



Effect of Ashtang Yogic Activities in Enhancing Quality of Life of Young Adults

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Received Apr 06, 2020; Accepted Apr 15, 2020; Published May 01, 2020

Abstract

Objective: To determine the effect of ashtang yogic activities in enhancing the quality of life of young adults.

Design: Randomized, Pre and post test score, Experimental group comprise yoga exercise, wait list control group.

Participants and Result: This experimental study consists of pre test and post test. The experimental group underwent a training program for three months period, where as the control group attended general workout sessions. Both groups shall consist of forty subjects each age's b/w 18 to 21 years. It was delimited to yogic activities training schedule prepared by a book "The practical encyclopedia of ashtang yoga and meditation" by Jean hall & Doriel hall (2009). It was delimited to Ashtang yoga of Patanjali yoga sutras comprise asana, pranayama & meditation. It was delimited to 80 students (male and female) both and 1hour morning duration training programme exclude Sunday and gazetted holidays. The study shows that ashtang yoga can improve Quality of life of young adults.

Conclusions: The study shows positive result in young adults & improve their quality of life in experimental group but there is no improvement in control group. This study is really helpful for increasing the Quality of life of young adults.

Key Words: Ashtang Yoga, Quality of Life, Young Adults.

1. Introduction:

All the orthodox systems of Indian Philosophy have one goal in view, the liberation of the soul through perfection. The method is by Yoga. Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. It is long popular practice in India that has become increasingly more common in Western society. "Yoga" means union of our individual consciousness with the Universal Divine Consciousness in a super-conscious state known as Samadhi.

Yoga Improves Quality of life:

Yoga is becoming increasingly common as an adjunct therapy to improve quality of life for many individuals. In one study, 135 seniors were assigned to either six months of yoga, walking or a control group. Practicing yoga significantly improved quality of life, as well as mood and fatigue, compared to the other groups (Oken BS, 2006).

Other studies have looked at how yoga can improve quality of life and reduce symptoms in patients with cancer. Other study followed women with breast cancer undergoing chemotherapy, such as nausea and vomiting, while also improving overall quality of life. (Raghavendra RM, 2007)

Quality of Life:

Quality of life has been regularly used as a scientific concept in literature which denotes a wide range of target groups and populations as a whole. Conceptualizations vary, but there is much common ground concerning the domains that can be encompassed within the term. Commentators are also clear that both objective life conditions and subjective personal appraisals should be taken into the considerations and the fact that what is important to each person varies. A multi dimensional perspective provides a model of quality of life which integrates objective and subjective indicators and individual values across a broad range of life domains. Life domain issues may be categorized within six areas: physical, mental, social, productive, emotional, and civic well being. Whatever it's precise specification, the model is put forward as a framework for organizing measurement relevant to the quality of life concept rather than as a blue print for deriving the ultimate single instrument. There is still a need for methodological flexibility. The permanent aim is to relate the fine grain of the experience of individuals with disability to that of the wider world (Felce, 1997). To evaluate the effect of long term yoga exercises on sleep quality and quality of life (QOL) in the elderly. Research study shows that regular yoga exercises in the daily routine of elderly people can help to achieve good sleep quality as well as improve the QOL (Mangesh A. Bankar, 2013).

Study provide a comprehensive review of benefits of regular yoga practice. The therapeutic effects of yoga as it has been studied in various population concerning a multitude of different ailments and conditions. Therapeutic yoga is defined as the application of yoga posture and practice to the treatment of health conditions and involve instruction in yogic practices and teaching to prevent reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Result of this study show that yogic practice enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well being and quality of life. (woodyard, 2011 July-Dec).

Young Adults:

