



“A Study Of Therapeutic Aspects Of Hatha Yoga & Mindfulness Practices Among Girls Students Of Jiwaji University, Gwalior”

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Abstract

Hatha Yoga is a branch of yoga that focuses on physical postures (asanas), breath control (pranayama), cleansing techniques (shatkarmas), and meditation. It is a holistic and ancient system of practices that aims to harmonize the body and mind, facilitating both physical health and spiritual growth. Hatha Yoga's therapeutic potential is not confined to the realm of physical health alone. Its holistic approach addresses a wide range of health issues, including anxiety, depression, chronic pain, cardiovascular health, respiratory conditions, and musculoskeletal disorders. It offers a complementary and integrative approach to healthcare, promoting self-healing and self-awareness. The present research endeavors to conduct a critical study of the therapeutic aspects described in Hatha Yoga, exploring its historical evolution, theoretical foundations, and practical applications. The aim of the present research is to assess the effects of Hatha yoga practices and mindfulness practice on level of Happiness among Girl Students of **Jiwaji University, Gwalior**.

Keywords : Hatha Yoga, therapeutic potential, meditation, mindfulness

Introduction

Yoga, a practice with ancient origins in India, has grown into a global phenomenon over the past few decades. It has evolved from a spiritual and philosophical tradition into a multifaceted field encompassing physical postures, breath control, meditation, and mindfulness. One of the fundamental branches of yoga, known as Hatha Yoga, plays a significant role in shaping the modern understanding of yogic practices. While Hatha Yoga is often associated with physical postures (asanas) and breathing techniques (pranayama), it holds a much deeper and more profound therapeutic potential. Hatha Yoga has its roots in ancient India, with its development dating back over a thousand years. The term "Hatha" is a combination of two Sanskrit words: "Ha," meaning sun, and "Tha," meaning moon. This combination represents the balance and integration of opposing forces, symbolizing the union of the masculine (solar) and feminine (lunar) energies within the individual.

Hatha Yoga is deeply rooted in the philosophical framework of yoga. It adheres to the principles of classical yoga, as outlined in Patanjali's "Yoga Sutras," which include the eight limbs of yoga (Ashtanga Yoga). Hatha Yoga primarily focuses on two of these limbs: asana (postures) and pranayama (breath control).

The practice of asana in Hatha Yoga is not merely a physical exercise but a means to prepare the body and mind for meditation. It cultivates strength, flexibility, and balance while promoting physical health and well-being. Through a consistent practice of asanas, individuals seek to harmonize the bodily functions and attain steadiness of mind.

The therapeutic aspects of Hatha Yoga have gained considerable attention within both the scientific community and the broader public. This burgeoning interest is a response to the growing need for holistic and complementary approaches to health and well-being.

Scope of the Research Study

The present research endeavors to conduct a critical study of the therapeutic aspects described in Hatha Yoga, exploring its historical evolution, theoretical foundations, and practical applications. It aims to deepen our understanding of how Hatha Yoga, beyond its popular image as a physical fitness regimen, can contribute to overall health and healing. By analyzing traditional texts, modern scientific research, and the experiences of practitioners, this research seeks to illuminate the therapeutic dimensions of Hatha Yoga, thereby contributing to a more comprehensive approach to healthcare and well-being.

Review of Literature

The therapeutic potential of Hatha Yoga can be viewed in light of its holistic approach to health, which incorporates the physical, mental, and spiritual elements of well-being. The tenets of yoga, which emphasise the unity of body and soul, are the philosophical foundation for this method. Hatha Yoga is a set of physical postures, breathing exercises, and meditations designed to improve physical health and well-being by restoring harmony to the body's energy centres.

More and more studies are being conducted these days on the healing benefits of Hatha Yoga. Chronic pain, anxiety, depression, cardiovascular disease, and musculoskeletal disorders are only some of the ailments for which it has been shown to be effective treatment.

A sedentary lifestyle is defined by the World Health Organisation (WHO) as consisting primarily of sitting, standing, reading, working on a laptop, doing housework, and maybe taking a 30-minute walk once a day. Recent data suggests that over two-thirds of the Indian population, particularly in the cities, leads a sedentary lifestyle. The scientific community has paid a lot of attention to sedentary behaviour over the last decade. Therefore, it has become an additional threat to people's health. For adults, inactivity is linked to an increased risk of death from any cause. Other health outcomes in older persons, such as cardiometabolic biomarkers, physical performance, and obesity, are similarly linked to sedentary behaviour (Rezende et al., 2014; Manas et al., 2017).

If you are a woman leading a sedentary lifestyle, Hatha yoga can help you feel better in all areas of your life. Increasing evidence from recent studies shows that inactivity is harmful to health. Studies have now repeatedly proven that leading a sedentary lifestyle can contribute to: Obesity, Type 2 diabetes, Some kinds of cancer, Cardiovascular disease, Early death. Research has shown that physical activity, including exercise, yoga and sports, can reduce the risk of cardiovascular disease, type 2 diabetes, obesity, and early death.

A study review and personal observations on the mental health benefits of yoga were published by *Ingunn Hagen and Usha S. Nayar* in 2014. In this article, yoga is discussed as a method by which young people can learn to control their emotions and cope with stressful situations. The physical and mental discipline of yoga can help restore equilibrium in one's life. We contend that young people, in particular, require such resources in order to learn to tune into their own thoughts, emotions, and intuitions.

