

OPEN ACCESS

Volume: 12

Special Issue: 2

Month: February

Year: 2024

E-ISSN: 2582-6190

Impact Factor: 4.118

Received: 19.12.2023

Accepted: 18.01.2024

Published: 14.02.2024

Citation:

Jaya Gayathri, S. "The Wellness Journey of Adults: 'A Survey on Yoga Practices and Personal Transformation.'"

ComFin Research, vol. 12, no. S2, 2024, pp. 1–9.

DOI:

<https://doi.org/10.34293/commerce.v12iS2-Feb.7546>



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The Wellness Journey of Adults: “A Survey on Yoga Practices and Personal Transformation”

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This article focuses on the importance of yoga in well-being ness of our body. Yoga is the absolute best well-being and health module as it is extensive and all-encompassing in nature. Wellness is a functioning course of becoming mindful of and settling on decisions toward a sound and satisfying life. Health is more than being liberated from disease; it is a unique process of progress and development. All kind of body well-being advances appropriate consideration of our bodies for ideal well-being and bodywork. There are many pieces of health that all should be really focused on together. In general, good health promotes a balanced view of physical activity, nutrition, and mental health to keep your body in good health and fitness. Yoga is a way of life higher and healthier. It ensures extraordinary success or efficiency in the workplace and higher authority over the mind and emotions; with yoga one can achieve both physical and mental harmony. Yoga is a finished science that joins the body, psyche, and soul. Everyday routine with regards to yoga expands peacefulness, affectability, instinct, mindfulness, body wellness, and increasing of immunity in the present condition of coronavirus disease-19. Yoga is not just about working out; it is about a sound way of life.

Keywords: Health, Immunity, Physical fitness, Wellness, Yoga.

Introduction

Yoga is the most perfect health and wellness module as it is comprehensive and holistic in nature. Yogic principles help to strengthen and develop positive health enabling us to withstand stress better. This yogic “Health insurance” has been achieved by normalizing the perception of stress, effectively through the practice of various Yogic practices. Yoga is a holistic and integral science of life dealing with physical, mental, emotional, and spiritual health of an individual and society.

Yoga is an effective way to maximize the joy of living in a fit and healthy body. Regular practice of yoga can give more flexibility, more stability, and give your body good balance and strength. Yogic principles help to strengthen and develop positive health, enabling us to withstand stress better (Giambrone CA 2019). Yoga is the science of right living and as such, is intended to be incorporated in daily life. It works on all aspects of the individual: The physical, vital, mental, emotional, psychic, and spiritual. The word yoga means “union” or oneness” and is derived from the Sanskrit word Yuj, which means to join. This unity or joining is described in spiritual terms as the union of individual consciousness with the universal consciousness.

On a more practical level, yoga is a means of balancing and harmonizing the body, mind, and emotions. This is done through the practice of asana, pranayama, madra, bandha, shatkarma, and meditation.

Gurudev Sri Sri Ravi Shankar says, “Yoga is not just exercise and asanas. It is the emotional integration and spiritual elevation with a touch of mystic element, which gives you a glimpse of something beyond all imagination.”

The Sanskrit word ‘Yoga’ derives from the term yug(to join) or yoke (to tie together or to concentrate). Mainly, the term ‘Yoga’ describes the process of joining forces or a way of discipline: to align the body with the mind and together connect with the self (the soul). Stated simply, it is the integration between the physical person and the spiritual self. Yoga derives from an ancient eastern culture, in which education was transferred from teachers to learners. In his classical work, the Indian sage Patanjali called ‘The Master of Yoga’ put together this traditional practice. Yoga Sutras are 2,000-year-old scripts on Yoga Philosophy. Yoga is ‘something which controls the process of thoughts and brings the mind to the state of ultimate peace’. Ancient diviners adopted Yoga to discover the outer and inner worlds and eventually gain insight and knowledge of the religious Indian texts: the Vedas, Shastras and Upanishads(Garfinkel & Schumacher, 2000).

The mind and body are not separate entities, although there is a tendency to think and act as though they are the gross form of the mind is the subtle body and the subtle form of the body is the mind. The practice of yoga during the transitional period of adolescence helps to integrate and harmonize the two, that is, body-mind. Both the body and the mind tensions or knots. Every mental knot has a corresponding physical, muscular knot, and vice-versa. Yoga releases these knots and mental tensions by dealing with them on the physical level, acting somato-psychically, through the body to the mind. Regular practice of asana-pranayama maintains the wellness of the body in an optimum condition and promotes health even in an unhealthy body. Through yoga practice, the dormant energy potential is released; the mind becomes light, creative, joyful, balanced, and experienced as increased confidence in all areas of life.

