

“HEALTH AWARENESS AMONGST WOMEN IN SURAT CITY IN 2017”.

-A study of adoption pattern of yoga vs. gym culture in surat city.

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Abstract:

“We, Indians start valuing after the world looks up to something uniquely”. This is a realistic approach of the population towards the Indian culture, tradition, medicines and philosophies. India's ancient inventions, discoveries and studies reveal the importance of medicinal herbs, meditation and yoga as a therapy for enriching the lifestyle. However, this culture was undermined since decades, with a 360 degree round about today, wherein the people have realized the essence of a healthy lifestyle which can be achieved by regular practice of Yoga, meditation and gym culture. The researcher in this paper has made a sincere attempt to study the health awareness quotient amongst the population of Surat women in 2017-2018 by conducting a comparative study of the preferences of the women towards acceptance of yoga versus the gym culture.

Keywords: Fitness Mantra, yoga Aasan, gym methods, influence and impact of various therapies.

INTRODUCTION:

Old tradition and fashion has revised once again as Vedic Gurus and philanthropists have propagated the Indian therapy is worldwide. The Global acceptance and success stories have once again rooted faith in India for the traditional culture therapy and philosophies.

Various forms of yoga mudras and Asanas are designed to scientifically improve the body structure and immunity and resistance pattern. “Yoga a Day keeps the death away is the new Fitness Mantra”. However, the effect, impact and craze towards gym culture also cannot be undermined. The researcher has studied meditation and yoga in a traditional category and modern therapies as palates, Aerobics and Zumba in the modern fitness therapies to find out consumption and usage pattern amidst the female population in the city in 2017/18.

REVIEW OF LITERATURE

Yoga is one of the six foundations of Indian philosophy and has been used for millennia to study, explain, and experience the complexities of the mind and human existence.

Karma yoga is the path of focusing on the action on hand without selfishness, ego and carelessness as prescribed by Lord Krishna in the Bhagavad Gita.

Jnana yoga is the path of knowledge of self (atman) propagated by AdiShankaracharya through an interpretation of the Upanishads, considered the most ancient books of Indian wisdom. Bhakti yoga is the path of total surrender to the supreme power which is based on deep rooted faith in God's justice system. Raja yoga is the path of control of mind though the practice of Ashtanga yoga or the eight fold path given by the sage Patanjali in his Yoga Sutras. The eight steps of Ashtanga yoga areyama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi.

Chakraborty and Chakraborty (2008) see the human personality as a composite of four subtle variables: reason, will, emotion and conscience. In order to integrate the personality, these four factors must be habituated to work in harmony instead of working at cross purposes, and this requires effort. Further, the expression 'integrated personality' is often employed to imply the same characteristics that are expected of a holistic, self-possessed personality.

According to Sri Aurobindo, yoga and knowledge are the two wings of the soul's ascent. He states, 'By yoga is meant union through divine works done without desire, with equality of soul to all things and all men, as a sacrifice to the Supreme, while knowledge is that on which this desirelessness, this equality, this power of sacrifices is founded'.

On the behavioral side, abstention is sought from violence, falsehood, dishonesty, sexual excess, and acquisitive tendencies. On the cognitive moral side, the ideals prescribed are: purity, contentment, austerity, self study and forbearance. The stages of Asana and Pranayama are meant for disciplining the body and regulating subtle energy flows. In the fifth stage of Prayahara, secondary input is regulated so that the mind is not distracted. The stages of Dharana, Dhyana, and Samadhi are for uplifting one's spiritual self and for heightening consciousness.

According to Srinivas (1994), a series of techniques collectively known under the general label, 'Yoga,' present a rich source for generating indigenous organizational development techniques that may perhaps find better acceptance than imported intervention designs from the West. "Originally developed for personal spiritual growth, Yoga offers a well formulated approach to planned change." (Srinivas, 1994).

Sahasi, Mohan and Kacker (1989) conducted a study to measure the effectiveness of yogic teachings in the management of anxiety. A group of 91 patients suffering from anxiety neurosis were taken up for treatment. Patients were randomly assigned to Yoga therapy (Group I) or drug therapy (Group II), subject to their willingness to participate in the yogic practices.

