

Yoga Attitude And Happiness Among Undergraduate Students: A Correlational Study

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ABSTRACT

The present study was conducted on “Yoga Attitude and Happiness among Undergraduate Students: A Correlational Study”. A random selection of 120 undergraduate students was made from government colleges located in the Jammu district of India. Data were gathered using two measuring scales 1) Happiness scale developed by Dr. Rajiv Lochan & Dr. Poonam R. Das and 2) Yoga attitude scale developed by Dr. Mahesh Kumar Muchhal. Pearson’s Product Moment Correlation test was performed to find out the relationship among undergraduate students with respect to the different levels of yoga attitude and their happiness. It has been concluded that there exists a significant but low positive correlation between the low Yoga attitude and their happiness. Similarly a significant and very strong positive correlation has been found between the high Yoga attitude and their happiness.

KEY WORDS: Yoga Attitude, Happiness and Undergraduate Students

INTRODUCTION

Yoga is a centuries-old philosophical practice that enhances both mental and physical well-being. It enables people to participate in a process that has an impact on their mental and physical health (Iyengar 2016). Many of the people who stayed at home during the pandemic discovered that yoga improved their health (Hosseinzadeh et al., 2020). As demonstrated by numerous studies (Hartfiel et al. 2010, Telles et al. 2014, Hendriks et al. 2017 and Kaplan 2022). Yoga has beneficial psychological and physiological effects, lowering stress levels and safeguarding psychological health. Additionally, research has shown that yoga can lessen anxiety and depressive symptoms and can aid in recovery just as much as conventional psychotherapy (Kirkwood et al. 2005, Kjellgren et al. 2007 and Cramer et al. 2013). All things considered, yoga has a big impact on someone's happiness and mental health. The benefits of yoga, which include increased mental acuity and awareness, have been validated by modern research, supporting the wisdom of ancient Indian yogis. Numerous research (Kirkwood et al. 2005, Kjellgren et al. 2007 and Cramer et al. 2013) demonstrate that yoga improves mental clarity and decreases stress, sadness, and anxiety symptoms.

Yoga reduces stress, anxiety, and depression (Saeed et al., 2019) and enhances quality of life (Patil et al., 2018), as well as health perception (Cowen & Adams, 2005). Since yoga is effective in such extreme settings, it is more likely to improve people's happiness in regular situations as well.

The reasons behind yoga's positive effects on happiness are multifaceted. According to Lyubomirsky and Layous (2013), the positive activity model posits that partaking in activities that promote positivity, like yoga, can lead to a better life. Positivity and serenity are enhanced by a yoga attitude, and these benefits can enhance relationships, happiness, and general well-being.

Happiness is a mental state, yet it goes beyond simple feelings. Everybody experiences a variety of emotions on a regular basis since they are emotional beings. Anger and fear are unpleasant feelings that aid in self-defense and help us flee from harm. Joy and hope increase our capacity for relating to others and managing unpleasant emotions. "Happiness is a deep sense of flourishing, not a mere pleasurable feeling or fleeting emotion but an optimal state of being," said Matthieu Ricard, a biochemist who became a monk. There's more to happiness than meets the eye. It is a purposeful choice about how to live, a way of being.

Yoga's capacity to lessen stress, anxiety, and depression is the link between it and happiness. Yoga has been

shown in numerous studies to have a favorable impact on happiness.

Yoga and Happiness is to spread awareness of the authentic practice of yoga. Asanas are not the focus of yoga, despite popular belief. Touching your spirit is more important than touching your toes. It is a practice that is carried out both on and off the mat. Positive changes in our lives, including how we view our bodies, brains, and the environment around us, can be effected by yoga.

Our goal is to spread awareness of yoga, its philosophy, the yogic lifestyle, and the medical science that supports it, all while advancing holistic wellness. You can begin your road toward healthy living at any age. Thus, the researcher is looking into undergraduate students' attitudes regarding yoga and how those attitudes relate to their level of happiness.

