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## Yoga and Urban Community Life Style

**Kumudini Achehi**

### Abstract

Urban life in India is full of stress and strain. In such conditions, people seeking for relaxation techniques are very much expected. Yoga turned to be one such effective techniques adopted in urban community specially the working segment of the society. The present study conducted in Mysuru city interviewing 60 practitioners who practice yoga systematically. The descriptive research design was adopted along with interview guide. For statistical analysis of collected data simple descriptive and Contingency Co-efficient tests were adopted. The study founds yoga being very useful among the employed class of urban community though they are squeezing in time to practice yoga. With the perceptual difference, both positive and negative consequences are observed, the positive reflection dominates the negative.

**Keywords:** Yoga, Urban Community, Highly significant

### Introduction

Increased awareness about mental health in Indian urban community is a positive sign of development. Infact majority of such awareness has risen because of adoption of yoga in their regular life style.

Urban community lifestyle in India is beyond the optimistic approach because of various factors such as social, economic, cultural, healthy, education etc., along with the influence of LPG. As results of all these issues, the urban people are running behind 'something' with great competition which they themselves are not aware.

Sometimes they mention it as 'money', sometimes as 'power' and some time as 'social status' but fact fully, it goes beyond all these issues. Because the above issues as a reason for the problematic status would have had one or the other solutions. Further, the social distance which is the great characteristic of the urban community existing as a result of anonymity and heterogeneity, are becoming impersonal and segmentary. The social responses are becoming incomplete, halfhearted and dissatisfying. There is utter lack of personal involvement in the affairs of others which is making him selfish and to feel loneliness.

These types of complex nature of lifestyle resulting in lot of confusion and value conflict among the individual resulting in unnoticed mental health problems. Such blindfolded conditions are creating stressful situations and people are struggling to face the situation. Such life style of urban community is insisting people to seek for relaxation technique where Yoga found its place. The only common aspiration behind such compulsion is the desire to be happy in short life we live in.

Yoga is not a religious practice but a spiritual one. Practice of yoga does not limit itself to practice of asanas but it is the way of life one lead. It is a science of integrating body, mind and soul crating a positive sense of belongingness among the other human beings and also with the environment. This also energizes the environment with positive spirit where the negativism perishes. Such environment is essential for human welfare.

To look into the quality of such impact, a study was conducted in Mysuru city with those educated, employed citizen practicing yoga every day. 60 such practitioners were interviewed to elicit their opinion from them. The descriptive and diagnostic research design was adopted along with interview schedule as tool for collecting data. For statistical analysis of collected data simple descriptive and Contingency Co-efficient tests were adopted.

**Table 1:** showing the age group of the respondents who practice yoga in urban community:

Age groups ( in years)		Gender		Total
		Male	Female	
< 30	Frequency	4	2	6
	percentage	10.3%	9.5%	10.0%
31-40	Frequency	12	7	19
	percentage	30.8%	33.3%	31.7%
41-60	Frequency	16	7	23
	percentage	41.0%	33.3%	38.3%
>60	Frequency	7	5	12
	percentage	17.9%	23.8%	20.0%
Total	Frequency	39	21	60
	percentage	100.0%	100.0%	100.0%

CC=.089; P=.923 (Primary Data)

Among 60 respondents selected for the study, 39 were males and remaining 21 were females. Age group wise comparison indicated that 38.3% of them were in the age group of 41-60 years, 31.7% of them were in the age group of 31-40 years, 20.0% of them were in the age group of above 60 years and remaining 10.0% of them were in the age group of less than 20 years. The results reveals that majority of the yoga practitioners considered for the study fall on the age group 41-60 which is the middle ages of the life span. Contingency coefficient revealed a non-significant association between gender and age groups (CC=.089; p=.923).

