

PSYCHOLOGICAL WELL BEING AND MENTAL HEALTH: EMOTION ENRICHMENT THROUGH YOGA

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ABSTRACT

The goal of this research is to evaluate the findings of chosen studies on yoga's therapeutic effects and to provide a full overview of the benefits of regular yoga practice. As the popularity of mind-body fitness programmes like yoga grows, it's critical for health care practitioners to understand the nature of yoga and the evidence for its numerous therapeutic impacts. As a result, this paper contains information on yoga's therapeutic effects as they have been examined on selected population for different conditions. The random sampling method was used in this study. Total sample consisted 60 of women who practice yoga and women who do not. The sample was selected from Bhavnagar District. To find research studies that inspected the restorative impacts of yoga, data sets were obtained through a questionnaire of Mental Health constructed and standardized by Dr. Jagdish & Dr. A. K. Shrivastava and questionnaire of psychological well-being constructed and standardized by Sudha Bhogle. The result revealed to there is significant difference between mental health of women who practice yoga and women who do not. Second is there is significant difference between psychological well-being of women who practice yoga and women who do not. Therapeutic yoga is defined as the use of yoga postures and practices to cure health concerns, as well as instruction in yogic practices and teachings to prevent or alleviate structural, physiological, emotional, and spiritual pain, suffering, or limitations. According to the findings, yogic practices improve muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, aid in addiction recovery and treatment, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and improve overall well-being and quality of life.

Keywords: Psychological Well Being, Mental Health, Depression, Quality of Life, Therapeutic Yoga

1. INTRODUCTION

Yoga, a 3,000-year-old tradition, is now regarded in the Western world as a holistic approach to mental health and is classified as a form of Complementary and Alternative Medicine by the National Institutes of Health (CAM).^[1] The term "yoga" is derived from the Sanskrit root "yuj," which means "union" or "yoke," as well as "to join" and "to direct and concentrate one's attention."^[2, 3] Regular yoga practice promotes strength, endurance, and flexibility, as well as friendliness, compassion & greater self-control, while cultivating a sense of calm and psychological well-being.^[4, 5] Sustained practice also results in important outcomes such as a shift in life perspective, increased self-awareness & an increased mental health to live life fully & with genuine enjoyment.^[6-8] Yoga practice results in a physiological state that is diametrically opposed to that of Yoga is a type of mind-body fitness that combines muscular activity with an internally directed mindful focus on self, breath & emotion enrichment.^[4] The teachings & practices of yoga's healing system are founded on four fundamental principles.^[6] The 1st principle is that the human body is a holistic entity made up of various

interconnected dimensions that are inseparable from one another & that the health or illness of any one dimension affects the other dimensions. The 2nd principle is that individuals & their needs are unique and must be approached accordingly. Individuality must be respected, and their practice must be tailored accordingly. The 3rd principle is that yoga empowers the women; the women are her own healers. Yoga involves the women in the healing process; by taking an active role in their journey to health, healing occurs from within rather than from without, and a greater sense of autonomy is achieved. The 4th principle is that the state & quality of one's mind are critical to healing. Healing occurs more quickly when the individual has a positive mind-state, whereas healing may take longer when the individual has a negative mind-state.

Individuality & practice must be tailored accordingly. The eight limbs are made up of ethical principles for living a psychological wellbeing & purposeful life with better mental health; they serve as a prescription for moral as well as ethical conduct & self-discipline, directing attention to one's health while acknowledging the spiritual aspects of one's nature. Any of the eight limbs can be practiced separately, but in yoga philosophy, physical postures & breathing exercises prepare the mind & body for meditation & emotion enrichment. ^[4, 10] Many different yogic disciplines have evolved from Patanjali's eight limbs. Each has its own method of disease prevention & treatment. ^[1] The physical postures & breathing practices of Hatha yoga, as well as meditation, are the most commonly practiced aspects of yoga in the Western world. ^[4] Hatha yoga improves physical body capacity through a series of body postures, movements (asanas) & breathing techniques (pranayama). Hatha yoga breathing techniques emphasize conscious inhalation, breath retention & exhalation. Blockages in the energy channels of the body are cleared & the body energy system becomes more balanced through the unification of the physical body, breath & concentration while performing the postures & movements. Standing poses are emphasized in Yoga to develop stability, strength, stamina, body alignment & concentration. Props are used to aid learning & adjust poses as well as instruction is given on how to use yoga to alleviate a variety of ailments & stressors.

