

# Positivity in Mental and Physical Health of Yoga Doer and Yoga Non Doer Older Adults

Dr. V D Kasture

Shivaji College, Kannad, Dist Aurangabad (MS)

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**Abstract:** The present study has been designed to investigate the positivity in mental and physical health of yoga doer and yoga non doer older adults. The research was conducted over a sample of 120 older adults including yoga doer and yoga non doer as well as male and female (30 yoga doer and 30 yoga non doer male adults and 30 yoga doer and 30 yoga non doer female adults). All the participants were administered the mental health inventory data was analyzed using 't' test. The results reported that there exists a significant difference in mental health among yoga doer and yoga non doer older adults both male and female. Yoga doer older adults have better mental health as compared to yoga non doer older adults. Yoga is also helpful for good physical health.

**Keywords:** Yoga, Mental health, Yoga doer, Yoga non-doe, older adults.

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## 1. INTRODUCTION

Today we are living in such a scientific era in which development and progress are at their high peak but when we see the dark side behind this, our overall health is also affecting due to this rapid development and progress, whether it is physical health or mental health.

Mental health and physical problems can interact in older people making their overall assessment & management more difficult. Older people feel less happy with their life than younger people and this is of special concern in new number states where there are larger differences in life stratification and happiness between age groups.

## 2. MENTAL HEALTH AND POSITIVITY

**Concept of mental health:** Mental health refers to our overall psychological well-being. It includes the way we feel about our self, the quality of our relationships, and our ability to manage our feelings & deal with difficulties. Good mental health is not just the absence of mental health problems. People who are mentally healthy are in control of their emotions and their behavior. They are able to handle life's challenges, build strong relationships and recover from setbacks in their environment but just as it require effort to build or maintain physical health, so it is with mental and emotional health. Improving your mental health can be a rewarding experience, benefiting all aspects of your life, including boosting our mood, building resilience, and adding to our overall enjoyment of life.

**Concept of physical health:** Physical health can be determined by considering someone's height/weight ratio, their body mass index (BMI), their resting heart rate and recover time after exercise. For humans, physical health means a good body health, which is healthy because of regular physical activity, good nutrition, and adequate rest.

Yoga is not only sate for older petitioners, but also effective in keeping the mind and body in good health. Yoga is an ancient Indian science which helps to improve physical, mental, social and spiritual health. Yoga has been found useful for mental disorders. Yoga helps to improve the mental health of both the yoga and seniors by reducing stress.

### 3. RESEARCH METHODOLOGY METHOD

#### Sample selection:

The sample consists of 120 older adults including yoga doer and yoga non-doer both male and female older adults ranging in age from 65 to 80 years. The sample was selected through purposive and convenient sampling techniques from Aurangabad city. The sample consists of only maimed older adults. A total of 120 older adults of which 60 were male older adults (30 yoga doer & 30 yoga non-doer) and 60 were female older adults (30 yoga doer & 30 yoga non-doer).

#### Tools:

#### Dependent variables:

Age, area, mental status.

#### Independent variables:

The mental hygiene inventory developed by Bhatt & Gida was used. Reliability of the test is 0.87.

#### Procedure:

In this research conducted on 120 older adults in equal number from Aurangabad city.

#### Statistical Analysis:

**Table 1: Showing results of t-value of mental health status of yoga doer and yoga non-doer male older adults.**

Older Adults	No.	Mean	SP	t value	sig
Yoga doer	30	74.92	10.8	2.63	0.01
Yoga non-doer	30	68.07	9.3		

**Table 2: Showing results of 't' value of mental health status of yoga doer and yoga non-doer female older adults.**

Older adults	No.	Mean	SD	t value	sig
Yoga doer	30	73.46	70.7	2.59	0.01
Yoga non-doer	30	66.89	8.9		

### 4. RESULT AND DISCUSSION

Applying 't' test on the sample data analysis and interpretations. The main purpose of the present research was to find out the difference of mental health status among yoga doer and yoga non-doer older adults. Table 1 reveals that there is significant difference in the mean scores of mental health status of comparative groups as the 't' value (2.63) is found to be significant at 0.01 levels. It means that male yoga doer older adults had better mental health as compared to yoga non-doer male older adults.

Results from table 2 reveal that the mean value of mental health status in the female yoga doer older adults ( $M = 73.46$ ) is greater than yoga non-doer female older adults ( $M = 66.89$ ). The result of 't' test applied between the mean scores of mental health status of comparative groups indicates that they differ statistically significant as the 't' value of 't' test is 2.59. Thus, it is found that mental health in female yoga doer older adults had better than comparative group.

### 5. CONCLUSION

The main purpose of the present study research was to find out the difference of mental & physical health of yoga doer and yoga non-doer older adults both male and female. After analysis and interpretation the following conclusion was drawn.

The mental health of male yoga doer participants is significantly better than that of male yoga non-doer participants.

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The mental health of female yoga doer participants is also significantly better as compare to female yoga non-doer participants.

The male yoga doer had god physical health than male yoga non-doer.

The female yoga doer had better physical health than female yoga non-doer participants.

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