

Life Satisfaction of Yogic and Non-Yogic Persons

Abstract

The purpose of the present study was to investigate the impact of Gender and Yogic and Non-Yogic Person on Life Satisfaction. The sample size was 120 Yogic and Non-Yogic Persons (30 male and 30 female, 30 yogic persons and 30 non yogic persons). Participants were selected from different yoga centers of Ahmedabad city of Gujarat state. Personal Data Sheet and Life Satisfaction Scale were used to collect required data. Data were analyzed by 2X2 ANOVA. Findings of the study revealed that gender and yogic-non yogic persons effect on life satisfaction. Whereas, insignificant interaction effect on life satisfaction observed between gender and yogic-non yogic persons. Female have high life satisfaction than the male. Yogic persons have good life satisfaction than non-yogic persons.

Keywords: Life Satisfaction, Gender, Yogic Persons and Non-Yogic Persons.

Introduction

People are habitually ignored of their health and inner peace. We are not able to live as at is factory life until our mind and soul will not be in the state of absolute peace. People seeking happiness, peace and satisfaction in materialistic world but they failed, because there is no connectivity between their mind and body. Not only the healthy body is important but also the healthy mind is very essential. With regular practice of yoga one can gain the inner harmony, peace, psychological well-being, happiness, satisfaction as well as it helps in controlling a number of medical problems like circulatory, digestive, hormonal, etc. Nowadays people are aware of their physical and mental problems and numbers of researches are done from all over the world but still there is a need of more research in this field.

Yoga is considered to be one of the most significant, effective and precious tools available for man to overcome various physical and psychological problems. According to Mehta and Sharma (2010) yoga is a compound system of spiritual, moral and physical practice aimed at attaining self-awareness. Yoga practice has proven to be effective in reducing symptoms of several physical and psychological disorders. Researchers found that yoga has an enormous role in psychological wellbeing. It is a gigantic part in mental wellbeing. Various studies have been directed that physical routine of Yoga abates stress, promoting increased relaxation, and regulation at a mental, psychological and neuromuscular level. The word Yoga comes from the Sanskrit root *yuj*, which means "to join" or "to yoke". Yoga is an ancient art based on a harmonizing system of development for the body, mind and soul. It is a practical aid, not a religion. Yoga makes the body strong and flexible. It also improves respiratory, circulatory, digestive and hormonal system. It brings clarity of mind and emotional stability.

Yoga makes good physical and mental health. People can remove their mental and physical illness by regular practice of yoga. Physical illness like, constipation, gas-trouble, diabetes, blood pressure, headache etc. and also some psychological illness like depression, anxiety, insomnia, psychosomatic disorders etc. can be cured by practicing yoga and pranayama. There is no restriction of age and gender for yoga aspirants. Yoga treats many diseases without any side effect. It relaxes both body and mind. Yoga helps the mind to experience tranquility and mind becomes calm. Because of the calm mind progressive intellectual development occurs. Yoga has a great impact on the mind and senses than other physical exercises because of that yoga helps to develop one's physical and mental powers to calm the mind and control the senses.



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Life satisfaction guides an individual to evaluate his or her life and how he or she feels about where it is expected to be in near future. It is evaluated in context to attitude, contentment, satisfaction with achieving different goals of life, gaining self-concept and also coping skill which can be helpful to daily life troubles. It is an expanse of whole well-being. Life satisfaction can be measured in relation to monetary, education standard, experiences, physical and mental well-being, residence, as well as many other topics. It is having a positive component of one's life as a whole rather than being caught with the current feelings. Feelings and emotions are expected as temporary and are considered temporary in nature (Bailey, Eng, Frisch, & Snyder, 2007).

Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, positive affect, and negative affect (Diener, 1984). RuutVeenhoven (1993) has best summarized Life Satisfaction; "Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as-a-whole." According to Cribb (2000), life-satisfaction is one of the pointers of 'apparent' quality of life along with other indicators of mental and physical health. It is referred as an assessment of the overall conditions of existence as derived from a comparison of one's aspiration to one's actual achievement. According to Diener, Oishi, & Lucas (2003), it is assumed that the less the incongruity between the individual's desires and achievements, the more life satisfaction he/she has. Buetell (2006) suggests that life satisfaction is attributable to a family of personality, genetic, and social-cognitive factors such as goal-directed activity, self-efficacy, outcome expectations, and environmental support.

