



## **Yoga survey and its activity on people's group of different field**

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### **Abstract**

The present study has been designed to investigate the yoga survey and its activity on people's group of different field. The sole purpose of this study was to observe the attitude of people of different fields such as sportsperson, student, and sedentary person and so on. For accomplish the study a total 60 subject were selected. The probabilistic type sampling was used. For getting the opinions of respondents a self-structured survey tool (questionnaire) was used which consists of ten questions related to yoga. Percentile method was used as a statistical tool because the nature of questionnaire was survey-type. So, each question was described separately.

**Keywords:** yoga survey, sportsperson, student, sedentary person

### **Introduction**

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. Yoga can and does help to keep you youthful. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. A French scholar has described yoga as the permanent basis of Indian culture. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya).

Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'. Yoga comes from the Sanskrit word 'Yuj' which means to unite or to join. People generally think that yoga is a series of exercises with twisted body poses, it is not so. The main aim of yoga is to help one connect with one's inner spirit, which is connected to the universal spirit or God. Yoga creates a balance between the body and the mind and to attain self-enlightenment.

### **Importance of Yoga**

Yoga is not a religion; it is a way of living whose aim is 'a healthy mind in a healthy body'. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They

have little to do with the development of the spiritual or astral body. Yogic exercises recharge the body with cosmic energy this facilitates.

- De-Stressed Students
- Improved Concentration
- Attainment of perfect equilibrium and harmony
- Promotes self- healing.
- Removes negative blocks from the mind and toxins from the body
- Yoga is a science of personality development
- Increases self-awareness

### **Statement of the problem**

The purpose of the study was to yoga survey and its activity on people's group of different field.

### **Selection of subjects**

The samples for the present study was 20 Students, 20 sports person and 20 working employed from MDU, Rohtak were randomly selected.

### **Construction of the questionnaire**

The questionnaire was prepared in consultation with the guide and other experts in the field. Guidelines for developing the questionnaire were obtained from selected books and already completed research study available in the library of M.D.U. with utmost care and seriousness of the purpose taking into consideration the maximum coverage of the field concerned with relevant aspects needed for the study, so as to get maximum worthwhile and meaningful responses from the subjects, the questionnaire was designed.

Further, the construction and the arrangements of the questions was made in such a logical way that sequence and coherence in the response statement would be readily available in an orderly manner, which in turn may serve as yardstick for determining the problem. Attempts were also made to make questions simple, clear and relevant leaving no

room for ambiguity or vagueness.

**Delimitations**

This study has been conducted by the single person. Therefore, the following delimitations were considered for this study.

- The study was delimited to the randomly selected 60 samples of M.D.U, Rohtak.
- The study was further delimited to obtain information by duly filled up questionnaire from student/ sports person/ working employee in M.D.U Campus.
- The study was delimited to a self-made questionnaire consisting of Ten simple questions. The questionnaire was prepared with the help of the teachers and other experts in the field of physical education and sports.

**Limitations**

The responses are limited to varied knowledge and experiences of respondents. The knowledge about awareness of yoga and it's present status in society could differ among respondents.

**Statistical technique used**

The data collected through questionnaire was computed by applying the simple percentage of each question.

**Results of the study**

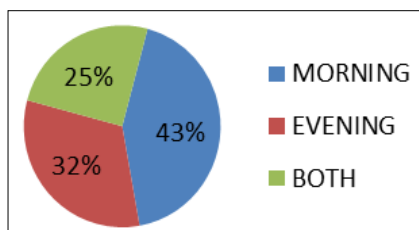
The Research scholar conducted the survey in M.D.U Campus of district Rohtak (Haryana) and obtained data from the students/ sports persons/ working employee from M.D.U Campus. In this Paper the scholar has presented the result obtained in its analysis using appropriate statistical procedure. The scholar himself with the questionnaire was approved personally to 60 subjects who were selected randomly from M.D.U Campus of District Rohtak (Haryana) and result has been presented on following table.

**Table 1:** Sample Description

Category	
Students	20
Sports Person	20
Working Employee	20
Total	60

**Table 1.1:** On Which Time You Practice Yoga In A Day

	Frequency	Percentage
Morning	26	43
Evening	19	32
Twice	15	25

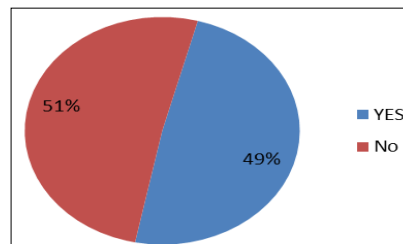


**Fig 1.1:** on which time you practice yoga in a day

Table no. 1.1 shows that out of 60 responses 43% do yoga practice in morning, 32% do yoga practice in evening and rest of 25% do yoga practice in both times.

**Table 1.2:** Do You Practice Yoga Daily?

	Frequency	Percentage
Yes	29	49
No	31	51
Total	60	100

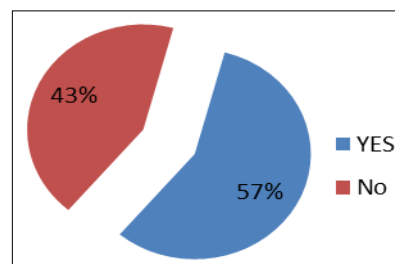


**Fig 2**

Table no. 1.2 shows that out of 60 responses 49% do yoga practice daily and other 51% do not practice yoga daily.