Woodyard (2007) did research titled "Exploring the therapeutic effects of Yoga and its ability to increase quality of life." Instruction in yogic practises and teachings to prevent, reduce, or alleviate structural, physiological, emotional, and spiritual pain, suffering, or limitations constitutes therapeutic yoga, which is defined as the application of Yoga postures and practise to the treatment of health conditions.

A study conducted by *Uthaman and Uthaman* in 2017 demonstrates that practising yoga and meditation can significantly improve cognitive performance in various higher-level cognitive skills. These skills include sustained and divided attention, concentration, short-term memory, visual information processing, working memory, and complex cognitive speed and flexibility. The study found that practising students outperformed non-practising students in these areas.

Lulu & Haii (2016) found that engaging in 25 minutes of hatha yoga and mindfulness meditation led to a significant improvement in task performance. While hatha yoga had a more pronounced impact overall, the benefits achieved by hatha yoga and mindfulness meditation did not show any significant differences. In addition, the overall mood significantly enhanced immediately after practising both hatha yoga and mindfulness meditation. Hatha yoga shown a little superiority in enhancing mood when compared to mindfulness meditation. Mindfulness practise can lead to greater psychological transformations compared to yoga practise. However, excessive engagement in mindfulness may have negative effects on overall psychophysical well-being. To achieve equilibrium in the psychophysical system, one can integrate yoga and mindfulness practises (Lulu, K. & Haii, P.A., 2016).

Objectives of the Research Study

To assess the effects of Hatha yoga practices and mindfulness practice on level of Happiness among Girl Students of **Jiwaji University, Gwalior**

Hypothesis of the Research Study

H1: Hatha yoga practices and mindfulness practice will have significant impact on Happiness level of Girl Students of **Jiwaji University, Gwalior**

Sample:

The study uses purposive sampling method. The study is conducted on a sample population of 30 respondents of Girl Students, aged between 20 years and 30 years. All of them undergone a regular yoga and mindfulness training organized by a university body, under an experienced trainer.

Statistical analysis

The current study uses measures of central tendency, ie, Mean, Standard Deviation (SD) correlation statistics are used to find out, if there is any significant difference between before and after of Hatha yoga and mindfulness training, T- test is used for the analysis of data.

Procedure

The control group was taught Hatha yoga and mindfulness meditation once a day for eight weeks. Participants will learn to quiet their minds through guided meditation, breathing exercises (pranayama and vipassana), the eight limbs of Ashtanga yoga (with yoga posture posters), and an increased focus on the five senses. Trainings in mindfulness and

awareness are provided, along with guided meditation and inspirational talks. We administered appropriate questionnaires to measure progress before and after interventions.

Table 1. Levels of happiness in the before and after conditions of Hatha yoga and Mindfulness Practices

	Before		After		Mean Difference	t
	Mean	SD	Mean	SD		
Happiness	03.62	0.61	4.71	0.41	1.05	6.001**
Personality levels	79.45	17.21	74.51	15.04	4.92	0.241
Anger	38.31	9.45	23.31	9.82	15.7	3.5150
Depression & anxiety	35.87	9.32	22.56	9.89	15.47	3.498

** (P= <0.05)

Prior to enduring the behavioural package, the average happiness score (M) was 03.62, accompanied by a standard deviation (SD) of 0.61. The mean score increased to 4.71 (SD = 0.41) with a mean difference (MD) of 1.05. following the interventions. Statistical significance is indicated by the t value (6.001) at both the 0.05 and 0.01 levels. As a result, it can be concluded that happiness levels have increased in comparison to the initial condition, and this development is statistically significant.

The test's t value (0.241) fails to demonstrate statistical significance at the 0.05 and 0.01 levels. Hence, it can be concluded that while there is an elevation in personality levels relative to the initial condition, the disparity does not reach statistical significance.

The test's t value (3.515) indicates statistical significance at the 0.05 and 0.01 levels. Consequently, it can be concluded that there have been substantial alterations in the degree of anger in comparison to the previous state. The test's t value (3.498) indicates statistical significance at the 0.05 and 0.01 levels. Consequently, it can be concluded that there have been substantial alterations in the degree of Depression & anxiety in comparison to the previous state. Statistically speaking, the difference is significant.

Conclusion

In an era marked by stress, anxiety, and the need for greater self-understanding, Hatha Yoga emerges as a valuable and timeless tool for nurturing the conscious and subconscious aspects of the human mind, ultimately fostering a more balanced and harmonious state of being. Hatha Yoga, with its emphasis on balance, breath, and holistic well-being, offers a profound healing impact on the human body. Its therapeutic potential extends to physical health, psychological and emotional well-being, spiritual awakening, and immune system support. Hatha Yoga's impact on the conscious and subconscious mind is a testament to its transformative power. By promoting mental clarity, emotional balance, and self-exploration, Hatha Yoga creates an environment for the integration and healing of the conscious and subconscious dimensions of the mind.

The finding of the Study shows significant positive changes in happiness and anger level by the use of combined yoga and mindfulness practise. The levels of happiness were significantly improves and the levels of Anger were significantly reduced. Hatha yoga practices & yoga techniques may be useful to the psychological issues like depression, anxiety, stress and psychosomatic issues. The age base separate analysis may help to find new multi dimension effects of these combinations in future study. The present interventional package will be helpful in bringing improvements in such conditions and there by enhance overall wellbeing.

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