Rao (1995), in his paper, has dealt with the scientific and psychological significance of Yoga as a means of attaining spiritual emancipation. According to this author, findings from empirical studies on Yoga revealed that long-term practitioners of Yoga had acquired a remarkable voluntary control over their autonomic processes, which helped them in coping with psychological stress. The author describes Yoga as a system of psychotherapy and calls upon clinicians to perfect Yoga therapy so as to make its application universal.

Malathi et al. (2000) observed a significant improvement in 9 of the 11 factors of subjective well-being in healthy volunteers at the end of 4 months of yoga practice. Further Gopukumar and Hussain Ali (2002) reported that of 40 days meditation practice brought a significant positive change in the subjective well-being of students.

Kamakhy Kumar (2004) noticed remarkable positive change in P. G. yoga student's anxiety and subjective well-being after practice of a Yoga Nidra daily, half an hour for six months.

According to Naveen K Visweswaraiiah , Shirley Telles, (2004) The improved level of infection, radiographic picture, FVC, weight gain and reduced symptoms in the yoga group suggest a complementary role for yoga in the management of pulmonary tuberculosis.

According to P.J. John, NehaSharma , Chandra M. Sharma ,ArvindKankane ,(2007), "The study demonstrated a significant reduction in migraine headache frequency and associated clinical features, in patients treated with yoga over a period of 3 months. Further study of this therapeutic intervention appears to be warranted."

According to Chattha, Ritu ; Raghuram, Nagarathna ; Venkatram, Padmalatha ; Hongasandra, Nagendra R.(2008), "Eight weeks of an integrated approach to yoga therapy decreases climacteric symptoms, perceived stress, and neuroticism in perimenopausal women better than physical exercise".

According to Suzanne Danhauer, Shannon L Mihalko, Gregory B Russell, Cassie R Campbell , Lynn Felder, Kristin Daley, Edward A Levine (2009), “Although limited by sample size, these pilot data suggest potential benefit of RY Restorative yoga on emotional outcomes and fatigue in cancer patients. This study demonstrates that a RY intervention is feasible for women with breast cancer; implications for study design and implementation are noted with an emphasis on program adoption and participant adherence”.

According to Anava A. Wren, Melissa A. Wright, James W. Carson, and Francis J. Keefe,(2011) “Yoga for managing persistent pain is an ancient practice. A small, but growing body of randomized clinical trials suggests that yoga may have promise for persistent pain conditions. Methodologically rigorous research in this area is in its early stages and further research is needed. Yet, clinicians should be aware that yoga could be used as a tool to help patients better address the biological, social, and psychological aspects of persistent pain”.

According to Afonso, Rui Ferreira ; Hachul, Helena; Kozasa, Elisa Harumi ; De Souza Oliveira, Denise; Goto, Viviane ; Rodrigues, Dinah; Tufik, Sérgio ; Leite, José Roberto,(2012), “This study showed that a specific sequence of yoga might be effective in reducing insomnia and menopausal symptoms as well as improving quality of life in postmenopausal women with insomnia.”

According to Carson, James W. ; Carson, Kimberly ; Jones, Kim D.; Mist, Scott D.; Bennett, Robert M.(2012), “Post treatment results in the wait-list group largely mirrored results seen at post treatment in the immediate treatment group, with the FIQR Total Score improving by 31.9% across the 2 groups. Follow-up results showed that patients sustained most of their post treatment gains, with the FIQR Total Score remaining 21.9% improved at 3 months. Yoga practice rates were good, and more practice was associated with more benefit for a variety of outcomes.”

According to Sharma, Satendra Prakash “The regular practice of Preksha Meditation has influenced the stress producing mechanisms there by causing the reversal of stress states. The possible pathway of mechanism may involve hypothalamic-autonomic route and also crucial role of neurotransmitters and endocrine glands. The findings related to various physiological parameters applied in the study have been further supported by the enhanced level of psychological well being in terms of reduced level of anxiety and frustration”.

According to PadminiTekur, ChametchaSingphow, HongasandraRamaraoNagendra ,NagarathnaRaghuram, “Seven (7) days of a residential intensive yoga-based lifestyle program reduced pain-related disability and improved spinal flexibility in patients with CLBP better than a physical exercise regimen”.