Since young adults, especially those on college campuses are exposed to different and wide varieties of stimuli, there are many examples where their selective attention is tested through experiments and many of them tried to find out the ways to improve it. A study examining the illicit use of prescription stimulants by college students reported that one of the primary reasons students took the stimulants was to improve their ability to concentrate on their academic work (Alan D. DeSantis & Seth M. Noar, 2008). The researchers surveyed 1,811 undergraduate students on a university campus to find out the result regarding their experience with stimulants commonly used to treat Attention Deficit Hyperactivity Disorders (ADHD). In addition to surveys, the researchers conducted qualitative interview with 175 undergraduates to get the specific information regarding the reasons why college students took the stimulants illegally. Self administration of prescription stimulants without a prescription is a federal offence under the controlled substance act. Of the students surveyed 4% used ADHD medication legally and 34% had used ADHD medication illegally at some point during their lifetime. Of the 585 participants who reported using stimulants without a prescription, 389 (66%) responded that they used stimulants to help them "concentrate" on their academic requirements. The response was divided into three main categories: the ability to study for longer periods of time, the ability to maintain focus on a single task without distraction, and increased productivity. The study also found that first time use of illicit stimulants generally occurred during periods of high stress, such as during exams, as students hoped to improve their academic performance (DeSantis, Webb, & Noar, 2008). As many college students feel driven to illegally obtain and consume prescription stimulants to improve their concentration and academic performance it is important to study healthier and legal alternatives for improving attention and concentration. (om, Analysis of the effect of yoga on selective attention and mental concentration in young adults, 2009).

2. Methodology and Procedure:

The investigator has tried as possible to take all possible care to ensure that the samples of the research study become a true representative of the population under study. To achieve the purpose of the study 200 students were randomized selected.

[In quality of life scale questionnaire scoring shows higher score indicates better quality of life, with the average score 72 and more]. 80 young adults were taken from 200 students whose having score lower than 72 in quality of life scale questionnaire. These Eighty (N=80) B.A-I students were Purposive used (age group 18-21 yrs) studying in Govt. College, Bilaspur, Rampur (U.P) to impart ashtang yoga training.

First the subjects were divided into two equal groups by drawing a lot. Group A acted as experimental group and Group B acted as control group. Both groups consist of forty subjects each. Prior to the administration of test pre test scores for all the selected variables were collected. After 12 weeks of ashtang yogic training post test scores were collected on each of the selected variables. Experimental group perform selected ashtang yoga training daily for 1 hour except Sundays and gazzeted holidays. No training was imparted to the control group but they are under observation. Daily attendance taken for both groups.

3. Results of the Study:

Effect of Ashtang Yogic Activities on Psychological Variable Quality of life

In this section t- ratio was calculated to find out significance of difference between pre –test and post- test mean scores of experimental group as well as between post- tests mean scores of control group and experimental group.

The results have been presented in the following tables. To make the information more communicable and understandable various figures have been used at appropriate places.

TABLE NO. 1
Descriptive Analysis of Quality of life at Pre and Post Test Performance in Experimental Group

Groups	N	Range	Minimum	Maximum	Mean	Std. Deviation
Pre Test	80	28	45	73	64.67	5.45
Post Test	80	53	52	105	74.15	9.61

Figure-1

Graphical presentation of Quality of life in pre and post test performance of experimental group

