

Title of the project:

Study on awareness of people about yoga

Implementing institution:

Patanjali Yoga Research Centre, Kozhikode, Kerala, India

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Introduction

The benefits of yoga on physical and mental health of people have been established. However, many people are not aware of the benefits of practicing yoga. This may be the reason why many of them do not learn yoga. In this background, Patanjali Yoga Research Centre, Kozhikode, Kerala carried out a study among a randomly selected sample of 78 people using a questionnaire with the main objective of assessing their awareness on yoga. The responses for the questions related to awareness were “Agree”, “Not aware” and “Disagree”, with score of 3, 2 and 1 respectively. The results of the study are presented below.

Results and Discussion

Table 1 shows the range of age of the sample under study. They fall in the age group of 21 to 59 years

Table 1. Age of the respondents

Age range	% of respondents
21-59	100

Table 2 shows that about 87% of the respondents are aware about yoga

Table 2. Awareness on yoga

Details	% of respondents
Aware about yoga	87.2
Not aware about yoga	12.8
Total	100

It can be made out from Table 3 that about 56 % respondents have not practiced yoga. This means that that about 44% respondents have practiced yoga. Their period of yoga practice is also shown in Table 3.

Table 3. Period of yoga practice

Period of yoga practice	% of respondents
7-30 days	6.4
60-90 days	11.5
120-180 days	11.5
1-1.5 years	7.7
3-7 years	3.8
15-20 years	2.7
Not practiced yoga	56.4
Total	100

It can be made out from Table 4 that while about 85 % of the respondents are aware that yoga contributes to physical effect at the body level, about 94 % believe that yoga has effect on the mind also (mental effect). This is a good trend, considering the fact that only about 44 % of the respondents in this study have learned and practiced yoga (Table 3)

Table 4. Effect which can be obtained through yoga

Effect which can be obtained through yoga	% of respondents
Physical effect	85.3
Mental effect	94.1

Out of the respondents who have reported yoga practice, about 91% are not practicing it now (Table 5). This is the trend usually observed among people who

have learned yoga. Only a small proportion of people continue practicing it due to various reasons

Table 5. Status of yoga practice

Status of yoga practice	% of respondents
Practicing now	8.8
Practiced earlier	91.2
Total	100

Table 6 shows the level of awareness with respect to various benefits of practicing yoga. About 82% agree that yoga reduces tension. About 56% agree that yoga reduces body weight, while about 38% are unaware of this benefit. Similarly, while about 56% know that yoga helps to reduce the belly size, about 41% report unawareness on this. About 51% respondents know that yoga helps to reduce BP, while about 48% are unaware about this benefit. Table 6 shows that about 69% of the respondents are not aware of the effect of yoga on reducing diabetes. Similarly, about 72% are unaware of the effect of yoga in reducing cholesterol and back pain. About 79 % respondents express their unawareness on reduction in disc problems through yoga practice. 41 % are aware of the effect of yoga in reducing headache, while 59% report unawareness about this benefit. About 79 % respondents agree that yoga makes people enthusiastic and creative, while about 82 % are aware that it improves concentration.

It can be made out from Table 6 that only about 61 % agree that yoga helps to improve memory, while about 38 % are unaware of this. 59 % respondents are not aware that yoga helps to improve the level of social interaction among people. About 74 % of the respondents are unaware that yoga reduces the habit of shyness. Similarly, about 74 % are unaware that yoga reduces the habit of withdrawal from

things. About 61 % respondents agree that yoga improves our outlook towards life. However, about 38 % are not aware about this. About 79 % respondents disagree with the statement that yoga does not contribute much for the person practicing it (Table 6).

Table 6. Awareness on the benefits of yoga

Benefits of practicing yoga	% of respondents		
	Agree	Disagree	Not aware
Yoga reduces tension	82.1	nil	17.9
Yoga reduces body weight	56.4	5.1	38.5
Yoga reduces the tummy(belly) size	56.4	2.6	41.0
Yoga reduces BP	51.3	nil	48.7
Yoga reduces Diabetes	30.8	nil	69.2
Yoga reduces cholesterol	28.2	nil	71.8
Yoga reduces disc problem	20.5	nil	79.5
Yoga reduces back pain	28.2	nil	71.8
Yoga reduces headache	41.0	nil	59.0
Yoga makes people enthusiastic and creative	79.5	nil	20.5
Yoga improves concentration	82.1	nil	17.9
Yoga improves memory	61.5	nil	38.5
Yoga improves the level of social interaction	38.5	2.5	59.0
Yoga reduces the habit of shyness	20.5	7.7	71.8
Yoga reduces the habit of withdrawal from things	20.5	5.1	74.4

