# Practicing yoga is the key predictor of psychosocial well-being among women – An analysis

# Yogacharya Dr.Renji Issac, PhD,MA (Psy), MBA, PGDCJ, PGDGCS

# ASAP - PMKVY TRAINER, HOLISTIC PERSONAL ENRICHMENT CENTRE, KOTTAYAM

# ---------------------------------------------------------------------------------------------------------------------

# Abstract

# The article yoga and psycho - social well-being of women has been discussed across the globe for many decades. In this article, the selected groups are only female members. The group has no perception about yoga but after the training the participants has attained many benefits from the minimum month’s yoga training. The article pointed out the requirements of giving more emphasis to yoga practice for all aged women group.

# Key words: Yoga, cardiac health, muscular - skeletal health, mental health, social life better work life balance

# INTRODUCTION

# For many decades ago, the psycho social well-being of the women was discussed. But over the period of time the issues were changed and the requirements of the solutions also needed changes. The time tested many medicines and the theories were obsoleted. New issues at the humans body was raised, new mental illness were declared. The women also working for revenue in different roles are handling. The roles are highly demanding and required genuinity, talent and geniuses. So their cardiac health, muscular - skeletal health, mental health, healthy social life and better work life balance is required.

# SCOPE

# The scope of the study covers the psychosocial issues and the remedies which can be reached through the systems of yoga and yoga therapy. The physical health are related to malnutrition, genetically transferred health conditions, environmental borne health conditions and the psychological problems such as PSTD, depression, mood disorders, down syndroms, post-menopausal issues emotional issues etc:.Most of the issues are handled by drugs and medicines based on prescription, counseling and psychotherapy, alternate therapies. But there is no permanent solutions are available in any systems. The scope of the yoga therapy extends the power of healing and permanent health along with longevity to the humanity. The yogic science cares the women, the part of nature as precious to the God, because of their physical and mental uniqueness.

# SIGNIFICANCE

# The significance of the study is pointing to the relevance of reserving women’s total health as the society’s health. The world’s population constitutes more female population than the male population; they only can develop the future citizens. The female health is need to be cared across the globe, even the MDG’s was included maternal health as one the primary objectives. But the uncovered health issues must be considered in a holistic way. The yogic science and yoga therapy consider the mind and body are together, are two sides of living human. Through yoga practice both mind, body and the spirit are become strong and rejuvenated. The unaddressed issues by the other disciplines also covered without any side effects. The issues will arise whenever there is wrong following of poses. The right yoga poses from the right instructor can give more yields to outcomes to the practioners.

# Literature Review

# Moliver,N.et.al. (2013) their study titled “Yoga experience as a predictor of psychological wellness in women over 45 years” a non-probability sample of female yoga practitioners between 45 and 80 years, increased yoga experience predicted increased levels of psychological well-being. Results showed a dose-response effect, with yoga experience exercising an increasingly protective effect against low levels of SWB and vitality.

# Siksha, Desai. (2021) yoga is an ancient practice that originated thousands of years ago in India; it is considered highly relevant and beneficial in today’s day and age since the practice comprehensively addresses a diverse range of [physical](https://www.speakingtree.in/topics/health/physical), [psychological](https://timesofindia.indiatimes.com/topic/psychological), emotional and spiritual health issues.

#  Singh, A P. (201) There is enormous potential of yogic practices for improving mental health in families, schools, clinics and work settings. Major challenges involved in use of Yoga for protecting, managing and promoting mental health relate to paradigmatic choice, subtle process of yoga, methodological approach and practical constraints.

# Bennetts, Alison. (2022) new model is proposed positing specific aspects of yoga practice correlate with specific trans diagnostic processes to elicit psychological change and argues that the mechanisms by which change occurs are directly compared with the changes observed in talking [therapies](https://www.sciencedirect.com/topics/medicine-and-dentistry/therapeutic-procedure).

# Sathiyavathi, G.et.al. (2024) Significant difference in effect was found between the groups in the State Trait Anxiety Inventory, Beck Depression Inventory (BDI), emotion regulation questionnaire, and positive and negative affect questionnaire schedule (PANAS). Within group analysis demonstrated improved scores in all psychological constructs in the yoga group. Although some constructs also shown significant changes in the control group, the effect size was less when compared to the yoga group.

# Uniyal, Anjana., and Kumar, Kamakhya. (2021) This study aimed to systematically review the evidence based researches and to conduct an analysis of the psychological approach of Yoga as a complementary and alternative therapy for cancer patients. Cancer patients have so many side effects of treatment such as pain, fatigue, nausea, and psychological disorders such as anxiety, insomnia, stress, and depression. Yoga may help to relieve some of the symptoms linked to cancer. Several empirical studies in Yoga conducted on Cancer patients.

