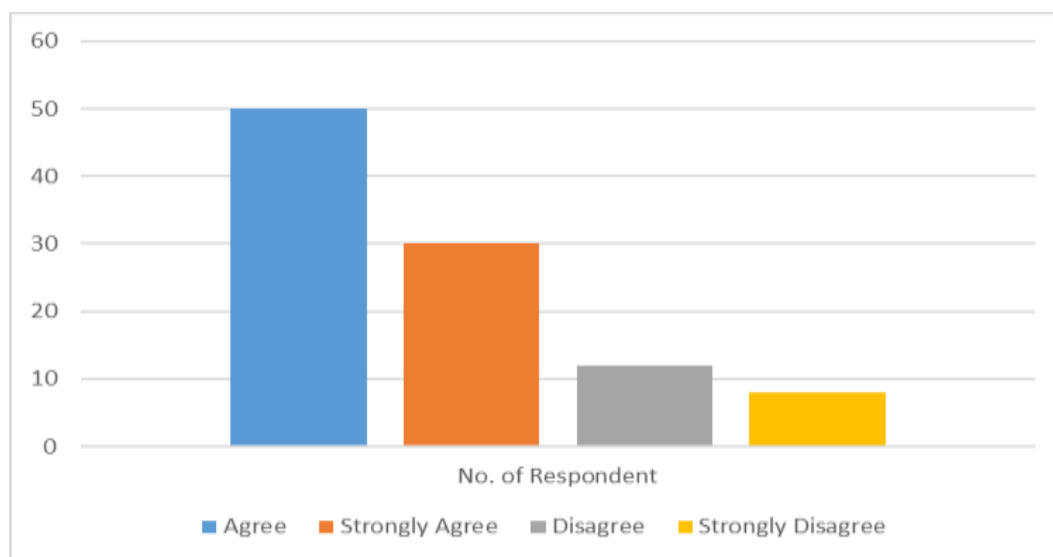
According to table- 2

When reasearcher asked the question that Pranayam cures mental problems then 50% people were agree with the statement that yoga and meditation practice give piece to mind. while 30% people were strongly agree with the statement .12% people were disagree with the statement but 8% people were strongly disagree with the statement.

Table 2: Pranayama cures our mental problems

Opinion	No. of Respondent
Agree	50
Strongly Agree	30

Disagree	12
Strongly Disagree	08

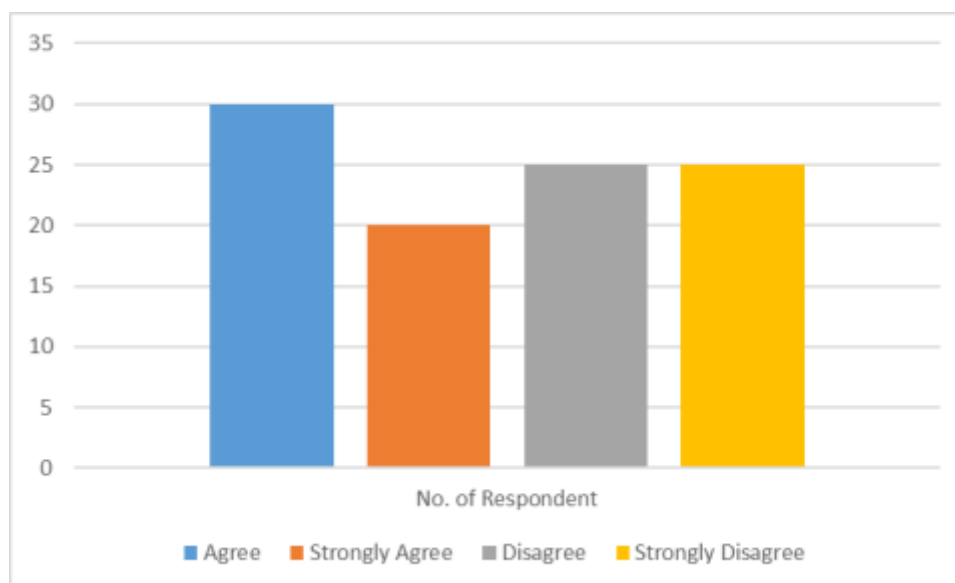


According to table-3

When researcher asked people that Udeethpranayam makes our mind peaceful. Then 30% people respond agree. While 20% people were strongly agree with the state ment .25% people were disagree with the state ment but 25% people were strongly disagree with the statement that Udeethpranayam makes our mind peaceful. Lots of aware needed to the people for the yoga programme.

Table 3: Udeethpranayam makes our mind peaceful

Opinion	No. of Respondent
Agree	30
Strongly Agree	20
Disagree	25
Strongly Disagree	25



1.5 CONCLUSION

The immune system is very important to everyday life. He said: "Good is not the most important thing, but all wealth and good luck aren't something." The Physical Asanas, which move the air, and the Pranayama, which opens the way, are used to check and restore. On the eighth system of "Yoga on Daily Life," there are Asanas and large Pranayama's. The first one is "SarvaHita Asanas" (identifying, "Practical exercise for everyone"). After this preparation programmed, there are seven different parts that show Asanas and Pranayama's.

You can start with "Yoga for Back Pain," then "Yoga for Joints," "Yoga for Seniors," "Yoga for Managers," and "Yoga for Children."

While including various mind-body therapies and their approaches in intervention trials, it is critical to generate objective assessments of them. It's also been proposed that publishing precise interventions utilised in future studies in manual form will enable for reliable replication and deployment in the future. It's also crucial to provide methods that track participants' self-practice, compliance, and adherence to the therapies objectively. Yoga has the ability to prevent, promote, and heal, and a yogic lifestyle offers many benefits to the practitioner. Given the worrisome rise of lifestyle-related diseases in our modern society, yogic living should be given a prominent place in avoiding and managing these diseases. Our unwavering confidence in the substantiality and truth of things as they seem to our senses makes fulfilling the yoga requirement extremely challenging.

1. The number of studies on yoga for diverse diseases is limited.
2. Trials of poor quality in general, including several instances of bias

3. Significant variation in terms of the individuals investigated, yoga interventions, yoga practise length and frequency, comparator groups, and outcome measures.
4. Compliance was not recorded on a regular basis, hindering an understanding of the appropriate 'dosage' required for mind-body therapies.
5. Yoga necessitates active engagement and motivation, which necessitates active efforts on the part of both the researcher and the participants.
6. Changes in attitudes and behaviour, particularly in the context of stress-induced psychosomatic disorders, need to be properly documented and understood. Yoga has been indicated to promote patient self-efficacy, self-competence, physical fitness, and social support, and may be useful as a supportive adjunct to medical problems.

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