

**ANXIETY AND GENERAL HEALTH AMONG YOGA AND NON-YOGA PRACTICING ADULTS – SYMPTOMATIC UNDERSTANDING****LIKHITH KUMAR N. S.<sup>1</sup>**Department of Human consciousness and Yogic Science  
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brinda.sunshine@gmail.com**ABSTRACT**

With globalization at the paramount, concern regarding the physiological and psychological aspects of nowadays individual is an area of interest for today's researchers. In view of this contemplation the present study has been undertaken investigating the sample of yoga and non-yoga practising adults in Bengaluru city aged between 20-40 years. The participants were selected using stratified purposive random sampling and General Health Questionnaire developed by Goldberg (1978) and Beck Anxiety Inventory (BAI) developed by Aaron T. Beck (1988) were administered to them. To meet the objective of the study general health among yoga and non-yoga practising adults and anxiety among yoga and non-yoga practising adults' data were analysed to understand and make observations regarding the prevalence of anxiety and general health symptoms among the selected participants. The results show that there is a significant difference in the symptoms among Yoga and Non-Yoga practising adults on Anxiety and there is no significant difference in the symptoms among Yoga and Non-Yoga practising adults on General Health. Keywords: Anxiety, General Health, Yoga and Non-Yoga practising adults.

**INTRODUCTION**

**ANXIETY:** Anxiety disorders are among the most common mental disorders encountered in the everyday clinical setting. While fear and anxiety arise from different sources, they share physiological pathways and expressions. The identification and diagnosis are challenging, making it one of the “invisible” mental disorders among the general population. Many landmark epidemiological surveys have emphasized this fact, identifying high levels of medical comorbidity in persons diagnosed with it. This causes a significant delay in the effective management of these disorders, contributing to their high personal and social costs.

**GENERAL HEALTH:** Health is not merely an absence of disease or infirmity but a continuous function indicating the state of well-being. Psychosocial challenges are complex in terms of rehabilitation and recovery. These effect the individual's ability to complete their regular tasks. Despite all these hurdles human beings have the ability to adapt to situations and manage themselves when faced with physical, mental or social challenges.

**YOGA PRACTICING ADULTS:** Adults these days have started to show their inclination towards the practice of yoga and its sciences. World Health Organization (WHO) proposed a definition that aimed higher, linking health to well-being, in terms of “physical, mental, and social well-being, and not merely the absence of disease and infirmity”. On the same lines the practice of yoga leads to living with freedom in all walks of life, health and harmony.

**REVIEW LITERATURE**

Shiju, R., et.al. (2019) A pilot study in Kuwait aimed to assess the effect of Sudarshan kriya yoga (SKY) on

anxiety, depression and total quality of life in people with type 2 diabetes mellitus (T2DM). Results indicate that SKY can be potentially beneficial for treating anxiety, insomnia, and depression associated with T2DM.

Zoogman, S. et.al. (2019) Effect of yoga-based interventions for anxiety symptoms: A meta-analysis of randomized controlled trials. A systematic search was conducted for randomized controlled trials (RCTs) on yoga and anxiety on electronic databases over key terms. Yoga practice had a large and statistically significant effect on anxiety symptoms compared with control conditions. Results suggest yoga significantly decreases anxiety symptoms, while it appears to have an ameliorative effect on psychological symptoms. Significant moderation was found by study location, with the largest effects appearing in Indian samples.

Bansal, R., et.al. (2013) Impact of Short-Term Yoga Intervention on Mental Well Being of Medical Students published in *Community Medicine: A Pilot Study*. High level of stress, anxiety and depression is seen among medical students. Participants consisted of 82 MBBS students of 3rd semester in the age group of 18-23 years. The study concludes that A short term specific yoga intervention may be effective in improving general and mental wellbeing in MBBS students.

Ross, A., et.al. (2013) A cross-sectional design with anonymous online survey from 4307 randomly selected individuals from 15 US Iyengar yoga studios with an objective to describe yoga practice and health characteristics of individuals who practice yoga, and to explore their beliefs regarding the effects of their yoga practice on their health. Results concluded that Individuals who practice yoga are not free of health concerns, but most believe their health improved because of yoga. Yoga might be beneficial for a number of populations including elderly women and those with chronic health conditions.

## METHODOLOGY

### OBJECTIVES:

- To make observations, understand the symptoms and to see the difference in anxiety among yoga and non-yoga practicing adults.
- To make observations understand the symptoms and to see the difference in general health among yoga and non-yoga practicing adults.

### HYPOTHESES:

- There is no significant difference in the symptoms among Yoga and Non-Yoga practising adults on Anxiety.
- There is no significant difference in the symptoms among Yoga and Non-Yoga practising adults on General Health.

**RESEARCH DESIGN:** The present research study employs exploratory research design. In which the researcher attempts to explore the symptoms of anxiety and general health among yoga and non-yoga practicing adults.

**VARIABLES:** Independent variables: Yoga and Non-yoga practising adults.

Dependent variables: Anxiety and General Health.