Yoga is perceived as a type of psyche body medication that coordinates a person's physical, mental & psychological parts of wellbeing to further develop, especially stress related illnesses. ^[8] The research results show that pressure adds to the mental illness and psychological happiness as well as other ongoing circumstances is cured. ^[11] The logical investigation of yoga has expanded considerably lately & numerous clinical preliminaries have been intended to evaluate its restorative impacts and advantages. As support rates as a primary concern body work out schedules, for example, yoga keeps on expanding, it is significant for experts to be educated about the idea of yoga and the proof of its numerous remedial impacts. Accordingly, this survey of the writing is opportune & significant which gives data with respect to the restorative impacts of yoga in different populaces concerning a huge number of various infirmities and conditions. Remedial yoga is characterized as the use of yoga stances & practice to the treatment of wellbeing conditions. ^[4] Yoga treatment includes guidance in yogic practices & lessons to forestall diminish or mitigate underlying, physiological, profound & otherworldly torment, enduring or impediments. Yogic practices upgrade strong strength & body adaptability, advance & work on respiratory as well as cardiovascular capacity, advance recuperation from and therapy of dependence, decrease pressure, uneasiness & improve in general prosperity & nature of life. ^[4, 6]

2. RELATED REVIEW

1. L.Gaiswinkler & H.F. Unterrainer, "The relationship between yoga involvement, mindfulness and psychological well-being" ScienceDirect, 2016,26,123-127.

3. OBJECTIVE

1. To study of mental health of women who practice yoga and women who do not.
2. To study of psychological well-being of women who practice yoga and women who do not.

4. HYPOTHESIS

H₀₁: There will be no significant difference between mental health of women who practice yoga and women who do not.

H₀₂: There will be no significant difference between psychological; well-being of women who practice yoga and women who do not.

Variables

(A) Independent Variable:

Women who practice yoga and women who do not.

(B) Dependent Variable:

To get score on Mental health and psychological well-being among women who practice yoga and women who do not.

5. TOOLS & SAMPLE

To find research studies that inspected the restorative impacts of yoga, data sets were obtained through a questionnaire of mental health is constructed and standardized by Dr. Jagdish & Dr. A. K. Shrivastava and questionnaire of psychological well-being is constructed and standardized by Sudha bhogle. Which researcher implemented on a population of 60 women, out of which 30 who were performing yoga practices regularly and the 30 women were not performing the yoga practices.

Statistical Technique:

Here is the study 't'-test was used for data interpretation.

6. DATA ANALYSIS

Table – 1 showing result of data analysis for Mental Health

Variable	Sample	Mean	SD	't'-value	Level of Significance
Women who practice yoga	30	156.27	4.39	2.70	0.01
Women who do not	30	144.40			

The Women who practice yoga received higher mean score 156.27 as compared to the Women who do not. There has mean difference was 11.87. So, we can say that Women who practice yoga have a good mental health than Women who do not. The 't' value of Mental health was 2.70.

According to the 't' test the numeric value that we get is 2.70 which is significant at 0.01 level. Therefore, the hypothesis that there will be no significant difference between mental health of women who practice yoga and women who do not is not acceptable. It means there is significant difference between mental health of women who practice yoga and women who do not.