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Yoga improves our outlook towards life	61.5	nil	38.5
Yoga does not contribute much for the person practicing it	5.1	79.5	15.4

Table 7 gives the score of the respondents for their awareness on the benefits of yoga. It can be inferred from the table that the score of 68 % of the respondents lie within the range of 76.5 to 94.1 % of the maximum possible score which can be obtained. This indicates that the sample of respondents in this study is mostly well aware about the benefits of yoga, even though about 56 % have not practiced yoga (Table 3). It may also be noted that about 87 % respondents have reported about their awareness on yoga (Table 2)

Table 7. Score for awareness on the benefits of yoga

Awareness score as % of maximum possible score	% of respondents
66.7-74.5	20.5
76.5-84.3	39.7
86.2-94.1	28.3
96-100	11.5
Total	100

Table 8 shows the constraints reported in practicing yoga. While about 58 % respondents mention lack of time as a constraint, about 49 % mention laziness as the constraint. In fact, many people who have learned yoga discontinue practicing mainly due to laziness to practice it. It may also be noted from Table 8 that only

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about 11 % respondents have mentioned that they do not apprehend any constraints in practicing yoga.

Table 8. Constraints in practicing yoga

Constraint	% of respondents
Lack of time	57.7
Laziness	48.7
Some diseases	2.6
yoga requires physical exertion	2.6
not confident about benefits of yoga	5.2
No constraint	11.5

With regard to the question, namely, whether walking provides the same effect as that of yoga, only about 15 % respondents agree, while about 51 % are unaware about this (Table 9).

Table 9. Effect of walking compared with yoga

Opinion	Walking provides the same effect as that of yoga
	% of respondents
Agree	15.4
Disagree	33.3
Not aware	51.3
Total	100

It can be seen from Table 10 that only about 15 % agree that meditation provides the same effect as that of yoga. About 64 % respondents express their unawareness about this

Table 10. Effect of meditation compared with yoga

Opinion	Meditation provides the same effect as that of yoga
	% of respondents
Agree	15.4
Disagree	20.5
Not aware	64.1
Total	100

It can be made out from Table 11 that about 56 % of the respondents only are interested in attending awareness class on yoga. This is the condition, even when, about 87% of the respondents are aware about yoga (Table 2) and many of them agree on various benefits of yoga practice (Table 6)

Table 11. Interest in attending awareness class on yoga

Interest in attending awareness class on yoga	% of respondents
Yes	56.4
No	43.6
Total	100

Table 12 shows that about 42 % are interested in learning yoga, while about 39 % are of the opinion that they are not in a position to decide about this at present. It may also be noted from the table that about 10 % only are not interested in learning yoga. This is an indication of the probability of making more people learn and practice yoga, if periodical awareness programs are organized by yoga centres among them

Table 12. Interest in learning yoga

Interest in learning yoga	% of respondents
Yes	42.3
No	10.3
Cannot decide now	38.6
Presently doing yoga	8.8
Total	100

Table 13 shows the result of the statistical test of Regression of score for awareness on benefits of yoga with three other parameters. It can be made out from the table that the parameters, namely, interest in attending awareness class on yoga, interest in learning yoga and constraints in practicing yoga together explain 69 % of the variation observed in the score for awareness on benefits of yoga. It can also be made out from the table that the regression coefficients of all these parameters are statistically significant. The regression value of 0.69 is also statistically significant at 0.01 probability.

Table 14 shows the correlation between various parameters. The correlation value between mental effect and physical effect of yoga is very high (0.958). There also exists a high correlation value of about 0.8 between the parameters, namely, whether practiced yoga and physical effect of yoga, and whether practiced yoga and mental effect of yoga. However the correlation between interest in attending awareness class on yoga and interest to do yoga is only 0.524

Table 13. Regression of score for awareness on benefits of yoga with three parameters

Parameter	Regression coefficient (r)	Statistical Significance
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Interest in attending awareness class on yoga	1.086	Significant (0.01)
Interest in learning yoga	0.908	Significant (0.01)
Constraints in practicing yoga	0.490	Significant (0.01)
$R^2 = 0.69$ Significant (0.01)		

Table 14. Correlation between parameters

Parameter	Correlation (r) value between parameters		
	Physical effect of yoga	Mental effect of yoga	Interest in attending awareness class on yoga
Mental effect of yoga	0.958	1	0.03
Whether practiced yoga	0.827	0.843	0.07
Interest to do yoga	0.08	0.08	0.524