### OPERATIONAL DEFINITION:

- Yoga practicing adults: Adults who practice yoga which is composed of ASANA (yoga postures), PRANAYAMA – control of prana and DHYANA – Defocusing.
- Yoga practicing adults: Adults who have never practiced yoga in their life time.
- General health: is indicative of how their health in general has been over the past few weeks.
- Anxiety: is a feeling of fear, dread, and uneasiness. Researchers reflect the severity of somatic symptoms and cognitive symptoms.

### SAMPLE:

**Table 1: Socio demographic description of the sample:**

Sample	Yoga practicing adults	Non-Yoga practicing adults
Sample size	30	30
Age	20-40	20-40
Geographical location	Bengaluru Urban	Bengaluru Urban

**SAMPLING PROCEDURE:** stratified purposive random sampling technique is used.

### INCLUSION CRITERIA:

1. Adults who were practicing yoga for the last 3 month and who were not practicing were equally selected for the study.
2. Adults who were between the age group of 20-40 years.
3. Adults who were living in the urban geographic location.

### EXCLUSION CRITERIA:

1. Adults who were below the age of 20 and above the age of 40 years.
2. Adults who were living in the rural geographic location.

### TOOLS FOR DATA COLLECTION

Name of the Tool	Author & Year	Number of items	Reliability	Validity	Norms
1. Information Schedule	Developed by the Researchers	6		NA	
2. Beck Anxiety Inventory (BAI)	Aaron T. Beck (1988)	21 items	*Internal consistency= (Cronbach's $\alpha=0.92$ ) * Test-retest reliability (1 week) = 0.75 (Beck, Epstein, Brown, & Steer, 1988)	The BAI was moderately correlated with the revised Hamilton Anxiety Rating Scale (.51), and mildly correlated with the Hamilton Depression Rating Scale (.25) (Beck et al.,1988)	Score of: 0–21=low anxiety 22 – 35 = moderate anxiety 36 and above = potentially concerning levels of anxiety
3. General Health Questionnaire	Goldberg (1978)	28 items	* Test-retest -r = 0.90	*Concurrent validity between the GHQ-28 total score and the Zung Self-Rating Depression Scale, Hamilton Depression Scale and the Present State Examination  * Predictive: a score >4 on the GHQ-28 correlated with depression among participants.	* Option a&b = 0 Option c&d = 1  *Higher scores indicate a greater possibility of psychological distress.

**PROCEDURE:** In order to collect data for the research, the participants were first contacted through a phone call or a WhatsApp message to get the consent and detailed information regarding the research was given to them and rapport was established by the researchers. Each of the participants were briefed about the objective and the purpose of the study and details regarding the confidentiality of their data was given to them. A google form was sent to all the participants along with the Information schedule through which the data was collected. For the ease of the data collection procedure both English and Kannada version of the questionnaire were mentioned in the goggle form. All the participants were thanked for their active participation in the study through a message. The obtained data was organized and classified according to the objectives and hypotheses made in the research study. The analysis of the data was done using the SPSS.20 version of the software – descriptive statistics and statistical independent 't'-test was done to draw out the conclusions.

**RESULT AND DISCUSSION:** Table-2: Shows the Mean, SD and 't' value of Yoga and Non-Yoga practising adults on Anxiety.

	Variables in the study	N	Mean	SD	't' value	P value
Anxiety	Yoga	30	3.86	4.3	2.02	0.04*
	Non- Yoga	30	1.73	3.9		

\*p<0.05 level

The statistics presented in Table-2 shows the number of participants (N) is 30 or yoga and non-yoga practising adults. The obtained mean scores of yoga practicing adults on anxiety is 3.86 with a standard deviation of 4.3 and the mean scores of non-yoga practicing adults on anxiety is 1.73 with a standard deviation of 3.9, t-value is 2.02 and p-value is 0.04 which is statistically significant at 0.05 level but not at 0.01 level. This is indicative that there is a significant difference in the symptoms among Yoga and Non-Yoga practising adults on Anxiety.

Table-3: Shows the Mean, SD and 't' value of Yoga and Non-Yoga practising adults on General Health.

	Variables in the study	N	Mean	SD	't' value	P value
GHQ	Yoga	30	6.10	5.62	1.71	0.09 <sup>NS</sup>
	Non- Yoga	30	3.90	4.20		

NS=Not Significant

The statistics presented in Table-3 shows the number of participants (N) is 30 for yoga and non-yoga practising adults. The obtained mean scores of yoga practicing adults on general health is 6.10 with a standard deviation of 5.62 and the mean scores of non-yoga practicing adults on general health is 3.90 with a standard deviation of 4.20, t-value is 1.71 and p-value is 0.09 which is statistically not at 0.05 level. This is indicative that there is no significant difference in the symptoms among Yoga and Non-Yoga practising adults on general health.