Graph – 1 showing graphical presentation of Mean Score of Mental Health

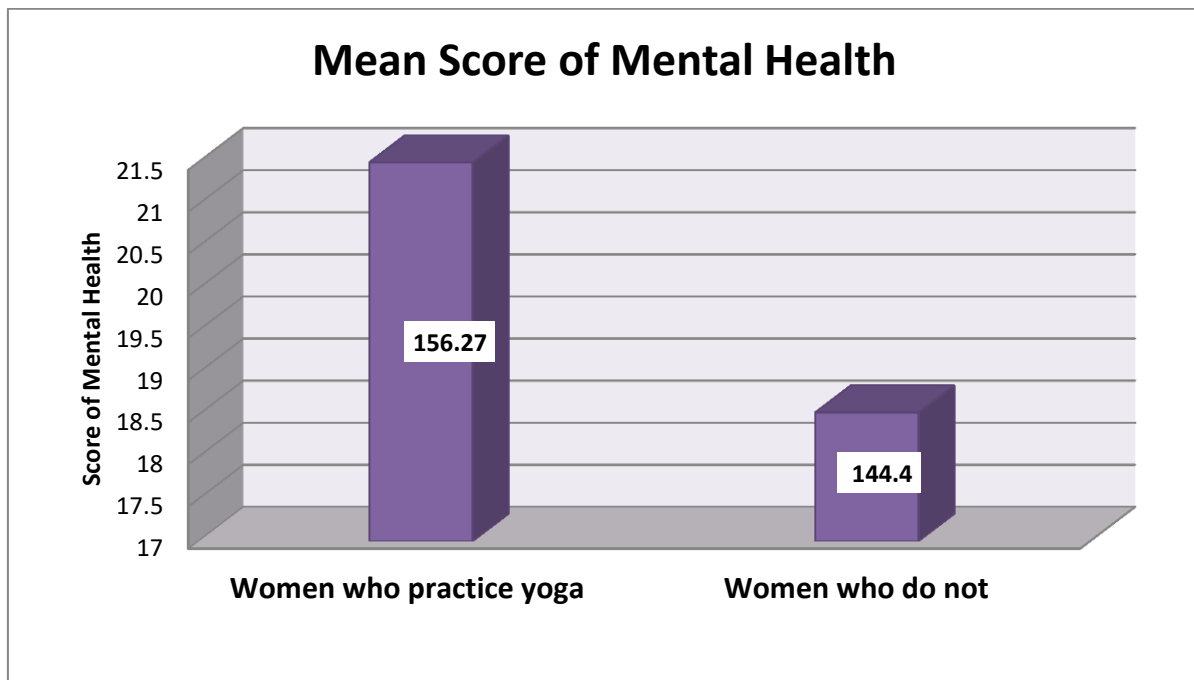


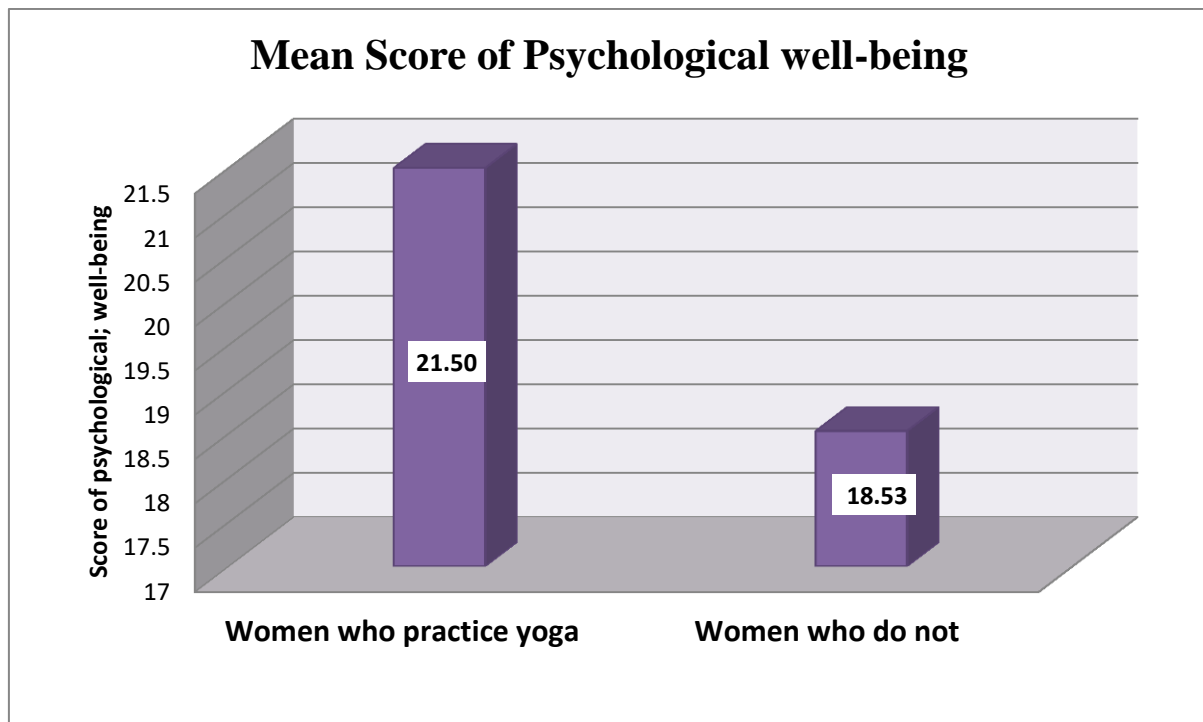
Table – 2 showing result of data analysis for Psychological Well Being