**Table 1.3:** Is Yoga Not A Religion?

	Frequency	Percentage
Yes	34	57
No	26	43
Total	60	100

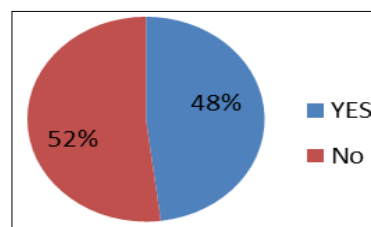


**Fig 3**

Table no. 1.3 shows that out of 60 responses 57% think that yoga is not a religion and rest of 43% think that yoga is a religion.

**Table 1.4:** Your Family Members Also Do Yoga Practice

	Frequency	Percentage
Yes	29	48
No	31	52
Total	60	100



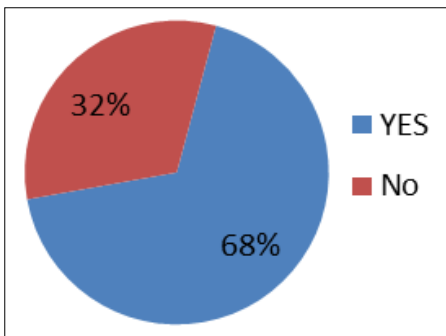
**Fig 4**

Table no. 1.4 shows that out of 60 responses 48% of

respondents family members also do yoga practice and rest of 52% of respondent's family members do not did yoga practice.

**Table 1.5:** Do You Think Yoga Is Beneficial In Your Sports/Job/Student Life?

	Frequency	Percentage
Yes	41	68
No	19	32
Total	60	100

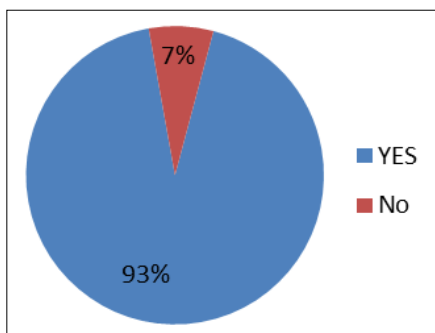


**Fig 5**

Table no. 1.5 shows that out of 60 responses 68% think that yoga is beneficial and rest of 32 % think that it's not beneficial.

**Table 1.6:** Do You Think Yoga Is Helpful For Your Body?

	Frequency	Percentage
Yes	56	93
No	04	07
Total	60	100

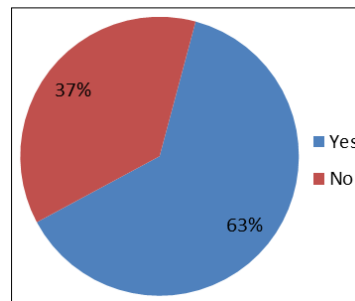


**Fig 6**

Table no. 1.6 shows that out of 60 responses 93% think that yoga is helpful and rest of 7% think that yoga is not helpful.

**Table 1.7:** Do You Think Yoga Control Your Emotion?

	Frequency	Percentage
Yes	38	63
No	22	37
Total	60	100

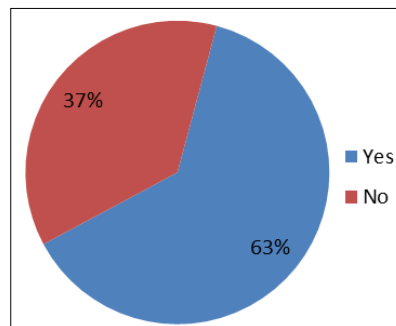


**Fig 7**

Table no. 1.7 shows that out of 60 responses 63% respondents think that yoga control the emotion and rest of 37% think that yoga do not control the emotion.

**Table 1.8:** After Doing Yoga Do You Feel Energetic?

	Frequency	Percentage
Yes	47	78
No	13	22
Total	60	100

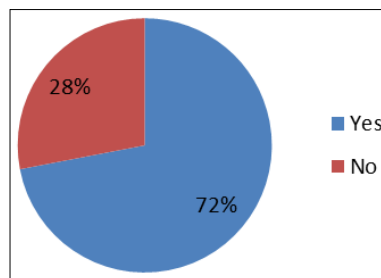


**Fig 8**

Table no. 1.8 shows that out of 60 responses 78% respondents feel energetic after doing yoga and rest of 22% do not feel energetic after doing yoga.

**Table 1.9:** Do You Think Yoga Should Be An Important Part Of Our Life?

	Frequency	Percentage
Yes	43	72
No	17	28
Total	60	100

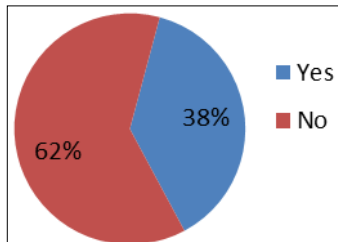


**Fig 9**

Table no. 1.9 shows that out of 60 responses 72% respondents think that yoga should be an important part of our life and rest of 28% think that yoga should be not an important part of our life.

**Table 10:** Do you think yoga not give you long live?

	Frequency	Percentage
Yes	23	38
No	37	62
Total	60	100



**Fig 10**

Table no. 1.10 shows that out of 60 responses 62% think that yoga give a long live and rest of 38% think that yoga does not give a long live.

### Conclusion

After analysis the obtained results it has been observed that mostly of the people have positive attitude towards yoga and they implement it in their daily life. The most important question that 'is yoga not a religion?' the mostly of the respondents give good response that the yoga is not a religion it is just a way to live healthy life or we can say that yoga is a life style. On the basis of the study it has been prove that majority of respondents do yoga twice a day whether they are sportsperson or sedentary employers.

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