



## **Psychosomatic wellbeing through yogic exercises**

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### **Abstract**

The present find out about was once designed to verify the impact of yogic workout routines on the psychosomatic well being of college students. A self-made psychosomatic well-being scale was used to look at the participant's psychosomatic wellbeing, by using the usage of pre and post test design. In order to examine effects of yogic exercises on psychosomatic wellbeing, a training program was introduced through yoga expert. Results discovered advisable results of yogic workouts on the psychosomatic well-being of university students.

**Keywords:** yogic exercises, psychosomatic wellbeing, students, advisable effects.

### **Introduction**

In the age of opposition and unlimited desires, people are going through different kinds of health problems with new dimensions, expression and manifestations. Medical sciences are attempting to address and cure the problems but unable to make certain complete health and wellbeing. Yoga gives the key to holistic development as physical, psychosomatic and spiritual, broadly use in India as the approach of alleviation from stress and for enchancement in physical and psychosomatic fitness (Srivastava, 1999) [14] and well-being (Tripathi & Bano, 2014) [18]. Individuals oriented spiritually through working towards yoga which appear in behavior and attitude, ultimately caused to hold peace and harmony within character and in the larger society. It can say that yoga is a philosophy of existence as well as a science of relaxation. Psychosomatic wellbeing is a multi-dimensional concept. The feeling of happiness and pride subjectively experienced by using individuals has been termed as psychosomatic wellness (Okun & Stock, 1987; Diener & Suh, 1997) [6, 1]. According to Diener and Suh (1997) [1], psychosomatic health consists of three interrelated components: lifestyles satisfaction, first-rate affect, and disagreeable affect. Affect refers to first-rate and unpleasant moods and emotions, whereas life satisfaction refers to a cognitive sense of pride with existence (Diener & Suh, 1997) [1]. Ryff (1989) [9] in his learn about identified the factors that constitute wellbeing: autonomy; environmental mastery; tremendous relationships with others; cause in life; awareness of doable and self-acceptance. More research has placed different emphases on what well being is: potential to fulfill desires (Foresight Mental Capital and Wellbeing Project, 2008); happiness (Pollard & Lee, 2003) [7] and life satisfaction (Diener & Sub, 1997; Seligman, 2002) [1, 11]. Shin and Johnson (1978) [12] defined well being in phrases of a person's quality of life. The World Health Organization (WHO) defined quality of life as: an

individual's understanding of their position in existence in the context of the lifestyle and value systems in which they live and in relation to their goals, expectations, requirements and concerns. It is a broad ranging notion affected in a complex way through the person's bodily health, psychosomatic state, personal beliefs, social relationships and their relationship to salient aspects of their surroundings (World Health Organization, 1997) [19]. Thus, the psychosomatic wellbeing is extra a question of our attitude and method to life situations. In other words, a individual excessive in psychosomatic well-being no longer only carries greater levels of existence satisfaction, self-esteem, effective emotions and attitudes, but also manages tensions, negative thoughts, ideas and feeling and makes existence meaningful and purposeful. This affective response of pleasure is not necessarily associated to cloth reap or the objective conditions of lifestyles (Lawton, 1983) [4].

Yoga integrates the mind and physique focusing on balance, posture, deep breathing, stretching and relaxation (Tripathi & Bano, 2014) [18]. The physique and the mind are in a kingdom of constant interaction. The science of yoga does now not dictate where the body ends and the thinking begins, but techniques both as a single, integrated entity. The phrase "Yoga" ability union of human being and universal energy. The definition of yoga is „to yoke or be a part of together" (Taylor, 2003) [15]. It was originally developed in India over 5,000 years ago. It is one of the few spiritual traditions that have maintained an unbroken development throughout history. The integral yoga deals with all elements of the nature from body to soul and all possible recovery methods from meals to meditation (Frawley, 2008) [3]. The different paths for growing the mind are based on the reality that the thought has three aspects: understanding (intellect), feeling (emotion) and inclined (action). However, this does no longer mean that these factors are distinctive to each other. There is no insistence that all men and women should comply with one

path or another. Yoga encourages to comply with the path that most appeals to the heart. It is essential to enable crosscurrents from other systems to intermingle. Raja yoga covers the whole vary of yogic practices from asana and pranayama to the many types of meditation. Studies (Sangeetha & Sudhakar, 2011; Singh & Tripathi, 2013; Tripathi & Bano, 2014) have shown that the exercise of yoga has a specific function in the promotion of positive health, together with intellectual health, characterised by means of increased cardiorespiratory efficiency, autonomic responses to stressors, sleep, muscular endurance, and „higher“ intelligence functions. The exercise of yoga reduces psychophysiological symptoms of stress. Yoga has sound scientific groundwork and an ideal tool for improving wonderful bodily and mental fitness and wellness of people regardless of their age. In the age of anxiety and stress, there is increasing hobby in the study of psychosomatic health as humans desire to stay in concord and peace.

