

EFFECT OF YOGA ON MENTAL HEALTH AMONG SENIOR CITIZENS

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ABSTRACT : *The main aim of the present study was to analyzed and find out the effect of Yoga on mental health. 30 Yogic senior citizens and 30 Non Yogic senior citizens were randomly selected from Ahmedabad city. Standardized mental health inventory by Jagdish and A.K. Shrivastava was used for data collection. To analyze the data 't' test was used. According to analyzed data significant difference was existed between Yogic and Non Yogic senior citizens on mental health dimension such positive self-evaluation, perception of reality, integration of personality, autonomy, group-oriented attitudes and environmental mastery.*

1. Introduction:

There's no doubt that physical activity is good for people no matter what their age. But sometimes, certain limitations prevent a senior from engaging in more commonplace forms of exercise such as walking, spinning, or lifting weights. So yoga is the one of the best activity for senior. Yoga is not only safe for senior, but also effective in keeping the mind and body in good health.

Yoga improves their balance, stability, flexibility, joint health and respiration. Yoga reduces stress and anxiety. Yoga practice involves focusing on the breath and slow movements, which can help trigger their parasympathetic nervous system, reducing the byproducts of stress and feelings of anxiety. Yoga also encourages Mindfulness. Yoga is focused on breathing and listening to their body, an added benefit is the expanded awareness of self through practice. As they practice yoga and become mindful of not just their body, but also of their thoughts and emotions, they will become more connected to and mindful of their environment, their community, and the world around them. Some investigation supported my study. Just like, Derebail Gururaja, Kaori Harano, Ikenaga Toyotake and Haruo Kobayashi (2011) Decrease in Salivary amylase activity may be due to reduction in sympathetic response. Reduction in State and Trait anxiety score signifies that yoga has both immediate as well as long-term effect on anxiety reduction. Thus yoga helps to improve the mental health in both the groups.

Sat Bir S. Khalsa and et al. (2012) found that implementation of yoga is acceptable and feasible in a secondary school setting and has the potential of playing a protective or preventive role in maintaining mental health.

Sjoerd Knobben (2013) investigated that yoga interventions can be effective in reducing depression, depressive symptoms and the promotion of well-being. In other words it has positive effects not only on depression, but also on the positive functioning of a person. This in turn doesn't only lighten symptoms, but also adds buffering factors against psychopathology. This is the case for a broad selection of populations. Yoga could be a good addition to the list of positive interventions on (mental) health, in view of its possibilities.

Shu-Ling Lin and et al. (2015) indicate that the mental health professionals in the yoga group experienced a significant reduction in work-related stress ($t = -6.225, p < .001$), and a significant enhancement of stress adaptation ($t = 2.128, p = .042$). Participants in the control group revealed no significant changes. Comparing the mean differences in pre- and posttest scores between yoga and control groups, we found the yoga group significantly decreased work-related stress ($t = -3.216, p = .002$), but there was no significant change in stress adaptation ($p = .084$). While controlling for the pretest scores of work-related stress, participants in yoga, but not the control group, revealed a significant increase in autonomic nerve activity at midpoint (6 weeks) test ($t = -2.799, p = .007$), and at posttest (12 weeks; $t = -2.099, p = .040$).

Kirkwood et al. (2005) and Pilkington et al. (2005) for the research evidence on the effectiveness of yoga for the treatment of anxiety and anxiety disorders.

Hari Singha, Chandra Shekharb and Sachin Kumarb (2015) concluded that the above study that yoga improves the mental health and efficiency of brain significantly, and reduces the stress level.

White (2012) investigated the efficacy of mindfulness training through yoga with school-age girls to reduce perceived stress, enhance coping abilities, self-esteem, and self-regulation, and explore the relationship between the dose of the intervention and outcomes.

Ross et al. (2013) and Taspinar et al. (2014) explored that physical activity has a positive effect on people's mental health and well-being. The aim of this study was to compare the effects of yoga and resistance exercises on mental health and well-being in sedentary adults.

2. Statement of Problem:

In the present research main aim is to study effect of Yoga on mental health among senior citizens. The exact problem of the present research is as under: "Effect of Yoga on Mental Health among Senior Citizens"

3. Objectives:

To assess mental health like positive self-evaluation, perception of reality, integration of personality, autonomy, group-oriented attitudes and environmental mastery between Yogic and Non Yogic senior citizens.

4. Hypotheses:

There will be no significant difference between Yogic and Non Yogic senior citizens with regards to their mental health like positive self-evaluation, perception of reality, integration of personality, autonomy, group-oriented attitudes and environmental mastery.

5. Sample:

In the present research 30 Yogic senior citizens and 30 Non Yogic senior citizens were randomly selected in Ahmedabad city.

6. Variables:

In the present research work types of senior citizens (Yogic and Non Yogic) were considered as independent variables and scores of mental health of Yogic and Non Yogic senior citizens were considered as dependent variables.

7. Tools:

The following tools were used in present study for the data collection as under:

- Mental Health Inventory by Dr. Jagdish and Dr. A.K. Srivastav.