According to Nayak and Gayathry, “yoga improved all the symptom profile thus contributing significantly in the improvement of overall quality of life. It also improved anthropometric, blood pressure and biochemical parameters of CVD and associated metabolic risk factors.

OBJECTIVES OF THE STUDY:

1. To study and measure the health awareness quotient amidst the women in Surat city.
2. To find out the preference in the consumption pattern chosen for fitness.
3. To find out the average expenditure by the women for maintaining health.
4. To sketch out the specific preference of women for the options of yoga and gym.
5. To find out the combined preference of women preference of women for both the fitness therapies.
6. To check the awareness about International yoga day celebration.

SOURCE OF DATA:

For the purpose of study the researcher has selected surat city and restricted the sample size to women. The city was divided into five stratas as Udhna , Varachha, Athwa, Central and Adajan . A well designed scientific questionnaire was prepared to cover 500 respondents from these five stratas. Apilot study was conducted on 50 respondents to overcome the basic limitations and changes were incorporated accordingly. To support the primary data secondary published data were also used as statistics from newspapers and journals.

METHODOLOGY

- **Mann Whitney U Test:**

In, statistics the Mann–Whitney U test is used for comparisoion between a prefer a yoga or gym, which is nonparametric test . We use non parametric test because our data is not normal.

- **The Kruskal–Wallis test:**

The Kruskal–Wallis test by ranks, Kruskal–Wallis H test is used to check people are interested in yoga, gym, aerobic or zumba, which is non parametric test . We use non parametric test because our data is not normal.

- **Wilcoxon Sign Rank Test:**

This test is used to find the women are significant in yoga or gym or not and also check women are aware about the International yoga day or not.

DATA ANALYSIS

Comparison between Women opting for Yoga and Women opting for Gym:-

Test Statistics(b)

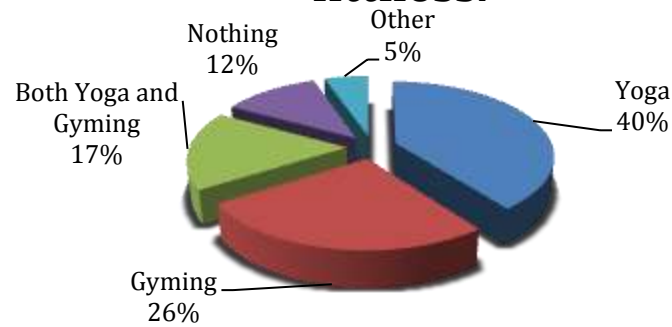
	Do you prefer Yoga for staying fit?	Do you prefer Gym for staying fit?
Mann-Whitney U	30.000	16.000
Wilcoxon W	166.000	26.000
Z	-.223	-1.726
Asymp. Sig. (2-tailed)	.824	.084
Exact Sig. [2*(1-tailed Sig.)]	.892(a)	.148(a)

a Not corrected for ties.

b Grouping Variable: Age

Using Mann-whitney U Test, We can see that p-value of the yoga is 0.892 which is the higher than the P-value of Gym i.e.0.148,so we Conclude that most of the women prefer Yoga for fitness activity.

Comparison of what a women do for fitness.



2. Comparison of where did women learn yoga from.

Test Statistics(a,b)

	Trainer	Online	Book	Self training
Chi-Square	14.410	7.510	2.256	.742
Df	3	3	3	3
Asymp. Sig.	.002	.057	.521	.863

a Kruskal Wallis Test

b Grouping Variable: Age

Using Kruskal Wallis Test , We can see that p-value of self training is 0.863 which is the higher than the P-value of trainer i.e. 0.002, online i.e. 0.057, book i.e. 0.521, so we Conclude that most of the women have learned Yoga all by them self.

3. Comparison of from where did women learn Gyming?

Test Statistics(a,b)

	Trainer	Online	Book	Self Training
Chi-Square	4.054	4.468	1.044	1.310
Df	3	3	3	3
Asymp. Sig.	.256	.215	.791	.727

a Kruskal Wallis Test

b Grouping Variable: Age

Using Kruskal Wallis Test , We can see that p-value of book is 0.791 which is the higher than the P-value of trainer i.e. 0.256, online i.e. 0.215, self training i.e. 0.727, so we Conclude that most of the women have learned gyming referring to books.