**SUMMARY AND CONCLUSION:** Anxiety and general health are those psychophysiological arenas that act on an individual's style of living. The main objective of the study was to make observations understand the symptoms and to see the difference in anxiety and general health among yoga and non-yoga practicing adults. Using the scientific procedure data was collected, analysed using descriptive and 't'-test. The obtained results show that there is a significant difference in the symptoms among Yoga and Non-Yoga practising adults on anxiety and there is no significant difference in the symptoms among Yoga and Non-Yoga practising adults on general health.

#### IMPLICATIONS OF THE STUDY:

1. Since the variables considered for the study are psychosomatic in their expression of symptoms modern science can be integrated with yoga as in: Yoga - fixes the Annamaya kosha through structural alterations and the modern science also aims at the cellular and structural disease repair.
2. Yoga continues to be a culturally acceptable form of treatment for psychiatric disorders in countries throughout the world.
3. Since it is safe and also that it is ancient, drug-free, low-cost approach to human well-being and even across the mental health spectrum.

#### SCOPE FOR THE FURTHER STUDY: IMPLEMENTATION OF INTEGRATED APPROACH OF YOGA THERAPY FOR ANXIETY AND GENERAL HEALTH

Anxiety is one of the psychosomatic disorder its symptoms such as - fear which is a natural, healthy response and a necessary warning system in humans. In contrast, Anxiety can also be a response to irrational thinking about oneself, other people, and the world. While fear and anxiety arise from different sources, they share physiological pathways and expressions. Anxiety disorders are among the most common mental disorders encountered in the everyday clinical setting. General health refers to experience to pain, headache, fatigue, dizziness, feelings of weakness, worry, irritability, feelings of depersonalization, lack of sleep, discomfort in participating attending parties and public speaking, loss of interest, loss of appetite and feelings of worthlessness. There are a number of yogic practices which are made available in the texts of Yoga and Upanishads to balance and harmonize disturbances at each of the five Koshas. Integral approach of yoga therapy for anxiety is given below.

<b>ANNAMAYA KOSHA</b> (The physical layers) A healthy yogic diet, kriyas, loosening exercises and Yogasanas are used to operate at the annamaya kosha level and to remove the physical symptoms of the ailments.	<ul style="list-style-type: none"> <li>• <b>YOGA KRIYAS</b></li> </ul>	<ul style="list-style-type: none"> <li>• Jala Neti - cleansing of the nasal passages</li> <li>• Suthra Neti - cleaning of the sinuses</li> <li>• Vamana Dhouti - cleaning of the alimentary canal</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>SITHALIKARANA VYAYAMA:</b></li> </ul>	<ul style="list-style-type: none"> <li>• Jogging</li> <li>• Spinal twist</li> <li>• Spinal stretch</li> <li>• Knee stretch</li> <li>• Back and forward bending</li> <li>• Alternative toe touching</li> </ul> <p>IRT - Instant Relaxation Technique</p> <ul style="list-style-type: none"> <li>• Surya Namaskara</li> <li>• Relax by walking</li> <li>• Tiger stretch</li> <li>• Alternate Bhujangasana and Parvathasana</li> <li>• Cycling</li> <li>• Paschimottanasana stretch side leg raising</li> </ul> <p>QRT- Quick Relaxation Technique</p>
	<ul style="list-style-type: none"> <li>• <b>ASANAS</b></li> </ul>	<ul style="list-style-type: none"> <li>• Sarvangasana</li> <li>• Mathsyasana</li> <li>• Halasana</li> <li>• Cakrasana</li> <li>• Sasankasana</li> <li>• Vakrasana</li> <li>• Arda mathsyendrasana</li> <li>• Ustrasana</li> </ul> <p>DRT-deep relaxation technique</p>
<b>PRANA - MAYA KOSHA OPERATIONS</b> (The layer of prana)	<ul style="list-style-type: none"> <li>• <b>BREATHING PRACTICES</b></li> </ul>	<ul style="list-style-type: none"> <li>• Upper lobar breathing</li> <li>• Full yogic breathing</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>PRANAYAMA</b></li> </ul>	<ul style="list-style-type: none"> <li>• Cooling pranayamas</li> <li>• Bhramari.</li> </ul>
<b>MANOMAYA KOSHA OPERATIONS</b> (the mental layer)	<ul style="list-style-type: none"> <li>• Nadanusandana</li> <li>• Om meditation</li> <li>• Bhakti, devotional songs</li> </ul>	

Integral approach of yoga therapy for general health has been given below.

Annamaya Kosha	<ul style="list-style-type: none"> <li>• Loosening exercise, Asanas, Kriyas, Diet</li> </ul>
Prāṇamaya Kosha	<ul style="list-style-type: none"> <li>• Kriyas, Breathing techniques, Pranayama</li> </ul>
Manomaya Kosha	<ul style="list-style-type: none"> <li>• Dhyana, Bhakti, Devotional songs</li> </ul>
Vijnanmaya Kosha	<ul style="list-style-type: none"> <li>• Jnana, Lecture &amp; yogic counselling</li> </ul>
Anandamaya Kosha	<ul style="list-style-type: none"> <li>• Working in blissful awareness.</li> </ul>

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