Various studies have been directed that show that the physical routine of Yoga effects to reducing stress, increased relaxation, and accomplish of at a mental and psychological level. Moliver (2010) studied yogic effects on subjective wellness as well as physical and psychological wellness in 393 women, including 211 yoginis (female yoga practitioners) who had more yogic experience than the rest aged 45 to 80 years. It was found that those with more yoga experience scored higher on physical wellness, subjective vitality and life satisfaction scales than those with lesser yoga experience. Choudhary and Rathore (2011) studied the impact of 6 months of yoga on emotional intelligence and life satisfaction on 60 individuals who were given the Emotional Intelligence Scale (EIS) and the Satisfaction with Life Scale (SWLS) before and after the completion of the yoga training. Results revealed that yoga increased life satisfaction and emotional intelligence before and after yoga intervention. Also, females had higher scores on both tests than males after practice of yoga. Bidwell *et al.*, (2012) examined the impact of yoga practice on personal satisfaction and heart rate variability among female asthma patients. Results show that 45% upgrades in quality life in yoga

experts while no progressions were found in control bunch. Rai, Ramesham, Sathian and Sinu (2013) conducted a study on 280 married individuals, aged 30 to 55 years of which 164 individuals were Raja Yoga practitioners and 116 were non-yoga practitioners, to assess the effects of yoga on life satisfaction and happiness. It was found that yoga practitioners were happier and more satisfied with life than non-yoga practitioners. Mishra Khushboo Ashokkumar and H. S. Asthana (2016) indicated that the participants who practiced yoga regularly have higher self-efficacy in comparison to the non-practitioners. While in the case of scores on satisfaction with life, the sudarshankriya yoga practitioners did not differ significantly from the non-practitioners. The correlation between the self-efficacy scores and life satisfaction was found to be significant. Thus we can say that yoga leads to higher self-efficacy. And that the individuals who regularly practice yoga are better able to acknowledge their own capabilities and use them more efficiently. Mohammad Amin Wani, Dr. R. Sankar *et al.*, (2016) studied the impact of yoga practice and gender on life satisfaction. Results uncover that yogic practices have huge impact on life satisfaction however gender did not have.

Objective of the Study

To explore the main and interaction effect of gender and yogic and non-yogic persons on life satisfaction.

Hypotheses:

1. There is no significant difference between the mean scores of life satisfaction of male and female.
2. There is no significant difference between the mean scores of life satisfaction of yogic persons and non-yogic persons.
3. There is no significant interaction effect between gender and yogic-non yogic persons in relation to their score of life satisfaction.

Method

Participants

The sample chosen for this research is the yogic and non-yogic persons. Yogic (30 male and 30 female) and non-yogic (30 male and 30 female) persons, (total 120) were taken as sample. The age of 30 to 40 years was selected for this study. Employed and married yogic and non-yogic persons were selected as sample.

Instruments

Life Satisfaction Scale

The measure developed by Dr. Q.G. Alam and Dr. Ramji Srivastava (2001) was used. The life satisfaction scale comprises of sixty items related to six areas of life viz. health satisfaction, personal satisfaction, economic satisfaction, marital satisfaction and job satisfaction. The responses are to be given in 'Yes' or 'No'. 'Yes' responses indicate satisfaction whereas 'No' indicate dissatisfaction. The total score is obtained by summing up the raw scores to obtain a measure of overall level of satisfaction with life. Higher scores reflect higher levels of life satisfaction. It has high test-retest reliability and validity.