Objectives

The objective of this study is,

- To assess the prevalence of yoga engagement among adults.
- To examine the perceived outcomes in terms of physical, mental, and emotional well-being.
- To explore the wellness journey of adults through yoga practices and their potential impact on personal transformation.

Review of Literature

Yoga is an ancient science of health and wellness that has been practiced for centuries in India. It is considered one of the most ancient systems of psychosomatic training, known for its ability to promote holistic health. The literature review explores the comprehensive benefits of yoga in promoting physical, mental, and emotional well-being. It emphasizes the role of yoga in enhancing mindfulness, promoting healthy lifestyle choices, and achieving physical and mental harmony. It also derives the potential of yoga to enhance immunity, increase fitness levels, and contribute to mental well-being and emotional stability. Wellness provides a comprehensive understanding of the multifaceted benefits of yoga for overall health. It emphasizes the holistic nature of yoga, highlighting its positive impact on physical, mental, and emotional health. The practice of yoga is described as a means of balancing and harmonizing the body, mind, and emotions through various techniques such as asana, pranayama, meditation, and relaxation. Additionally, the review underscores the role of yoga in managing stress and improving mental clarity aligning with similar studies on the subject. It also addresses the body-mind relationship, emphasizing how yoga releases

tension and promotes harmony between the body and mind, ultimately contributing to improved health and well-being.

This review also highlights the discipline and positivity that yoga promotes, along with its ability to create hormonal balance and tranquillity of mind. This survey concentrates on Adults who make their overall body transformation by doing yoga. Setting some sort of questions and their response on their health and wellness helps to get influence and shares their overall experiences and routine of yoga and wellness. Also serves as a comprehensive understanding the prevalence, reasons for practice, safety, and resources related to yoga for health.

Additionally, the review delves into the concept of health and yoga, emphasizing the health and how yoga contributes to physical, mental, social, and spiritual well-being also include weight loss, stress relief, and improved immunity. This survey concludes by emphasizing the importance of practicing yoga under the guidance of trained instructors highlights the establishment of yoga centres for training. Overall, the literature review underscores the profound impact of yoga on holistic health and well-being.

Pathways of Yoga Asanas

- GyanYoga:-In this particular type of yoga, the human being knows its reality by studying the spiritual text and by decent utilization of meditation.
- Shravan → Manan → Nidhidhyasan → Gyan → Vairagya → Moksha.
- MantraYoga/BhaktiYoga:-It is a specific type of yoga, where the yogi is consistently dedicated about the AlMighty God.
- Asuri → Samanya purusha → Mahana purusha → Daiv → Prem → Bhakti → Saguna sakshatkar → Nirguna Samadhi → Moksha.
- KarmaYoga:-It is mainly mentioned about married individual, Who are expected to achieve yoga siddhi performing their routine work. The yogi does not expect the result while performing certain liabilities and duties. This state is considered as a Nishkamkarma Yoga.
- Tamas guna → Rajasguna → Satvaguna → Gunatita → Moksha.
- RajaYoga:-It is believed that Raja yoga is superior to all the other Yogas, It leads to Liberation.
- “Ashtanga Yoga of Maharishi Patanjali” comes under this RajaYoga.
 1. Yama → Social Health
 2. Niyama & Pratyahara → Mental Health
 3. Asana & Pranayama → Physical Health
 4. Dharna & Dhyana → Spiritual Health
 5. Samadhi → Liberation

Yama → Niyama → Asana → Pranayam → Pratyahar → Dharna → Dhyana → Samadhi → Moksha.

- Hatha Yoga :- Hatha yoga promotes health and prepares an individual for spiritual aspects like Kundalini Jagrana, Dhyana & Samadhi. It basically works on two principles, i.e, HA (Sun) &THA (Moon) and brings about balance in between the two.

Effect of Yoga on Physical and Mental Level

Physical Level

- An improved blood circulation
 - A stronger immune system
 - Improved cardiovascular system, lymph system, and respiratory system
 - Less fatigue
 - Balanced cholesterol level.

Mental Level

A peaceful mind complements a healthy body. Yoga releases the toxins that get accumulated in the cells of our body due to everyday stress. This makes the mind more calm and peaceful. By regular yoga practice, you also start to burn unnecessary fat, so your cholesterol level is balanced. Another beautiful thing about the yoga practice is the feeling of freedom you get in the body and the mind as you become more centered, strong, and flexible.

Sound mind resides in a sound body. Yoga is an art which connects our soul, mind, and body together. In India where people have so much stress and are fatigued, here Yoga is very necessary. It makes people fit and healthy.