# Thomas, Allie.et.al. (2021) the need for physical therapists to increase their assessment and documentation of functional outcomes associated with client’s yoga participation. Documentation could contribute to evidence-based literature related to how, why, and with whom physical therapists are using yoga. Documented outcomes could also provide rationale for yoga to receive classification as a reimbursable complementary and integrative health approach.

# Research Gap

# The study was not conducted anywhere in the world regarding the same topic. The study aimed to analyse the changes occurred in a group before and after the yoga training. The study has unique aim to discuss than the other studies aimed the yoga practice and psycho social wellness of the women population.

# Objectives

# To analyze the respondets profile

# To analyze the respondents perception

# To observe the outcome of yoga practice

# Research Methodology

# Research Design

# The methodology of the study was selected in a systematic way. A group of yoga aspirants were selected as pre yoga learners and yoga practioners within a quarter year time. The group was consist of female. Their age was in between 30 – 50.They were educated from pre university course to Masters in professional course.

# Research Method

# The methodology of the study is experiment method. The respondents were comes under thorough observation in each stages of the study. But the yoga practice under the guidance of the

# Sample

# Sample of the study consist of 20 in number of females are included in the study as respondents. The respondents were marked their responses at their will.

# Statistical tools:

# The tools of statics applied are as follows:

# Per cent analysis

# Correlation

# Chi - Square test

# ANALYSIS & INTERPRETATIONS

# Table No.1

# Socio –Demographic profile

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sl.No | Particulars | Number | Per cent | Cumulative Per cent |
| 1 | Female | 20 | 100 | 100 |
| Gender  |
| 2 | SSLC | 03 | 15 | 15 |
| Education |
| PDC | 5 | 25.00 | 40 |
| Graduates  | 06 | 30 | 70 |
| Post Graduates | 2 | 10 | 80 |
| Professional Graduates | 1 | 5 | 85 |
| others | 3 | 15 | 100 |

# \*Source : Primary data

# According to table No.1, the socio- demographic of the responds is describing. All the respondents are females (100%) 20 numbers. Among the respondents, 15 per cent are completed SSLC (03 in numbers).Among the respondents are 25 % completed PDC ( 05 in number). Among the respondents, 30 % are Graduates (06 in numbers).Among them, Post – Graduates are 05% (only 1 numbers).Among the respondents 15 % are have other educational background.

# *H0:* prior to learning yoga the respondents has no wrong perception about yoga and its sources

# Table No.2

# Respondents perception regarding the Yoga

| **Correlations** |
| --- |
|  |  | Gender | Awareness | Attitude | Curriculum adaptation | Resource |
| Gender | Pearson Correlation | 1 | .062 | .001 | -.115 | -.027 |
| Sig. (2-tailed) |  | .362 | .985 | .091 | .697 |
| N | 218 | 218 | 218 | 218 | 218 |
| Awareness | Pearson Correlation | .062 | 1 | .205\*\* | -.052 | .232\*\* |
| Sig. (2-tailed) | .362 |  | .002 | .445 | .001 |
| N | 218 | 218 | 218 | 218 | 218 |
| Attitude | Pearson Correlation | .001 | .205\*\* | 1 | .013 | .095 |
| Sig. (2-tailed) | .985 | .002 |  | .853 | .162 |
| N | 218 | 218 | 218 | 218 | 218 |
| Curriculum adaptation | Pearson Correlation | -.115 | -.052 | .013 | 1 | .103 |
| Sig. (2-tailed) | .091 | .445 | .853 |  | .130 |
| N | 218 | 218 | 218 | 218 | 218 |
| Resource  | Pearson Correlation | -.027 | .232\*\* | .095 | .103 | 1 |
| Sig. (2-tailed) | .697 | .001 | .162 | .130 |  |
| N | 218 | 218 | 218 | 218 | 218 |
| \*\*. Correlation is significant at the 0.01 level (2-tailed).\***Source: Primary Data**According to table no.2, the respondents perception towards yoga before starting awareness, attitude, curriculum adaptation and the resource regarding yoga are not known to them. |  |  |

