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A Study on Effectiveness of Yoga for Improvement of Work Productivity among Millennials in Tiruchirappalli

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Abstract

Yoga has been great art and science of healthy living. Positive health is an important means of leading meaningful life filled with happiness and inner harmony. With rapid economic development and increasing westernization of lifestyle in past few decades there is a change in the behavioural pattern of human being. This article focuses on the effectiveness of yoga for improvement of work productivity among millennials. The regular practice of yoga is a solution for the many psychological and lifestyle disorders of the modern life with the revitalization of the traditional inheritance along the lines of the sustainable approach. It was observed that, all the responders said that yoga is beneficial in their life as it helps them to attain inner peace, productive mind, strong immunity and balanced work life as well. Thus, it can be concluded that, practicing yoga makes life healthy and increased their productivity.

Keywords: Yoga and Wellness, Health, Productivity, Exercise, Lifestyle

Introduction

In a competitive world, every human wants to succeed in their respective field. While attaining the success or in the headway of success majority of the people ignore the importance of health and fitness. It is imperious to uphold a finest balance between body and mind. Indeed, physical fitness safeguards an individual from illness, stress and fear. Yoga has plenty of direct and indirect benefits to the human being. It helps to increase work productivity of the human being. There are many practices that are essential for attaining overall wellness and happy life. But in this study physiological and psychological well-being have been focused to study the effectiveness of yoga in the improvement of work productivity among the millennials in Tiruchirappalli district.

Millennials otherwise called as Generation Y (Gen Y) are the people who usually considered as born between 1981 and 1996 (ages 28 to 43). They are the children of baby boomers and the parents of Alpha Generation. They are the first generation to grow up with

internet access. It is obvious that the technological impact can be seen in a significant level among the millennials.

Physiological well-being is related to body and physical health. It is well-accepted that all the sub-systems of our body i.e. 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 unhealthy habits such as intake of alcohol, drugs or tobacco.

Psychological or emotional well-being 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 well-being can successfully cope with stress, depression and frustration and find solutions to encourage positive feelings, enthusiasm and a healthy attitude towards life.

Yoga is considered a great practice for mind, body and soul. Millennials are the generation that is mostly involved in this practice as they are in the mid of their life and in a time where they are working at their best. So, yoga is the best solution for them to release their tensions and relieve their bodies from different types of stress.

According to a report analysing data from the Blue Cross Blue Shield Health Index, there has been a major increase in mental health issues amongst millennials since 2013. Issues like stress, anxiety and depression are plaguing the minds of our youth. If not addressed soon, these mental health issues can lead to even more permanent mental health disorders and nervous breakdowns. A survey conducted by Mind Share Partners revealed that a large number of millennials and Gen ‘Z’ have quit their jobs in search of better opportunities, solely due to the large amount of work pressure, stress and anxiety due to internal factors.

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

Objectives of the Study

- To know the purpose of practicing yoga among millennials.
- To study the yoga practices, they involve to keep their physiological and psychological well-being balanced.
- To study the effectiveness of yoga for improving their work productivity.

Methodology

The study anticipates the benefits of the Yoga. This study used a sample survey of participants who have attended the yoga sessions over a year. The methodology adopted both quantitative and qualitative techniques. The well-being is evaluated based on a 5-point Likert scale, varying from ‘Strongly Disagree’ to ‘Strongly Agree’. The survey was conducted by questionnaire method. This study used primary data.

The survey was taken from 50 participants who were trained in Yoga included both male and female within the age range 28 to 43 years with no health issues. The survey included the business people, homemakers, employees from the central government and large public sector enterprises. For data analysis, MS Excel and percentage analysis were used.

Data Analysis and Findings

In this study 68 per cent of the respondents are female and 32 per cent of the respondents are male. It is observed that women practice yoga for hormonal balance, to enhance fertility and to reduce menstrual pain. Men practice yoga to keep themselves fit and to relief from stress and anxiety. This indicates that women practise yoga to solve their physical illness whereas men practise yoga for general physical health.

It is found that 84 per cent of the respondents are working and 16 per cent of the respondents are home makers. Among the working respondents 53 per cent of the respondents are working in IT sector, 34 per cent of the respondents are working in service sector and 13 per cent of the respondents are entrepreneurs. Moreover, 92 per cent of the respondents strongly agreed that yoga helps in balancing their work and life.

It is detected that 97 per cent of the respondents are strongly agreed that they are relieved from stress and depression by practicing yoga. Long-term stress can lead to health problems. Averting and dealing long-term stress can lower the risk of heart disease, obesity, high blood pressure, and depression.

It is analysed that 76 per cent of the respondents are agreed that they have good appetite after practicing yoga. This shows that having a good appetite makes them healthy and more productive throughout the day. It drives them to have healthy food over junk.

It is identified that 83 per cent of the respondents are strongly agreed that they do not have physical complaints after practicing yoga. It is observed that 64 per cent of the respondents are neutral feeling about it. This shows that prolonged stretches and poses can aid in joint mobility and flexibility.

It is found that 79 per cent of the respondents are strongly agreed that they feel energetic and enthusiastic throughout the day after practicing yoga. It can be said that yoga makes them perform well and in turn their productivity level improved.

It is observed that 57 per cent of the respondents are strongly agreed that they maintain Ideal body mass index. Maintaining proper body mass index prevents many diseases. Especially, ideal weight in the normal range is an important part of healthy ageing. As in other stages of life, high body mass index (BMI) in adults can increase the likelihood of developing health problems like heart disease, high blood pressure, stroke, and diabetes. Being underweight also increases the chances of developing health problems like osteoporosis and anaemia, and it lowers the recovery from an illness or infection.

It is identified that 86 per cent of the respondents are strongly agreed that they are conscious about their life, especially mental health. More than 60 per cent of the respondents are agreed that practicing yoga helps them to manage their work pressure.

Conclusion

Practicing yoga makes a way to healthier and productive life it is appreciable that working population has awareness about their health and they have come forward to keep their work and personal life balanced. The study found that various yoga practices keep the respondents' physiological as well as psychological well-being. Added to that the continuous yoga practices improved the millennials' work productivity by lessening stress, anxiety, switching to healthy food practices.

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