Variable	Sample	Mean	SD	't'-value	Level of Significance
Women who practice yoga	30	21.50	2.97	3.37	0.01
Women who do not	30	18.53	3.86		

The Women who practice yoga received higher mean score 21.50 as compared to the Women who do not. There has mean difference was 2.97. So, we can say that Women who practice yoga have a good psychological well-being than Women who do not. The 't' value of psychological well-being was 3.37.

According to the 't' test the numeric value that we get is 3.37 which is significant at 0.01 level. Therefore, the hypothesis that there will be no significant difference between psychological well-being of women who practice yoga and women who do not is not acceptable. It means there is significant difference between psychological well-being of women who practice yoga and women who do not.

Graph – 2 showing graphical presentation of Mean score Psychological Well Being



7. RESULT DISCUSSION

Psychological well-being issues like tension, stress & sleep deprivation are among the most widely recognized explanations behind people to look for treatment with corresponding treatments, for example, yoga. Yoga urges one to unwind, slow the breath & spotlight on the present, moving the equilibrium from the thoughtful sensory system as well as the flight-or-battle reaction to the psychological framework. The last position is quieting & supportive; it brings down breathing & pulse, diminishes circulatory strain and brings down cortical levels as well as increments blood stream to the digestion tracts & indispensable organs. The test rest according to the table 1 shows that women who were performing yoga were found least stressed and their mental health level was good. They were found with strong mental health compare to the group who were not performing the yoga practices. Now looking at the table 2, the analysis for psychological wellbeing, again the women who were performing yoga were found psychologically strong and their psychological wellbeing level was good. They were found with more happiness compare to the group who were not performing the yoga practices.

8. CONCLUSION

1. The Women who practice yoga her mental health are more than the women who do not.
2. The Women who practice yoga her psychological well-being is better than the women who do not.

Quickly arising in the Western world as a discipline for incorporating the psyche & body into association & congruity, when embraced as a lifestyle, yoga works on physical, mental, scholarly and profound wellbeing. Yoga offers a successful strategy for overseeing & diminishing pressure, nervousness & melancholy. This investigation exhibits the adequacy of yoga on state of mind related messes. Presently, treatment for nervousness and misery includes for the most part mental & pharmacological intercessions; in any case, mind-body mediations are turning out to be progressively famous as a way to diminish pressure in people. Yoga, a type of brain body works out, has turned into an inexorably far-reaching treatment used to keep up with wellbeing, and ease a scope of medical issues and to maintain and improve psychological well-being. Yoga ought to be considered as a

corresponding treatment or elective strategy for clinical treatment in the treatment of stress, tension, melancholy & other temperament problems as it has been displayed to make a more prominent feeling of prosperity, increment sensations of unwinding, work on self-assurance and self-perception, further develop effectiveness, better relational connections, increment mindfulness, lower touchiness, and energize a hopeful point of view. This research presents that how yoga advances self-improvement; enrich emotions, psychological wellbeing & better mental health. By recognizing the solidarity of brain, body & soul, mind-body work out schedules (for example yoga) can help individuals in their quest for harmony, serenity & more prominent completeness which mix in their lives. Medical services experts, wellbeing teachers and such, should know about the capability of yoga as a significant part of an individual health plan.

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