



A Study Of The Effectiveness Of Chair Yoga For The White -Collar Employees Of Education Sector

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Abstract

Yoga is a system of exercises which helps the mind and body in order to achieve tranquility and spiritual insight. Yoga is comprised of various asanas which mean "to sit" or "to be present". But in the Yoga context it means, "to be established in a particular posture". The term asana can also be described as "the arrangement of the different components of the body in a specific way." Asanas evolved as an integral part of a spiritual practice as Yoga is oriented toward purification, accomplishment, and realization. While one is on the path to achieve his / her highest spiritual potential, asana practice promotes structural stability, physiological immunity, and emotional health, as it helps to restore and develop balance, stability, strength, flexibility, skeletal alignment, and mechanical freedom. Yoga is a very ancient discipline. It is recognized as one of the most important and valuable gifts of our heritage. Today the world is looking to Yoga for solving the various problems men are facing. In spite of this fact, no field is so miserably misunderstood as Yoga in India. If one takes a cross section of the society and makes a general survey of the public opinion about Yoga, K. Chandrasekaran (1999).

Introduction

When we study the ancient Indian tradition we understand that the Yogic principles had been the functions for Indian culture. Yoga is not a religion it is a science that regulates the individual's physiological and psychological behaviors. It follows the principles of science and hence systematic observations and regular practice of the Yogic path are prescribed. Invariably all scholars associate Yoga with spirituality. Through this system, they claim, people can awaken their spirituality. Thus the Yoga history is linked with that of Hinduism. Yoga in India has a long history. Robert Linssen, the French Oriental Scholar says India through largely emanates from a mixture of two currents. Yoga, established before the Vedic period, and Brahmanism which belongs to the period of the Vedas the Upanishads and the Vedanta. During the Mohenjo Daro excavations in the Indus basin, the John Marshal's expedition discovered intact ceramics about five thousand years old on which were depicted Yogic meditative postures. Yoga thus pre-dates the main Vedic currents of Indian thought which began about 1500 - 1000 BC with the Rig Veda, the Sama Veda and the Yajur Veda, followed by the Atharva Veda about 1000 -800 BC, the Brahmanas about 800-600 BC and the first Upanishads about 800 - 500 BC.

Many consider Yoga as an important factor of Indian Culture. A French Scholar, Professor Masson-Oural has described Yoga as the permanent basis of Indian culture. Hence it has its varieties and diversities as it has its right and discipline. Certainly, the different kinds of Yoga have played a vital role in forming the spirit of modern India. The great saint Patanjali was called as the Father of Yoga. He is the first man who wrote all the teachings of Yoga in Sanskrit as Yoga sutras. Actually, Patanjali is not the originator of Yoga. Our ancestor's practiced Yoga before Patanjali's birth. Only limited information is known about him that many scholars have come up with different views. However, it is generally agreed that the Yoga sutra was written between 300 and 200 BC.

The Importance of Yoga Today

Today as one prepares to enter the twenty first century, a spiritual heritage is being reclaimed of which Yoga is very much a part, while Yoga's central theme remains the highest goal of the spiritual path, yogic practices give direct and tangible benefits to everyone regardless of their spiritual aims. Physical and mental therapy is one of Yoga's most important achievements. Yoga has succeeded as an alternative form of therapy in diseases and other ailments of a chronic and constitutional nature where modern science has not. Research in to the effects of Yogic practices on HIV is currently underway with promising results. According to medical scientists, Yoga therapy is successful because of the balance created in the nervous and endocrine system which directly influences all the other systems and organs of the body. The science of Yoga brings to work on the outermost aspect of the personality, the physical body, which for most people is a practical and familiar starting point. When imbalance is experienced at this level, the organs, muscles and nerves no longer function in harmony, rather they act in opposition to each other. Yoga aims at bringing the different bodily functions in to perfect co-ordination so that they work for the good of the whole body. Yoga is simply a means of maintaining health and well being in an increasingly stressful society. Relaxations techniques help to maximize the effectiveness of ever-diminishing time-off. In an age of mobile phones and twenty-four-hour shopping, yogic practices make great personal and even business sense.

Benefits of Chair Yoga

Certain types of yoga combine breath work and movement, both of which have been shown to have astoundingly positive impacts on our health and overall wellbeing. A regular practitioner of yoga may experience reduced stress and anxiety levels, and an increased range of motion and sense of physical wellbeing. Furthermore, yoga can offer people in a deep state of depression a momentary sense of relief during the practice, and a lingering feeling of hope after the practice. Yoga has even been shown to be an effective practice for addiction recovery!

If all of this hype about yoga seems too good to be true, the important thing to remember is that yoga is not a one-size-fits-all magic bullet! Variations of yoga practices exist as guidelines, and, from there, individuals can practice listening to the body and looking to the body for necessary information about what movement (and stillness) is

needed. With that in mind, we will discuss one very accessible type of yoga known as chair yoga.

Chair yoga benefits can be felt by anyone from experienced yoga practitioners to beginners with mobility limitations.

Chair yoga has gained some popularity as of late due to the myriad known benefits of chair yoga for office workers. A chair yoga practice can be followed as a guideline and the practitioner (you) can modify the practice in any way that your body tells you is needed. The practice we know as chair yoga is one form of gentle yoga and encompasses a wide range of movements from sitting to standing. Chair yoga is often taught and practiced by companies and corporations because of the many benefits of chair yoga for office workers.

