



ROLE OF YOGA ON MENTAL HEALTH OF WORKING WOMEN IN BARSHI CITY

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Abstract:

The main purpose of the study is to investigate Mental health among non-yoga practicing women and women undergoing Yoga practice. Here in this study investigator tries to find out how Yoga effects on mental health. For the investigation two groups were selected for non-Yoga practicing women (N=50) and women undergoing Yoga practice (N=50) from Barshi city those are working example doctors, engineers and teachers. The entire sample was as socio-economic status. The research tool for Mental health Inventory (MHI) was used which made by Dr. Jagdish and Dr. A K Shrivastava and T test was applied to check the difference between two groups. The result obtained through the study showed $T=3.5$ significant difference among non-Yoga practicing women and women undergoing Yoga practice.

Keywords: Mental Health, Working Women, Social, Economical.

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Introduction:

A mankind faces many problems like Social, mental or physical problems during his life. The problem create imbalance in his mind. The person loses his mental stability due to such problem. At that time he becomes victim of emotional problems like stress, anxiety, depression and frustration.

Health psychology is branch of Psychology that studies the psychology factors and behavior that create to physical and mental health. When someone is good it means his body is working to it's optional and is not implemented by physical or mental disease. According to WHO health are a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

"Health is a state of being hale, sound or whole in body and mind "(Bhatia-182)

Mental health is the ability to be fully present with life

even situation or crisis has been resolved or to reclaim this balance in order to resolve the crisis/ situation.

"Mental health is the ability to balance feelings, desires, ambitions and ideas in one's daily living. It means the ability to face and accept the realities of life "

(Bhatia-182)

"Mental health as the adjustment of human beings to the word and to one another with a maximum of effectiveness and happiness "(Menninger,K)

Sometimes mental illness can be caused by Genetics, Biology or Traumatic events. Sometimes and most often it is a combination of all these. When this happens we work in holistic manner to help people recover their balance, their ability to flow. We can do this using counseling and in some cases Yoga, but most often through a combination of the two. In this case Yoga benefits a person on his mental, physical, social and spiritual eve. Regular Yoga reduces stress and



tension, increases a sense of well-being and decreases the risk of disease. It helps and provides strength to a person to fight against such problems.

There are many types of Yoga. The one definition that fits almost a type is "Consciously directing your attention to after your state of consciousness."

Yoga or contemplation involves focusing the mind upon a sound, phrase, prayer, objects, visualized, image, the breadth, ritualized movement or consciousness in order to increase awareness of the present moment. Promote relaxation, reduces stress and enhances persona or spiritual growth.

"Young brings wisdom, lacks of Yoga eaves ignorance know we what leads you forward and what holds you back and choose the path that leads to wisdom."
(Buddha)

"Yoga is the tongue of the soul and language of spirit."
(Taylor J.)

"Yoga for Health purpose is a mind-body practice in complementary and alternative medicine. There are many types of Yoga most of which originated in ancient religious and spiritual traditions. Generally a person who is mediating uses certain techniques, such as focusing attention a specific posture and open attitude toward distracting thoughts and emotions. Yoga can benefit people who are ill or overwhelmed by stress. It also promotes well-being in healthy people. In general, people who meditate regularly experience less anxiety and depression. They also report more enjoyment and appreciation of life, as we better social relationships.

For long Indian Psychologist did repetition and replication of studies made in the west (H.G. Singh 1997) presented illustrative evidence of this sad plight and made out a strong case for introduction of Indian Psychologist and Yoga as subject of teaching, research and service to the society. It was almost in last quarter of the twentieth century that the psychological realized that psychology anchored in our own socio-culture fabrics

can provide better understanding of human behavior (Sinha, D. 1987, 1886) and conceptual understanding and application of different aspects of Indian psychology Yoga became a matter of their serious concern (Chakraborty, 1987; Mishra, 1988; Parmeshwaran,1969; Seth,1977)

A short program in mindfulness Yoga produces demonstrate effect on brain and immune function in positive ways and underscore the need for additional research (Davidson, R.J.Kabat-Zin& others, 2003)

Intensive but time limited group stress re-education intervention based on mindfulness. Yoga can have long term beneficial effects in the treatment of people diagnosed with anxiety disorders. (Mier,J.J.;Fechter, K.1995)

The technique of mindfulness meditation, with their emphasis on developing detached observation and awareness of the contents of consciousness, many represents a powerful cognitive behavioral coping strategy for transforming the ways in which we respond to life events. They may also have potential for relapse prevention in affective disorders (Astin, J.A.1997)

Some findings suggest that inner resources may be a feasible and effects in the treatment of people diagnosed with anxiety disorder. (Lynin,C.,Waelde,Thompson, others 2004)

Here in this study investigator tries to find out how Yoga effects on mental health. So, the main objective of the present research is to find the difference between non Yoga practicing women and practicing women.

Objectives:

The main objective of the present research is to find out difference between Non-Yoga practicing women undergoing Yoga practice.

Hypothesis:

There is significant difference between Non- Yoga practicing women and women undergoing Yoga practice



Variable:

1. Independent Variable:
 - Non Yoga practicing women
 - Women undergoing Yoga practice
2. Dependent Variable:
 - Mental health of two groups

Tool:

The research tools for Mental health Inventory (MHI) was used is made by Dr. Jagdish & Dr. A. K. Shrivastava.

Result and Discussion:

Sr.No.	Variable	N	Mean	SD	t'	Sig
1	Non-Yoga practicing women	50	15.2	8.2	3.5	0.05
2	Undergoing Yoga Women	50	2.01	1.28		

The present study examines the mental health among Non-yoga practicing women and undergoing women Yoga practice the Mean score of Non-Yoga practicing women and women undergoing Yoga practice mental health rates.

The result obtained through the study showed $t'=3.5$ significant difference among non-Yoga practicing women and women undergoing Yoga practicing. Thus it can say that mental health of women undergoing Yoga practice groups is better than Non-Yoga practicing women group. The Hypothesis has accepted; thus Yoga affects to mental health of person.

Conclusions:

There are significant differences between Non-Yoga practicing women and women undergoing Yoga practice.

Participants:

For this investigation two groups were selected for 50 Non-Yoga practicing women and 50 women undergoing Yoga from Barshi city those are working for example doctors, engineers and teachers. The entire sample was from similar income as well as socio-economic status.

Statistical Method:

A "Statistical technique of T' was used to reach the aim of the study.

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