



A study on relationship between Hath Yoga and Life satisfaction

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ORIGINAL ARTICLE



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Received on : 25/07/2020

Revised on : -----

Accepted on : 31/07/2020

Plagiarism : 09% on 25/07/2020



Plagiarism Checker X Originality Report

Similarity Found: 9%

Date: Saturday, July 25, 2020

Statistics: 93 words Plagiarized / 1043 Total words

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A STUDY ON RELATIONSHIP BETWEEN HATH YOGA AND LIFE SATISFACTION "HATH YOGA TEACHES US TO USE THE BODY AS THE BOW, ASANA AS THE ARROW AND THE SOUL AS THE TARGET" "Life satisfaction is attainment of desired and fulfilment of

Abstract :

"HATH YOGA TEACHES US TO USE THE BODY AS THE BOW, ASANA AS THE ARROW AND THE SOUL AS THE TARGET"

"Life satisfaction is attainment of desired and fulfilment of essential condition"...**Wolman (1973)**

Yoga provides techniques to exercise restraint over his body and mind by keeping a person away from allurements of Roop, Ras, Gandha, Sparsh and Savada. Yoga provides means and methods for the integration or union of soul and greater soul.

It helps in the promotion of our concentration power and systematic attention, however the contribution of yoga in terms of one's physical and physiological development and welfare inspite of that.

The physical part of Yoga practice is Hat-Yoga. The present research study was intended to study relationship between Hath-Yoga and Life Satisfaction.

Key Word :

Yoga, life satisfaction, physical, Hath yoga.

Concept of Yoga :

Life satisfaction is central aspect of human welfare, it is the ultimate goal and every human being strives to achieve this goal throughout the life, considering life –satisfaction as a single term here satisfaction in life does not rely on the length of the days, but in the use we make of them.

Satisfaction in life in the way in which people shows their emotions, feelings, etc. It can

be influenced by surrounding, life satisfaction as such means enjoying each and every moment of life with great satisfaction.

Physical practice of yoga is hath yoga or one can say physical practice of yoga posture is hath Yoga; any exercise will help to relieve stress and provide life satisfaction. Hath yoga relieves stress through stretching; regular Hath-Yoga provides immense benefit in stress reduction.

Psychological well-being is something one strives for in their life in the form of peace and happiness, this subjective feeling of happiness and satisfaction keeps people driven in their life towards positivity. despite our own true nature which is blissful, people get deviated from the path of satisfaction and wisdom with their own body, mind and material object.

Losing the sight of this fundamental truth. The mirage makes us feel imperfect, limited, sorrowful, and at a loss. Yoga paves way to cast off this ignorance and became aware of their divine-self.

The goal is to free a person from those imperfections and to unite him or her with their supreme universal self. The basis of all Yoga system is Hath Yoga.

The literary sense of the word "HATHA" summation of two syllables "HA" means pingala nandi (sun principle) or right nostril and "THA" means (moon principle) ida nandi or left nostril. Nandi means psychic passage of energy to the nerves in the body; therefore Hatha stands in the body balancing of Ida and vital/physical energy of pingala nandi.

Ida Nandi is related to parasympathetic nervous system and pingala nandi related to sympathetic nervous system, performing hath yoga basically purifies both ida and pingala nandi. Hath in literal sense means obstinate, in practical sense it is not about passive or forceful participation.

Rather, the sense of yoga in this way paves a positive way to stay dedicated and focused while doing asanas.

Review of the literature :

Lee (2004) studied the relationship between Hatha Yoga practice and subjective well-being between beginners who practiced yoga from one to ten months and advanced Hatha yoga practitioners who practiced yoga for at least two years. 107 adult Hatha yoga practitioners participated in the study that practiced yoga consistently, at least twice a week for an hour. Advanced Hatha yoga practitioners were found to have higher levels of subjective well-being on the Satisfaction with Life Scale (SWLS), Positive and Negative Affect Scale (PANAS) and the Spiritual Well-Being Scale than the beginners (Lee, 2004).

Bijlani (2005) studied the effect of a yoga intervention on 98 subjects with chronic illnesses and high risk for cardiovascular diseases who practiced yoga for 3 to 4 hours for 8 days and were later tested on subjective well-being and anxiety scales. It was found that subjective well-being increased and anxiety decreased significantly after the practice of yoga (Bijlani, 2005 cited in Carson, King and Koenig, 2012).

Objective of the study :

1. To find out the relationship between Hath Yoga and Life Satisfaction of Teacher Trainees of Raipur District in Chhattisgarh State.

Hypotheses of the study :

- H₀₁** There will be no significant relationship between Hath Yoga and Life Satisfaction of Teacher Trainees of Raipur District in Chhattisgarh State.

Research methodology :

The study took survey as a method of research.

Population :

All the teacher trainees from different teacher training institutes of Raipur District in Chhattisgarh State constituted the population of this study.

Sample :

A number of 100 teacher trainees from four different teacher training institutes were selected by using simple random sampling techniques. List of the source institutes is given below:-

Tool :

A questionnaire on hath yoga and life satisfaction was prepared by the researcher. The questionnaire was divided into two segments, segment first was consisted of ten questions on hath yoga and the second segment was consisted of ten questions on life satisfaction.

Statistical analysis :

After collecting the data mean and Karl Pearson Correlation Coefficient was applied to get the results.

Analysis and interpretation :

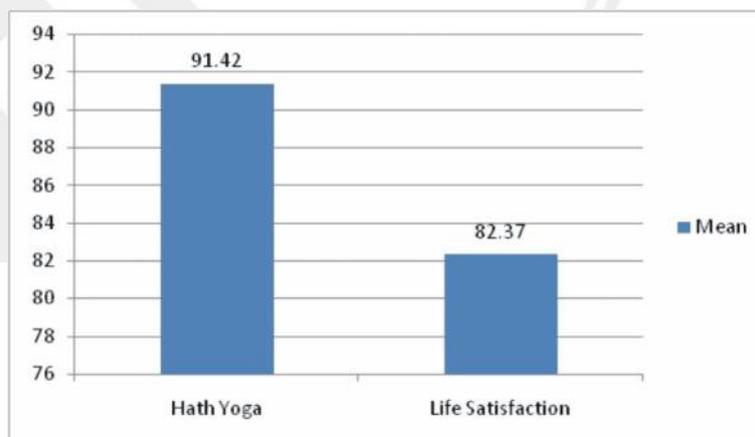
H_{01} There will be no significant relationship between Hath Yoga and Life Satisfaction of Teacher Trainees of Raipur District in Chhattisgarh State.

To find out the relationship between Hath Yoga and Life Satisfaction of Teacher Trainees we use correlation as statistic. After collecting the data mean and Karl Pearson Correlation Coefficient is applied as statistic. The statistical analysis is given below in table no. 1 :

TABLE 1 : Mean of Hath Yoga and Life Satisfaction of Teacher Trainees

	M	R
Hath Yoga	91.42	0.204*
Life Satisfaction	82.37	
df = 98, P < 0.05, Significant		

GRAPH 1 : Mean of Hath Yoga and Life Satisfaction of Teacher Trainees



When we observe the table no. 1 the mean value of Teacher Trainees in Hath Yoga is 91.42 and in Life Satisfaction is 82.37. The calculated Karl Pearson Correlation coefficient is 0.204 at $df = 98$, which is significant at 0.05 level of significance because this value is greater than the table value 0.194.

Result :

Thus we can interpret that There will be no significant relationship between Hath Yoga and Life Satisfaction of Teacher Trainees of Raipur District in Chhattisgarh State. Thus we conclude that our null hypothesis is rejected.

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