The Importance of Yoga Practices in Human Life is Discussed Below

Yoga for weight loss: Sun Salutations and Kapalhatipranayam help lose weight with yoga. Moreover, with regular practice of yoga, people tend to become more sensitive to the kind of food their body asks for and the time they take. This can also help the people to keep a check on their body asks for and the time they take. This can also help the people to keep a check on their weight.

Yoga for stress relief: A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress.

Improves Fitness: Yoga for people help in leading healthy and happy lives. As little as fifteen minutes of yoga practice can help boost health: teen yoga improves lung capacity and as a result blood circulation; it strengthens immunity; improves body posture; optimizes body functions; and boosts energy flow in the body.

Helps to focus and concentrate: Yoga makes people and their body feels relaxed and calm. This means that people are less stressed and can quickly focus on their work. That's why children and teenagers are also encouraged to do Yoga because it helps them focus on their study better.

Instills Confidence: Regular practice of yoga helps instill a positive self image. It teaches the people to be comfortable, confident and positive. Yoga promotes unification of body and mind, and as people practice, it will increase awareness and ability to look within, think for themselves, and trust themselves.

Controls Stress: With increasing academic and social pressures people are falling prey to anxiety disorders and breakdowns. Through the regular practice of yoga exercises, they can learn to cope with the demands and situations that life presents.

Yoga for better relationships: Yoga can even help the people to improve the relationship with the spouse, parents, friends or loved ones. A mind that is relaxed, happy and pleased is better able to deal with sensitive relationship matters. Yoga and meditation keeps the mind happy and peaceful.

Yoga to increase energy. Shuttling through chores and multitasking continuously one can be quite exhausting. A few minutes of yoga everyday provides the much-needed fillip that boosts our energy and keeps us fresh

Inner Peace: Yoga is well known to increase peace in our body and fights against all our stress and problems. Adults face most problems in life as compared to the children. Doing Yoga increases peace level and makes the people more joyful resulting in more confidence

Increases blood flow in the body: There couldn't be any better way to increase blood flow in body than Yoga. Yoga help people to keep their body oxygenated. It makes heart much healthy and makes it work more efficiently.

Yoga for the prevention of sports injury: Yoga is the perfect activity for athletes interested in cross training, injury prevention, increasing core strength, and increasing balance. It may be said that yoga can truly be the fountain of youth for athletes and fitness enthusiasts.

Methodology

By gathering data on individual experiences, preferences, and perceived benefits, the study seeks to uncover patterns and correlations that contribute to a deeper understanding of how yoga contributes to personal transformation in the adult population. The findings from this research aim to inform wellness programs, promote evidence-based practices, and enhance our knowledge of the multifaceted relationships between yoga engagement and overall adult well-being.

There are many dimensions of wellness that are essential for attaining overall wellness and happy life. After examining various studies, the authors have identified four critical dimensions of wellness:

1. Physical or physiological wellness,
2. Emotional or psychological wellness,
3. Social wellness and
4. Spiritual wellness.

The Four Dimensions are

Physical Wellness

Physiological wellness is related to our body and physical health. It is well-accepted that all the subsystems of our body, for example, the respiratory system, nervous system and immune system, should function effectively. It is possible through the intake of healthy food with the right amount of nutrients (i.e., vitamins, proteins and minerals), by doing physical exercise or workout, having adequate sleep and avoiding stress and not so healthy habits (such as intake of alcohol, drugs or tobacco).

Psychological Wellness

Psychological or emotional wellness is related to one's mental health, feelings, beliefs and emotions. It is essential to maintain and nurture one's emotional health and be aware of oneself and others' feelings, moods and emotions. Psychological wellness can successfully cope with stress, depression and frustration and find solutions to encourage positive feelings, enthusiasm and a healthy attitude towards life.

In many articles, repetition of the syllable 'Om' has been considered one of the practical interventions concerning wellness. In a recent study, Acharya et al. (2020) have highlighted how specific styles of Mantra chanting improve the mindfulness and memory of cognitive variables directly associated with psychological wellness.

Social Wellness

Social wellness relates to building and maintaining healthier connections and inter-personal relationships with friends, family and other people in society at large. This dimension encourages people at work or at home to interact, engage and maintain relationships with people and helps develop strong networks and friendships with peers. Social wellness also increases motivation, a sense of belongingness, productivity, efficiency, and collaboration.

Spiritual Wellness

Spiritual wellness is related to individuals who seek to find the purpose, meaning and value of his/her life. Spiritual wellness is essential to establish inner peace, happiness and harmony in one's life. It can reshape the belief system and guide the actions of an individual. It is a powerful resource that directs towards one's purpose or life goals and helps to deal with daily life problems and find solutions to achieve satisfaction and fulfillment.