Chair yoga benefits can be felt by anyone and are particularly helpful for those who have sustained an injury and need to take a modified approach to their practice. Chair yoga benefits include increased flexibility and improved range of motion. The benefits of chair yoga for office workers is that it requires nothing more to practice than a chair and can really help with common office-related mobility issues and stresses and strains on muscles

Office workers who practice chair yoga are often seeking relief from consistent headaches and neck, shoulder, and backaches and pain. These ailments are extremely common among people who spend the majority of their workday in a seated position and especially those whose work involves a lot of screen time. Typing, mousing, and focusing on a screen can cause more stress on our bodies than you might realize. As we sit with our necks bent slightly down our spine spends the majority of the day in a C-like position. The sustained position is unnatural for our spines and our bodies begin to demand (sometimes in not so subtle ways) lengthening and strengthening exercises. Practicing chair yoga before you notice the impact of the prolonged desk and computer work is a great way to get ahead of any potential neck, shoulder, and back strains and pains. However, chair yoga is a gentle practice and even those with mild to severe symptoms can participate. The key is remembering not to push your body to do anything that is painful. Creating a healthy and sustainable practice means working with your body, not against it!

Statement of the Problem

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Objectives

1. To find out the effect of YCMOU office workers before and after chair yoga activity.
2. To study the effect of chair yoga activity post-test.

Scope of the Research

1. The present research's scope is YCMOU office workers in Nashik City.
2. The present research's scope is A study of the effectiveness Chair yoga in YCMOU office workers

3. The researcher himself has created Activity Sheet for data collection.

Limitations of the Research

1. The present research is limited to YCMOU office workers in Nashik City only.
2. The present research is limited to find out the A study of the effectiveness Chair yoga in YCMOU office workers

Importance of Research

The benefits of an active lifestyle are highly documented, so it can be incredibly frustrating when age, illness, or injury makes exercising a challenge.

1. Increased Flexibility- The ability to bend, twist, stretch, and move freely is important for more than doing yoga. It allows you to do the things that you need to do and engage in the activities that you love. Although some people assume that a loss of flexibility is inevitable as they age, they're mistaken. With flexibility, the rule is "use it or lose it." By gently challenging your body with chair yoga, you can actually increase your flexibility and improve your mobility.

2. Improved Strength - Using your muscles to complete yoga poses builds strength. More strength can lead to better balance, which can reduce your risk of falls. It can also improve your body's ability to withstand injury.

3. Improved Proprioception - Doing yoga generally means shifting smoothly from one pose to another. Moving from one pose to another improves your proprioception. What is proprioception? It's your ability to accurately sense where your body is in space. With better proprioception, your coordination improves. In addition, your risk of falling decreases.

4. Reduced Stress - Mindfulness is an inherent part of yoga. Focusing on your movement, your breathing, and how your body is reacting to the exercise creates a kind of moving meditation that promotes relaxation, reduces stress, and improves mental clarity. Like other forms of exercise, chair yoga may also help improve mood and offer some relief from issues like anxiety and depression.

5. Reduced Pain - Researchers have repeatedly demonstrated that one of the perks of exercise is reduced pain. That's because working out prompts the body to release natural painkillers like endorphins. Participating in chair yoga allows you to capitalize on this natural form of pain relief.

6. Improved Pain Management Skills - In addition to stimulating the body to release natural painkillers, chair yoga can provide you with valuable tools that can hone your skills for managing your pain. The exercise's focus on meditation and breath can be applied in other situations to cope with pain and discomfort.

Hypothesis

1. There is no significant difference in the mean score of stress of office workers before and after chair yoga activity.
2. There is no significant difference in the mean score of weight of office workers before and after chair yoga activity.
3. There is no significant difference in the mean score of Diseases Control of office workers before and after chair yoga activity.
4. There is no significant difference in the mean score of Calm sleep of office workers before and after chair yoga activity.
5. There is no significant difference in the mean score of work efficiency of office workers before and after chair yoga activity.
6. There is no significant difference in the mean score of Concentration of office workers before and after chair yoga activity.

Research Methodology

The investigator adopted experimental method for the present study. The research presented was undertaken to the effectiveness of yoga chair tools. For this, the pre and post-test design was selected. For this, a total of 30 office workers were selected. A total of 15 questions were prepared for them and the test was filled by them.

Analysis of the Data

The research presented was undertaken to the effectiveness of yoga chair tools. For this, the pre and post-test design was selected. For this, a total of 30 office workers were selected. A total of 15 questions were prepared for them and the test was filled by them. Collected data has analysed with the help of tabulation, graphs and statistical tools.

Finding for the Research

1. There is no significant difference in the mean score of stress of office workers before and after yoga chair activity.

According to this, office workers post-test mean score is higher than pre-test mean score of stress. So it's mean, after participation in yoga chair activity office worker stress is decrease.

2. There is no significant difference in the mean score of weight of office workers before and after yoga chair activity.

According to this, office workers post-test mean score is higher than pre-test mean score of weight. So it's mean, after participation in yoga chair activity office worker Weight is decrease.

3. There is no significant difference in the mean score of Diseases Control of office workers before and after yoga chair activity.

According to this, office workers post-test mean score is higher than pre-test mean score of weight. So it's mean, after participation in yoga chair activity office workers Diseases are control.

4. There is no significant difference in the mean score of Calm sleep of office workers before and after yoga chair activity.

According to this, office workers post-test mean score is higher than pre-test mean score of Calm sleep. So it's mean, after participation in yoga chair activity office workers are Calm sleep.

5. There is no significant difference in the mean score of work efficiency of office workers before and after yoga chair activity.

According to this, office workers post-test mean score is higher than pre-test mean score of work efficiency. So it's mean, after participation in yoga chair activity office workers work efficiency was increase.

6. There is no significant difference in the mean score of Concentration of office workers before and after yoga chair activity.

According to this, office workers post test mean score is higher than pre test mean score of Concentration. So it's mean, after participation in yoga chair activity office workers Concentration level is increased.

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