Procedure

In order to fulfill the objectives of the study the researcher approached to yoga center and contacted through reference of the particular authorized person of the center. Participants who expressed interest to participate in the study were approached by the researcher and explained purpose of the study to participants and also informed that their information will be used for the research purpose only and it will remain confidential. After established rapport, life satisfaction scale was administered to every subject. Yogic persons were purposively selected from various yoga centers of Ahmedabad city of Gujarat state. Moreover non-yogic persons were selected from the same area. Same procedure was done with data collection of non-yogic persons. The responses of scale have scored as per scoring key, which has given in the manual of the scale. The obtained data from 120 subjects were analyzed with the help of mean and ANOVA.

Results and Discussion

In order to examine the Main and Interaction effect among Gender and Yogic-Non Yogic Persons ANOVA was conducted.

Table: 1 Showing Results of ANOVA on Score of Life Satisfaction of Various Groups

Source of Variance	Sum of Square	DF	Mean Square	F
A Gender	235.2	1	235.2	4.51*
B Yogic and Non Yogic Persons	5440.54	1	5440.54	104.40**
A X B	34.12	1	34.12	0.65Ns
SSW	6044.94	116	52.11	
Total	11754.8	119		

*P<.05, NS=Not Significant, **P<.01, NS=Not Significant

Table: 2:- Showing Mean Scores of life Satisfaction of Variable – A (Gender)

Gender A	Male A1	Female A2
MEAN	74	79.6
N	60	60

Table: 3:- Showing Mean Scores of Life Satisfaction of Variable–B (Yogic-Non Yogic Persons)

Yogic-Non Yogic Persons B	Yogic Persons B1	Non Yogic Persons B2
MEAN	90.27	63.33
N	60	60

Data inserted in Table 1 reveals that in case of main effects, 'F' ratio of 4.51 for gender is significant at 0.05 levels. So, the null hypothesis no 1 is rejected. It means that male respondents significantly differ on life satisfaction score as compare to female respondents. So, it can be concluded that gender plays significant effect on life satisfaction. Table no 2 shows that the mean score of male respondents is 74 and the mean score of female respondents is 79.6. So, it can be concluded that

female have higher life satisfaction than male. Now days, social approach has changed for women. Today female become more conscious towards education and its significance in daily life activity and career. They are achieving self-dependency and also respect from society. They are proving that they are capable enough to fulfil their needs by themselves. They are working in different fields as equivalent to male. They are justifying their roles in family, working place and also different area of society. Thus, female may feel happy and contented when they accomplish to possess the things they like.

It can be seen from the table 1 that in case of main effects, 'F' ratio of 104.40 for yogic-non yogic persons is significant at 0.01 levels. So, the null hypothesis no 2 is rejected. It means that yogic persons significantly differ on life satisfaction score as compare to non-yogic persons. So, it can be concluded that yogic-non yogic persons plays significant effect on life satisfaction. Table no 3 shows that the mean score of yogic persons 90.27 and the mean score of non-yogic persons is 63.33. So, it can be concluded that life satisfaction of yogic persons is higher than non-yogic persons by getting high mean score. Yoga has a huge role in life satisfaction. It is very important for mental wellness. Continuous practicing of Yoga reduces stress, increased relaxation, and regulation at a psychological and neuromuscular level. It brings mental, emotional and physical strength. The constant practice of yoga will lead the person to sense of peace, well-being, and a feeling of being at one with environment. Therefore, yogic persons have higher life satisfaction than non-yogic persons. Mishra Khushboo Ashokkumar and H. S. Asthana (2016) and Mohammad Amin Wani, Dr. R. Sankar et al., (2016) indicated that yogic persons have good life satisfaction as compared to non-yogic persons. It is observed from table 1 that in case of interaction effects, 'F' ratio of 0.65 for gender and yogic-non yogic persons is not significant at 0.05 levels. So, the null hypothesis no 3 is accepted. It means that gender and yogic-non yogic persons do not significantly interact each other on life satisfaction score.

Conclusion

In the light of findings it can be concluded that gender and yogic-non yogic persons effect on life satisfaction. Whereas, insignificant interaction effect on life satisfaction observed between gender and yogic-non yogic persons. Female have high life satisfaction than the male. Yogic persons have good life satisfaction than non-yogic persons.

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