Based on the above information a structured questionnaire was developed and a survey was conducted to gather information on the framed objectives from a sample size of 100 number individuals. Under the guidance of “ART OF LIVING” Operating in 180 countries, it is a non-profit, educational and humanitarian organization founded in 1981 by the world-renowned humanitarian and spiritual teacher and founder Gurudev Sri Sri Ravi Shankar. In India, whole Tamil Nadu have some ART OF LIVING centres. The survey was taken in Tiruchirappalli in the yoga center. The information was collected through Google survey by selecting adult people and who practice yoga over years of experience. Yoga plays a vital role in body transformation, physical strength, mental well-being and emotional stability.

Results

The data shows that 48 respondents were between the age group of 21-40, 48 were between the age group of 41-60 and 4 respondents were between the age group of 61-70 ages. This shows that the majority of respondents were between 21 and 60 years old, with a small representation from the 61-70 age groups.

Among 100 samples, 62% reported being sedentary in terms of physical activity, 21% in moderate physical activity and 17% reported in heavy physical activity. This indicates that there is a need for increased promotion of physical activity and encourage yoga practice to lead a more active lifestyle.

Physical Category

In physical category, majority of individuals engage in yoga practice. 35 respondents engage in yoga practices daily, 41 respondents practice yoga for about 2-3 times a week, 18 respondents practice yoga once a week and 6 respondents occasionally. This indicates that the highest frequency being 2-3 times a week.

The data revealed among the individuals that 12 respondents have a goal to advance in yoga poses, while 28 aim to deepen their mindful practices. The majority, 60 respondents, have set goals to achieve both advancing in yoga poses and deepening their mindful practices. This suggests that a significant number of respondents have a holistic approach to their yoga practice, aiming to improve both their physical and mental well-being. Yoga helps to set motivation among ourself to enlighten our body and mental goals.

Each respondent find motivation in facing challenges through daily yoga practise among the samples 47 respondents aim of setting specific goals, while 22 seek inspiration from others whereas 31 respondents find motivation by focusing on the personal benefits they gain from their yoga practice. This suggests that individuals use a variety of strategies to stay motivated when encountering challenges in maintaining their yoga practice. Considering the profound impact of practicing yoga, 9 respondents emphasized the influence of nutritional choices and awareness, while 17 highlighted the impact of yoga and mindful practices.

In this survey 74 respondents, recognized the combined impact of nutritional choices and awareness, as well as yoga and mindful practices. This suggests that a significant number of respondents acknowledge the importance integrating both nutrition and yoga practices.

Mental Category

In mental category, every individuals gain mental well being as well as mindful peace with the help of pranayama and meditation helps to control our breath and mind for our healthy well being. 18 respondents aim to reduce anxiety for mental well-being, while 32 focus on improving their mental focus. The majority, 50 respondents, have goals related to both reducing anxiety and improving focus for their mental well-being. This suggests that a significant number of individuals

recognize the interconnected nature of anxiety reduction and improved focus in achieving overall mental well-being.

The mindful practice in yoga reveal that 7 respondents reported gaining mindfulness in daily activity through mindful eating, while 22 respondents emphasized present moment awareness and 21 respondents mentioned gaining mindfulness through conscious breathing. 50 respondents indicated that they gained mindfulness in daily activities through a combination of all these practices.

Self journaling plays role in wellness practice journalise them to check out their improvement of their own mind. This indicates that 7 respondents regularly engage in journaling as part of their yoga and wellness practice, while 18 do on a weekly basis. 75 respondents, engage in self-reflection and journaling occasionally. This suggests that while a smaller number engage in these practices more consistently, the majority still incorporate self-reflection and journaling into their yoga and wellness routines.

Emotional Category

In emotional category, among the respondents 58 incorporate yoga in their wellness routine for physical fitness, while 19 for mental clarity. Additionally, 23 respondents incorporate yoga for stress reduction. This suggests that a significant number of individuals recognize the various benefits of yoga and incorporate it into their wellness routines for physical fitness, mental clarity, and stress reduction.

56 respondents, aim to achieve an overall sense of balance through a combination of both physical strength and emotional stability. While 30 respondents prioritize physical strength for their overall sense of balance and 14 focus on emotional stability. This proves the importance of integrating physical and emotional well-being for achieving an overall sense of balance.

To conclude every respondent were aware on emotional well being as they have to measure their success of their wellness journey. 26 respondents measure the success of their wellness journey with yoga by focusing on enhancing physical health, while 17 respondents prioritize improving mental health. A majority of 57

respondents undergo wellness journey with yoga through a combination of both enhancing physical health and improving mental health.