Yogic science believes in a holistic approach to health and well being of which the body, thought and spirit are critical and interdependent parts. Yoga claims to endow perfect physical, intellectual and social wellness even under stressful conditions (Tripathi & Singh, 2013) [14]. The yogic workouts enhance resilience and improve mind-body awareness, which can assist humans regulate their behaviours primarily based on the feelings they are experiencing in their bodies (Tripathi & Singh, 2014). Yogic exercises cater to the desires of every character according to his or her unique desires and bodily condition. They involve vertical, horizontal, and cyclical movements, which grant electricity to the gadget by way of directing the blood supply to the areas of the physique which need it most. In yoga, every telephone is observed, attended to, and supplied with a sparkling grant of blood, allowing it to function easily (Malathi, Damodaran, Shah, Patil, & Maratha, 2000) [4]. Regular practice of the stretches, twists, bends, and inversions (the primary actions of yoga poses) restores electricity and stamina to the body. Poses together with the control of breath, rectify physiological, and psychosomatic issues (Malathi, *et al.*, 2000) [4]. It alters stress responses and a person’s attitude closer to stress along with improving self-confidence, increasing one’s experience of wellbeing, developing a feeling of rest and calmness (Tripathi & Singh, 2013) [14]. Yoga however realigns and rejuvenates the physique inner and out. Yogic exercises frees the mind from the bad feelings precipitated through the speedy tempo of cutting-edge lifestyles and enhance wellbeing of people.

**Methodology**

**Subjects**

The study was carried out with 100 male participants aged 20-25 years. They were selected from a college located in rural area near by Varanasi City. The participants were divided into two groups (control N=50, and experimental N=50) to examine the effects of yogic exercises on the psychosomatic wellbeing.

**Tool**

Psychosomatic Wellbeing Scale: The psychosomatic wellness scale was developed by using the investigators. It consists of

20 objects inclusive of high-quality affect (e.g., feelings of optimism, cheerfulness, and relaxation), enjoyable interpersonal relationships and advantageous functioning (e.g., energy, clear thinking, selfacceptance, competence, autonomy). The subjects were requested in my opinion to rate their answers on the 5-point scale. The reliability of the scale was 0.72 established by test and retest method. Higher rankings indicated better psychosomatic wellbeing and much less rankings confirmed decrease stage of psychosomatic wellbeing.

**Procedure**

In the opening each company have been uncovered to pre take a look at on chosen variable. Training software used to be brought to experimental team only. The training program used to be scheduled for 12 weeks (5 days in a week). Yogic exercises were introduced to the individuals approximately over 1 hour and 30 minutes in the morning. All the participants had been stimulated to reap the session regularly. The yogic exercises were taught with the aid of the experts. The coaching program used to be consisted different steps such as- warming up (5 minutes), suryanamaskar (15 minutes), asanas (20 minutes), parnayam (15 minutes), om chanting (05 minutes), shavasana (20 minutes), and speak method (10 minutes). After completion of 12 weeks training application submit test was administrated on each groups.

**Statistical tool**

The data was analyzed by using descriptive statistics as well as paired sample t test, by using SPSS v.16 software.

**Results**

**Table 1:** Mean, standard deviation and significance of difference between control and experimental groups on psychosomatic wellbeing

Groups	Pre-Test		Post-Test		t value
	Mean	SD	Mean	SD	
Control	54.86	5.73	56.38	6.79	1.42
Experimental	53.26	6.04	74.36	6.01	15.10*

p<0.05\*

Table 1 presents mean, standard deviation and significance of difference between control and experimental groups on the psychosomatic wellbeing measure. With respect to pre-test, insignificant difference (1.42) between control and experimental groups was found. Whereas significant difference (15.10 p<0.05) between the mean scores of control and experimental groups of post-test was evident. Further suggesting that training program has beneficial effects on the psychosomatic wellbeing of college students.

**Discussion**

The findings of the current find out about said large distinction between the mean ratings of pre-test and post-test of experimental group. In the mild of the findings it should be cited that, there is recommended effects of yogic workouts on the psychosomatic well being of university students. This discovering is additionally supported by other applicable

research (Malathi & Damodaran, 1999; Rizzolo, 2008; Singh & Tripathi, 2013; Tripathi & Bano, 2013, 2014) <sup>[4, 16]</sup> that the practice of yoga has a definite position in the merchandising of advantageous health, including mental health, characterized through expanded cardio-respiratory efficiency, autonomic responses to stressors, sleep, muscular endurance, and „higher“ Genius functions. The practice of yoga reduces psycho-physiological signs and symptoms of stress. Yoga has sound scientific basis and an ideal device for improving high-quality physical and intellectual fitness of people regardless of their age. Therefore, the finding of this study has several implications to aware and motivates humans for maintaining their health and wellbeing by way of practising yogic exercises regularly.

### Conclusion

In the current study, it was once proposed that yogic workouts would have beneficial effects on the psychosomatic wellbeing. The findings grant the proof that support this. Overall, it was once concluded that yogic education program has beneficial effects on the psychosomatic wellbeing.

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