



Mental Health of Yoga Practitioner and Yoga Non- Practitioner Persons

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Abstract:

Main purpose of this study was to compare the mental health of Yoga practitioner persons and Yoga non-practitioner persons, and second was to examine interaction effect between Yoga practitioner and Yoga non-practitioner persons according to practice of Yoga (practitioner and non- practitioner of Yoga) and their nature of job (intellectual employees and non-intellectual workers). Samples of 100 persons (50 Yoga practitioners and 50 Yoga non-practitioners) were selected through simple random sampling method in Pathardi Tehsil of Maharashtra state (India). General Health Questionnaire - 28 (GHQ-28, Hindi version) developed by Goldberg (1978) to used measure of mental health of the participants. Mean, SD, and two way ANOVA etc. statistics techniques were used for data analysis and interpreting. The findings of the results show that Yoga practitioners are found more mentally healthier than non-practitioners, and Yoga is more benefited for intellectual employees than non-intellectual employees especially in terms of their mental health. The results further show that significant difference is found between the intellectual employees and non-intellectual employees in terms of their mental health. The job difference in mental health is noted in both Yoga practitioners and Yoga non-practitioners.

Keywords: Yoga, Mental health & Yoga Practitioner

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Introduction

The practice of yoga increased wellbeing and mental health, reduced stress, and helped in treatment (Balkrishna, 2007). In a single group study on seventy-seven participants, subjective wellbeing significantly improved after ten days of yoga and lifestyle changes along with a reduction in state and trait anxiety, in different participants (Sharma, Gupta and Bijlani, 2008).

Yoga

Indian Prime Minister Honourable Narendra Modi stated about Yoga in United Nations General Assembly on 27th September, 2014 in this word - "Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. Let us work towards adopting an International Yoga Day". Therefore, importance of Yoga in human being United Nations General Assembly has been decided celebrate 21th June as International Yoga Day. The whole countries over all the world has been celebrated first Yoga day at 21th June, 2015.

Yoga practice has been documented for over 2,000 years (NCCAM, 2008) and was originally a branch of Indian philosophy. Indian philosophy remains the cornerstone of the modern yoga form known as Ashtanga yoga. The holistic practice of yoga includes ethical, physical, emotional, spiritual and mental disciplines (Burkett, 2006).

Yoga has many physiological and psychological benefits. In terms of psychological benefits, Schure, Christopher & Christopher (2008) confirmed that yoga improves perceived quality of life and lowers anxiety and depression. Cowen and Adams (2005) reported that there is a strong correlation between perceived stress and yoga activity.

Mental Health

The World Health Organization conceptualized mental health separate from mental ill-health and defined the concept as: "a state of well-being in which the individual realizes his or her own

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abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her own community (WHO, 2004)."

Most studies described beneficial effects in favour of the yoga interventions on mental health aspects such as depression (Pilkington, al, 2005; Uebelacker, et al, 2010; Brown and Gerbarg, 2005 and Saeed, 2010), mental fatigue (Boehm,Ostermaan, Millazo and Bussing, 2011), anxiety (Kirkwood,2005; Uebelacker, et al, 2010; Brown and Gerbarg, 2005; Ray and Gallen, 1999) and stress (Ospina and Bond, 2007; Chong, 2011 and Singh, 2012).

Objectives of the study

- 1) To assess the mental health of Yoga practitioners and Yoga non-practitioners.
- 2) To compare mental health among Yoga practitioners and Yoga non-practitioners.

Hypotheses

1. Yoga practitioners would be greater mental health than non-Yoga practitioners.
2. There will be no significant difference between intellectual employees and non-intellectual employees in their mental health aspects.
3. There is significant interaction between practice of Yoga and nature of job in terms of the mental health.