4. Whether youth should be driven towards Indian therapy i.e. Yoga or Modern activities i.e. Gym, Aerobics, Zumba.

Test Statistics(a,b)

	The youth should be more driven to Indian therapy/ yoga?	The youth should be more driven to Modern activities/ gym, aerobics, zumba?
Chi-Square	4.240	5.261
Df	3	3
Asymp. Sig.	.237	.154

a Kruskal Wallis Test

b Grouping Variable: Age

Using Kruskal Wallis Test, We can see that p-value of Indian therapy is 0.237 which is higher than p-value of Modern activities i.e. 0.154, so we conclude that according to women, youth should be more Driven towards Indian Therapy.

5. H_0 = According to age, are women insignificant about yoga and gym.

H_1 = According to age, are women significant about yoga and gym.

Median= 2

Minimum (t^+ , t^-)=(141, 16)

So minimum is $t^- = 16$

Applying Wilcoxon sign test, t^- calculate i.e. $16 > t^+$ tabulate i.e. 1.975288.

So we, conclude that according to age, women are significant about yoga and gym.

6. H_0 = Women are not aware of International Yoga Day.

H_1 = Women are aware of International Yoga Day.

Median= 1

Minimum (t^+ , t^-)=(37, 16)

So minimum is $t^- = 16$

Applying Wilcoxon sign test, t^- calculate i.e. $16 > t^+$ tabulate i.e. 2.006647.

So we conclude that women are aware of International Yoga Day.

7. H_0 = Women are not aware of International Fitness Day.

H_1 = Women are aware of International Fitness Day.

Median= 1

Minimum (t^+ , t^-)=(68, 78)

So minimum is $t^+ = 68$

Applying Wilcoxon sign test, t^+ calculate i.e. $68 > t^-$ tabulate i.e. 1.97646.

So we conclude that women are not aware of International Fitness day.

LIMITATIONS

- This projects includes research amongst Women only, it does not includes men’s perspective.
- This project is conducted, taken into consideration the view of the people of Surat city and covers limited areas.
- Research analysis is done with these statistical methods- t-test.

CONCLUSIONS:

1. Most of the women prefer Yoga for fitness activity.
2. Most of the women have learned Yoga by self training.
3. Most of the women have learned gym workout from books.
4. According to women youth should be more driven towards Indian Therapy.
5. According to age, women are significant about yoga and gym.
6. Women are aware of International Yoga Day.
7. Women are not aware of International Fitness day

SUGGESTIONS:

- A gym workout increases aches and pains. Yoga slowly stretches muscles and opens the energy channels of the body. The increased flexibility keeps muscles and joints lubricated and healthy. Weights and treadmill can cause strain which leads to soreness and injuries.
- Yoga can make you stronger and more flexible. It's a great way to stay limber and energetic. You'll also feel more focused and alert.
- Yoga can also help improve high blood pressure, poor blood circulation, Arthritis, Osteoporosis, Limited mobility, Lower back pain, Difficulty breathing, Headaches, Tension or stress Depression.
- Yoga will help tone your body but while it's doing that, it also helps you to be truly in the moment and infuses your spirit with positive energy. A gym workout is focused primarily on improving your body's physical condition.
- Yoga can relieve anxiety, depression, fatigue, insomnia, and memory loss.
- It can also help ease feelings of distress and improve mood.
- Yoga can help you get fit for life. It also can help to prevent or ease back pain and muscle or joint injury, and give you self-reliance and self-esteem.
- Yoga is a different experience in a yoga studio, but you can easily practice yoga at home, outside or in small spaces. All you need is about 6 feet by 4 feet and you have your own yoga studio. A gym workout requires more equipment and more space.
- The overall intention is to release tension throughout the body and mind and provides peace.
- The twisting, stretching and folding of a yoga practice are good for the digestive system, the circulatory system, the lymph system and more. It's a great way to detoxify the body and can improve your cardiovascular system. A gym workout is focused just on strengthening muscles and boosting cardio.
- As you become more strong and flexible with yoga, it's easier to do other kinds of exercise like dancing, walking, or swimming.

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