Tables

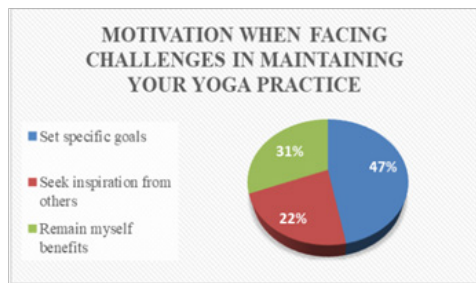
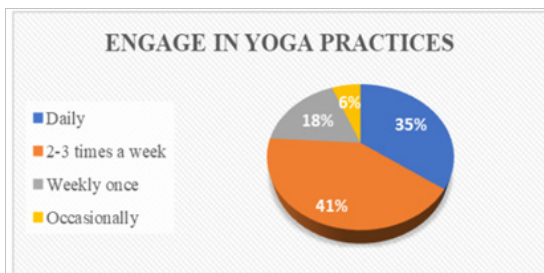
Age	Responds
21-40	48
41-60	48
61-70	4

Physical Activity	Response
Sedentary	62
Moderate	21
Heavy	17

Physical Category

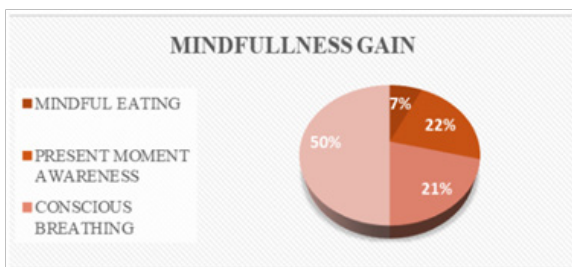
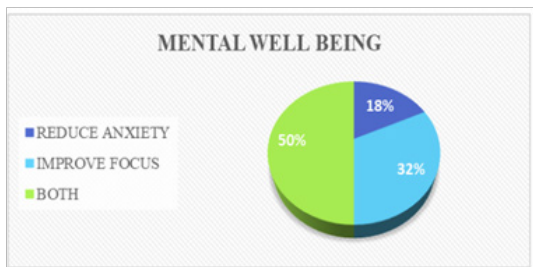
1. Engage in Yoga Practices		
2-3 times a week	Weekly once	Occasionally
41	18	6
2. Goals for Next Phrase of Yoga Practice		
Advance in yoga poses	Deepen mindful practices	Both of them
12	28	60

3. Motivation When Facing Challenges in Maintaining Your Yoga Practice		
Set specific goals	Seek inspiration from others	Remain myself benefits
47	22	31
4. Considering Profound Impact		
Nutritional choices and awareness	Yoga and mindful practices	A combination of both
9	17	74



Mental Category

1. Manage Time for Consistent Yoga Practice			
Schedule specific practice time	Integrate short session throughout the day	Prioritize yoga over other activity	
63	25	12	
2. Mental Well Being			
Reduce anxiety	Improve focus	Both	
18	32	50	
3. Resources Rely for Guidance of Yoga and Wellness Journey			
Yoga instructors	Online consultants	Books & literatures	Suggestions from family & friends
30	16	12	42
4. Self Reflection and Journaling Part of Yoga and Wellness Practice			
Regularly	Weekly	Occasionally	
7	18	75	
5. Mindfulness Gain from Yoga in Daily Activity			
Mindful eating	Present moment awareness	Conscious breathing	Combination of all
7	22	21	50



Emotional Category

1. Incorporate Yoga in Wellness Routine		
Physical fitness	Mental clarity	Stress reduction
58	19	23
2. Overall Sense of Balance		
Physical strength	Emotional stability	Combination of both
30	14	56
3. Role of Meditation Plays in Yoga & Wellness		
Central of practice	Weekly	Occasionally
26	24	50
4. Measure of Success of Wellness Journey with Yoga		
Enhance physical health	Improve mental health	Combination of both
26	17	57

Conclusion

In conclusion, the article emphasizes the profound impact of yoga on overall well-being, encompassing physical, mental, emotional, and spiritual health. The study highlights the prevalence of yoga engagement among adults and examines the perceived outcomes in terms of physical, mental, and emotional well-being. Practicing under trained guidance is crucial. Yoga holistic impact promotes personal transformation.

Overall, the research sheds light on the transformative power of yoga in enhancing the wellness journey of adults, promoting evidence-based practices, and enhancing our knowledge of the multifaceted relationships between yoga engagement and overall adult well-being.

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