Mental health inventory Reliability:

The reliability of the inventory was determined by split-half method ' using odd-even procedure. The Table gives the reliability coefficients of different dimensions mental health and over all.

Table showing reliability coefficients

No.	Dimensions of Mental health	Reliability index
1.	Positive self evaluation	.75
2.	Perception of reality	.71
3.	Integration of personality	.72
4.	Autonomy	.72
5.	Group oriented attitude	.74
6.	Environmental competence	.71
	Over all	.73

Validity:

Construct validity of the inventory is determined by finding coefficient of correlation between scores on mental health inventory and general health questionnaire (Gold berg, 1978). It was found to be .54. It is note worthy here that high score on the general health questionnaire indicates poor mental health.

8. Procedure:

After establishing the rapport each subject was given mental health inventory. All the instructions were strictly followed, which were given by the authors of the test ended with an expression of thanks to the subjects for their co-operation. After completion of data collection scoring will be done by the scoring key of test.

9. Statistical analysis:

To find out the significance mean difference between Yogic and Non Yogic senior citizens with regards to the scores of mental health 't' test was used.

10. Results and discussion:

Mean, SD and 't' value of Yogic and Non Yogic senior citizens on mental health inventory as under:

No	Dimension of Mental health	Senior citizens Group	N	Mean	SD	t	Level of Significant
1.	Positive self-evaluation	Yogic	30	29.83	4.73	9.27	.01
		Non Yogic	30	21.3	1.89		
2.	Perception of reality	Yogic	30	23.07	1.97	6.4	.01
		Non Yogic	30	19.87	1.84		
3.	Integration of personality	Yogic	30	35.83	2.15	12.40	.01
		Non Yogic	30	30	1.48		
4.	Autonomy	Yogic	30	16.8	1.33	15.16	.01
		Non Yogic	30	12.1	1.10		
5.	Group-oriented attitudes	Yogic	30	34.27	1.82	14.32	.01
		Non Yogic	30	28.4	1.36		
6.	Environmental mastery	Yogic	30	33.1	1.57	20.61	.01
		Non Yogic	30	23	2.17		
7.	Overall	Yogic	30	167.77	7.10	21.87	.01
		Non Yogic	30	135.4	3.84		

In above Table an attempt is made to find out the significant difference between Yogic and Non Yogic senior citizens on mental health inventory.

Mean scores of Yogic senior citizens on positive self-evaluation is 29.83 and SD is 4.73 and mean scores of Non Yogic senior citizens on positive self-evaluation is 21.3 and SD is 1.89. The 't' value is 9.27 Which is significant at .01 level. It means Yogic senior citizens differ significantly as compare to Non Yogic senior citizens on positive self-evaluation.

Mean scores of Yogic senior citizens on perception of reality is 23.07 and SD is 1.97 and mean scores of Non Yogic senior citizens on perception of reality is 19.87 and SD is 1.84. The 't' value is 6.4 Which is significant at .01 level. It means Yogic senior citizens differ significantly as compare to Non Yogic senior citizens on perception of reality.

Mean scores of Yogic senior citizens on integration of personality is 35.83 and SD is 2.15 and mean scores of Non Yogic senior citizens on integration of personality is 30 and SD is 1.48. The 't' value is 12.40 Which is significant at .01 level. It means Yogic senior citizens differ significantly as compare to Non Yogic senior citizens on integration of personality.

Mean scores of Yogic senior citizens on autonomy is 16.8 and SD is 1.33 and mean scores of Non Yogic senior citizens on autonomy is 12.1 and SD is 1.10. The 't' value is 15.16 Which is significant at .01 level. It means Yogic senior citizens differ significantly as compare to Non Yogic senior citizens on autonomy.

Mean scores of Yogic senior citizens on group-oriented attitudes 34.27 and SD is 1.82 and mean scores of Non Yogic senior citizens on group-oriented attitudes is 28.4 and SD is 1.36. The 't' value is 14.32 Which is significant at .01 level. It means Yogic senior citizens differ significantly as compare to Non Yogic senior citizens on group-oriented attitudes.

Mean scores of Yogic senior citizens on Environmental mastery is 33.1 and SD is 1.57 and mean scores of Non Yogic senior citizens on Environmental mastery is 23 and SD is 2.17. The 't' value is 20.61 Which is significant at .01 level. It means Yogic senior citizens differ significantly as compare to Non Yogic senior citizens on Environmental mastery.

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Mean scores of Yogic senior citizens on Overall is 167.77 and SD is 7.10 and mean scores of Non Yogic senior citizens Overall is 135.4 and SD is 3.84. The 't' value is 21.87 Which is significant at .01 level. It means Yogic senior citizens differ significantly as compare to Non Yogic senior citizens on Overall.

Conclusion:

Significant difference was existed between Yogic and Non Yogic senior citizens on mental health dimension such positive self-evaluation, perception of reality, integration of personality, autonomy, group-oriented attitudes and environmental mastery and also overall mental health.

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