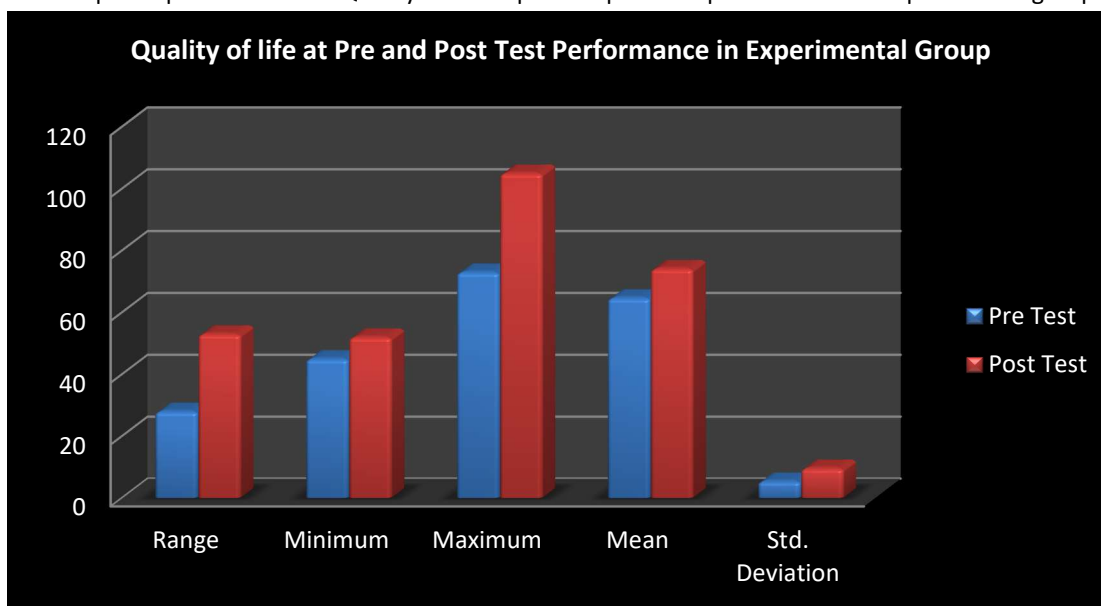


Table-1 reveals the descriptive analysis of Quality of life at pre and post test in experimental group. In this the pre test shows the value of mean and standard deviation (64.67 ± 5.45) respectively. The maximum value is 73 and minimum value is 45 of pre test. The post test shows the value of mean and standard deviation (74.15 ± 9.61) respectively. The maximum value is 105 and minimum value is 52 of post test. The range between pre and post test in experimental group is 26 and 23.

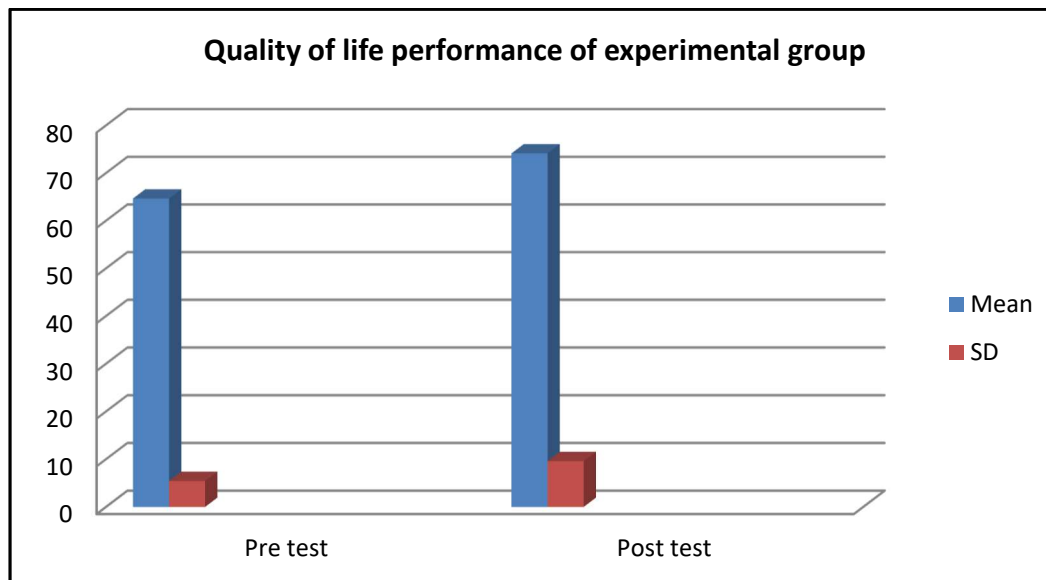
TABLE – 2
Significance of difference between Pre and Post Test Performance of Experimental Groups in Quality of life (Psychological Variable)

Groups	Mean	SD	SE Mean	DM	SE Mean Diff.	“t” ratio
Pre test	64.67	5.45	.608	9.47	.687	13.78*
Post test	74.15	9.61	1.07			

*Significant at 0.05 level
 $t_{.05(79)} = 1.99$

Figure – 2

Comparison of mean and SD scores of pre and post test of experimental group in quality of life



It is evident from Table-2 that there was a significant difference between the means of pre and post test in quality of life of experimental group. The mean difference was calculated as 9.47 and standard error of difference was .687 since the obtained value of paired 't' (13.78) was higher than the tabulated value of 't' (1.99) which was required to be significant at (79) degree of freedom with 0.05 level of confidence.

The graphical representation of mean and standard deviation of pre and post test performance of experimental group in quality of life has been presented in figure 2

4. Discussion of the Findings:

It is evident from the above findings that there exists a significant difference in the Quality of life of experimental group and ashtanga yoga has significantly improved the functional capacity of this group. As it is evident from the history of yoga that yogic exercises are the best medium to bring harmony in the human life, which might cause to improve quality of life. (Woodyard, 2011) also supports that yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.

5. Conclusion:

The result of this study indicates positively significant effect between ashtanga yoga training on quality of life. It means and conclude that better ashtanga yoga training enhance quality of life.

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