# Table No.3

# Benefits to life attained thorough Yoga practice

| **One-Sample Test** |
| --- |
|  | Test Value = 0  |
|  | t | df | Sig. (2-tailed) | Mean Difference | 95% Confidence Interval of the Difference |
|  | Lower | Upper |
| Try new poses | 160.965 | 934 | .000 | 5.134 | 5.07 | 5.20 |
| Positive Person | 142.621 | 934 | .000 | 3.932 | 3.88 | 3.99 |
| assertiveness increase | 129.288 | 934 | .000 | 5.541 | 5.46 | 5.63 |
| Avoid negative Foods | 74.056 | 934 | .000 | 3.198 | 3.11 | 3.28 |
| Socially balanced | 126.296 | 934 | .000 | 3.929 | 3.87 | 3.99 |
| Personally stable | 136.145 | 934 | .000 | 5.351 | 5.27 | 5.43 |
| Self-Confident | 114.704 | 934 | .000 | 4.000 | 3.93 | 4.07 |
| Eating frequency reduced | 94.817 | 934 | .000 | 3.744 | 3.67 | 3.82 |
| New life outlook | 168.643 | 934 | .000 | 5.544 | 5.48 | 5.61 |
| Careful About routines | 92.711 | 934 | .000 | 3.502 | 3.43 | 3.58 |
| Increased tolerance | 186.928 | 934 | .000 | 5.207 | 5.15 | 5.26 |
| Start self-love | 129.610 | 934 | .000 | 4.134 | 4.07 | 4.20 |
| Find Fun in life | 143.347 | 934 | .000 | 3.902 | 3.85 | 3.96 |
| Insight changed | 105.955 | 934 | .000 | 4.541 | 4.46 | 4.63 |
| Feel Freshness | 141.977 | 934 | .000 | 5.684 | 5.61 | 5.76 |
| increases Reasoning ability | 110.701 | 934 | .000 | 4.351 | 4.27 | 4.43 |
| Improved body posture | 122.246 | 934 | .000 | 3.998 | 3.93 | 4.06 |
| Excellent in body shape | 144.849 | 934 | .000 | 5.173 | 5.10 | 5.24 |
| Yoga Knowledge increase | 137.204 | 934 | .000 | 4.617 | 4.55 | 4.68 |
| Body homeostatis improved | 119.103 | 934 | .000 | 4.498 | 4.42 | 4.57 |
| Motion of body improved | 186.928 | 934 | .000 | 5.207 | 5.15 | 5.26 |
| Feel more life Satisfaction | 136.047 | 934 | .000 | 4.597 | 4.53 | 4.66 |
| Less feel of uncertainity | 123.222 | 934 | .000 | 4.263 | 4.20 | 4.33 |
| Likely to Recommend yoga | 107.782 | 934 | .000 | 3.421 | 3.36 | 3.48 |
| Yoga as a holistic approach | 65.113 | 934 | .000 | 3.019 | 2.93 | 3.11 |

\*source : Primary Data

All the variables comes under the table no.3, the benefits achieved through the yoga practice for three months are significant and the null hypothesis is accepted.

# FINDINGS

# All the respondents are only females

# Majority of the respondents are unaware about the yoga, its curriculum and resources.

# After the yoga practice the respondents are benefitted to their mind, body and soul even to their social life.

# FUTURE SCOPE OF THE STUDY

# The futures scope of the study is vast and more creative according to the individual uniqueness and life styles. The study can be done based on the age and in between gender, in between age groups as by applying all methods of the study

# SUGGESTIONS

# The study suggests to all the globe population to follow yoga therapy and yogic sciences. The suggestions are aimed to particularly government, social institutions, NGOs, schools, religious groups and even to political parties. The suggestions are formed in the point of view that the ’health is wealth’. Health means physical, mental, social and spiritual health. Only through yoga and its application the well - being of the society will be superior to ever. The women health is particular because of the multiple roles taken and performed at time, than other genders.

# CONCLUSION

# The study is concluding with the assumption that the yogic science is a non-side effective medicine and a life style, habits and vision in the life. The article went through the pre and post stages of yoga practice among women are required extensive and longitudinal study. The women yoga practioners are achieved more benefits, than they expected. So yoga should be treated as a ‘holistic’ life all ones betterment.

# References

**Moliver,N.et.al. (2013)** Yoga experience as a predictor of psychological wellness in women over 45 years**.** [Int J Yoga.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3573537/) Vol. 6(1), pp: 11–19.

# Siksha, Desai. (2021) Yoga for physical, mental and psycho social wellbeing. TOI.

# Singh AP. (2017) Yoga for mental health: opportunities and challenges. MOJ Yoga Physical Ther. Vol.2 (1), pp:1-6.

# Bennetts, Alison. (2022) How does yoga practice and therapy yield psychological benefits? A review and model of transdiagnostic processes. Complementary Therapies in Clinical Practice. Volume 46, pp:n/a.

**Sathiyavathi, G.et.al.(2024)** Effect of Yoga on Psychological and Emotion Regulation among Women Prisoners: A Pilot, Randomized Controlled Trial. Journal of Applied Consciousness Studies.  Vol.[12(1), pp: 17-23](https://journals.lww.com/joacs/pages/currenttoc.aspx)

**Uniyal, Anjana., and Kumar, Kamakhya. (2021)** Psychological approach of Yoga for Cancer patients. International Journal of Yoga and Allied Science .Volume: 10, Issue: 1,pp: (31-35)

## Thomas, Allie.et.al. (2021) The integration of yoga in physical therapy clinical practice. The integration of yoga in physical therapy clinical practice. [Complementary Therapies in Medicine](https://www.sciencedirect.com/journal/complementary-therapies-in-medicine)

[Volume 59](https://www.sciencedirect.com/journal/complementary-therapies-in-medicine/vol/59/suppl/C),pp:n/a.