Method**Sample**

A sample of 100 persons out of them 50 were Yoga practitioners (25 were intellectual employees and 25 were non-intellectual employees) and 50 were non- yoga practitioners (25 were intellectual employees and 25 were non-intellectual employees) selected through simple random sampling method in Pathardi Tehsil of Maharashtra state (India).

Variable

- Independent Variable - Practice of Yoga & Nature of Job
- Dependent Variable - Mental Health

Tool**General Health Questionnaire - GHQ (Goldberg & Hillier, 1979)**

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General Health Questionnaire – 28 (GHQ – 28) scale developed by David Goldberg and Paul Williams in 1979. GHQ-28 contains four subscales. Each consisting of seven items as follows: Somatic symptoms (item 1-7), Anxiety/Insomnia (item 8-14), Social dysfunction (item 15-21), and Depression (item 22-28).

The Likert scoring method is continuous and scores of (0, 1, 2, 3) were assigned to each item and summed up giving a score ranging from 0-84. A higher score indicates more severe condition. The reliability of the test varied from .84 and .93 with the mean for GHQ version was .87, which is sufficiently high.

Results

Table 1: Shows Means and SD between Yoga practitioners and Yoga non-practitioners on mental health and its dimensions.

Mental Health and Sub components	Yoga Practitioners (N 50)				Non-Yoga Practitioners (N 50)			
	Intellectual Employees (N25)		Workers Employees (N25)		Intellectual Employees (N25)		Workers Employees (N25)	
	M	SD	M	SD	M	SD	M	SD
Somatic symptoms	4.48	2.10	4.92	2.32	11.04	2.24	9.00	2.76
Anxiety/Insomnia	4.96	2.37	6.88	1.87	11.00	2.32	12.00	3.32
Social dysfunction	4.60	2.48	6.40	2.08	10.96	2.62	11.20	2.16
Depression	5.12	2.50	6.24	2.20	9.60	2.17	9.56	2.58
Total Mental Health	19.16	4.03	24.44	3.53	42.60	3.34	41.76	4.82

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Table 2: Summary of the ANOVA results on Mental Health Components

Source	Mental Health and Its Components				
	Somatic symptoms	Anxiety/Insomnia	Social dysfunction	Depression	Mental Health
F (A-Practice of Yoga) (1, 96)	125.54**	121.38**	141.27**	67.43**	656.63**
F (B-Nature of Job) (1, 96)	2.83	8.31**	4.72*	1.29	7.79**
F A x B (1, 96)	6.82*	0.82	2.76	1.49	14.80**
F.99 (1, 96) = 6.90 ** F.95 (1, 96) = 3.94*					

When the Yoga practitioners and Yoga non-practitioners were compared on their mental health components, the derived *F* indicated that there was statistically significant difference between the Yoga practitioners and Yoga non-practitioners in their *somatic symptom* (*F* 125.54), *anxiety/insomnia* (*F* 121.38), *social dysfunction* (*F* 141.27), *depression* (*F* 67.43) etc. mental health components and also *total mental health* (*F* 656.63). The *F* for the second main effect, that is, for nature of job is statistically significant on *anxiety/insomnia* (*F* 8.31), *social dysfunction* (*F* 4.72) etc. components of mental health and *total mental health* (*F* 7.79). The interaction between practice of Yoga and nature of job is significant for *somatic symptoms* (*F* 6.82) and *total mental health* (*F* 14.80). This suggests that there is relationship between practice of Yoga and mental health and it is moderated by nature of job.

Conclusion

The findings of the results show that Yoga practitioners are found more mentally healthier than non-practitioners, and Yoga is more benefited for intellectual employees than non-intellectual employees especially in terms of their mental health. The results further show that significant difference is found between the intellectual employees and non-intellectual employees in terms

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of their mental health. The job difference in mental health is noted in both Yoga practitioners and Yoga non-practitioners.

This research results show that, Yoga is important for human wellbeing and healthy mental health. Yoga is better beneficial for who are the working as intellectual employees rather than who are working as worker.

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