**Table 2:** showing the reasons quoted by the respondents for adopting yoga practice:

Reasons		Gender		Total
		Male	Female	
Spiritual	Frequency	2	2	4
	Percent	5.1%	9.5%	6.7%
Relaxation	Frequency	3	0	3
	Percent	7.7%	0.0%	5.0%
Physical Fitness	Frequency	12	6	18
	Percent	30.8%	28.6%	30.0%
As therapy	Frequency	14	0	14
	Percent	35.9%	0.0%	23.3%
Overall goodness	Frequency	8	13	21
	Percent	20.5%	61.9%	35.0%
Total	Frequency	39	21	60
	Percent	100.0%	100.0%	100.0%

CC=.462; P=.003 (Primary Data)

The reasons for adopting practice of yogasanas in everyday life vary from respondents to respondents. The major reason found for adoption of practice of yogasanas in day to day life is for overall goodness of the individuals, specially with women practitioners. Response of 35% respondents supports this. The next major reason quoted for yoga practice is to maintain the physical fitness. Because the muscles activate and relax, the body become flexible and keeps the body fit to various fluctuations. This is the major and strongly highlighted reason by the respondents. 23.3% of the men respondents are found adopted yogasana practice as therapy for their various physical problems such as authorities, digestive problems, abdominal problems, seines etc. Very less respondents have quoted relaxation and spiritual dimensions as the reasons to adopt yoga. Women

respondents found to be more spiritual in perception toward yoga than the men. Interestingly, all these respondents mean yoga as a practice of asanas and not as a way of living. Infact, yoga is nothing but the quality of lifestyle and the spiritual mindedness keeping religious aspects aside. When the statistics was applied, Contingency coefficient revealed a non-significant association between gender and monthly income (CC=.274; P=.182).

**Table 3:** showing the other dimensions of perception of respondents towards practice of yoga:

Dimensions of perception		Gender		Total
		Male	Female	
Hurts	Frequency	31	16	47
	percent	79.5%	76.2%	78.3%
Addiction	Frequency	8	3	11
	percent	20.5%	14.3%	18.3%
Time consuming	Frequency	0	2	2
	percent	0.0%	9.5%	3.3%
Total	Frequency	39	21	60
	Percent	100.0%	100.0%	100.0%

C=.251; P=.134 (Primary Data)

Any act will have good and bad impact on the individual, family and community based on the perception of the individual. Likewise, an attempt was made to understand the different dimensions of perception of respondents towards practice of yoga. The results found was interesting which indicates the different types of understandings. Majority of the respondents (78.3%) have expressed yoga i.e., in their perception the practice of asanas are hurtful without proper knowledge about one's own health yoga hurts and can damage severely. This is perceived by both male and female respondents. It said that different asanas possess different postures which create pressure on various parts of the body. If it is not properly judges and appropriate asanas are not practiced, can result in mild and sever damages. 18.3% of the respondents, majorly the men respondents have mentioned that practice of asanas will create a kind of addiction to the body where one can even feel guilt of not practicing on the stipulated day. It is much observed in male respondents than in female who are more vulnerable for addictions. With respect to yoga, it is actually a positive sign of body accepting such postures where it is beneficial in developmental aspect. 3.3% of the respondents have mentioned that practice of yogasana is time consuming. This indicates the busy schedule of the people in urban community and their interest to adopt the relaxation techniques. In any case as such all these respondents do practice yoga though not regularly, definitely periodically. Statistical application i.e., application of contingency coefficient test it is revealed a non-significant association (C=.251; P=.134) between gender and different perception towards practice of yogasanas.

**Conclusion**

Practically Yoga has turned out to be a significant need of the urban community. The stress and strain existing in the urban community lifestyle is literally demanding the urban mass to adopt yoga in their day to day life. But the study reveals that majority of the respondents understand Yoga as not as a life style but practice of asanas. There is a need for intervention to make them understood in right way.

Otherwise, the study supports both positive and negative versions of perception towards yoga by the respondents, where positive approach dominates the negative approach. The negative approaches are not those which influence on the individual but it reflects on perceptual clarity. Comparison between the responses of two different genders, statistically a non-significant association witnessed. That means to say gender does not influence any factors of yoga majorly.