REVIEW OF RELATED LITERATURE

Abdollahi, A., Abu Talib, M., et al. (2014) studied on "Hardiness as a mediator between perceived stress and happiness in nurses". This study set out to gain a deeper understanding of the role that hardiness plays as a mediator between perceived stress and happiness. As expected, hardiness had a role in mediating the relationship between perceived stress and happiness among nurses; nurses who reported lower levels of perceived stress were also more likely to report higher levels of hardiness and happiness. This study indicates that nurses' resilience acts as a deterrent to real stress and an enabler of happiness and likely to report greater levels of hardiness and happiness. This study suggests that nurses' resilience acts as a buffer against real stress as well as a happiness-promoting factor. **Campos, D., Cebolla, A., et al. (2016)** "Meditation and happiness: Mindfulness and self-compassion may mediate the meditation-happiness relationship,". The purpose of this study was to find out which parts of self-compassion and mindfulness are better at predicting happiness, as well as to look at the relationship between meditation and happiness. The findings demonstrated that the entire indirect benefits of observation, mindfulness, self-kindness, and shared humanity had a substantial impact on the relationship between the frequency of meditation and happiness. Significant indirect impacts were found for self-kindness, witnessing, and general humanity. The results supported the theory that elements of self-compassion and mindfulness partially mediate the association between meditation and happiness. "Pleasure, meaning, or spirituality: Cross-cultural differences in orientations to happiness across 12 countries" was the title of a study conducted by **Gaston-Breton, C. and Lemoine, J. E. (2021)** Businesses and organizations around the world are adopting well-being programs for their employees, clients, and residents in an effort to draw in more revenue. There are currently few and dispersed studies on how people discover happiness across cultural boundaries and those that do tend to conceptualize happiness as an individualistic, pleasure-based construct that ignores its shared, meaning-based component. Studies reveal that the structure of happiness remains mostly unchanged between nations and that meaning rather than pleasure or spirituality is a more accurate indicator of life satisfaction. They thus provided information on common approaches to wellness in a global setting to marketing and HR managers, as well as other decision makers and individuals. **Hatami, S., and Shekarchizadeh, H. (2022)** "Relationship between spiritual health, resilience, and happiness among group dental students: a cross-sectional study with structural equation modeling method". The findings demonstrated a direct relationship between spiritual health and resilience and happiness (p 0.001). Resilience acted as a mediation factor between happiness and spiritual well-being (p 0.001). The relationship between improved happiness and spiritual health was mediated by resilience. It is advisable to discuss spiritual health with such students in order to increase their resilience and happiness. **Gupta, R. K., Singh, S., & Singh, N. (2016)** 'Does yoga affect happiness and mental balance: a comparison between yoga practitioners and non-yoga practitioners?' When compared to non-yoga practitioners, yoga practitioners displayed higher levels of mental equilibrium and contentment. When compared to non-yoga practitioners, participants with yoga experience reported higher levels of enjoyment and mental equilibrium. This may occur as a result of participants' minds becoming calmer through yoga. This study emphasizes how crucial it is to compare people who have yoga experience objectively with those who are new to the practice. **Tiwari A. and Mishra A. (2016)** "Effect of Yoga Practices on Emotional Intelligence and Healthy Life Style Habits". The findings showed that regular yoga practitioners outperformed infrequent practitioners in terms of emotional intelligence and healthy lifestyle choices. **Shaha R. and Shaha, R. (2018)** studied on "The role of yoga meditation as psychotherapy in a variety of physical and mental disorders and well-being" This research demonstrates how yoga meditation can be a highly useful adjunct to traditional therapy for a range of physical and mental health conditions. The science and art of yoga meditation is to connect with the supreme soul, the ultimate source of spiritual energy, and balance your

mental, bodily, and spiritual energies so that you can live a long, prosperous, and happy life. The practice of treating patients with mental stress, anxiety, depression, psychosomatic illnesses, and other mental problems while preserving psychological well-being is known as psychotherapy or counseling. Numerous studies demonstrate the link between the mind and physical and mental health, demonstrating how stress and bad emotions can cause mental illness and psychosomatic illnesses and vice versa. Healing and meditation lead to complete relaxation on all levels, resulting in both physical and mental well-being. The "Effectiveness of Raj Yoga Meditation in Education, Teaching, and Life" was discussed by **Choudhary, S. (2020)**. In spiritual terms, yoga means uniting the ego with the Supreme Being. The practitioner receives positive vibrations from the Supreme Soul that are associated with calmness, joy, purity, and kindness after communication has been established. God, the Supreme, is ever-present in the frequency of power, purity, bliss, and all other glorious qualities. Yoga is the bond that arises from the focused, passionate, loving, and deliberate intellectual remembrance of God. It leads to the divinization of man, or self-purification, the triumph of virtues, and the attainment of supreme tranquility and celestial bliss. The seven rays of love, peace, joy, pleasure, power, knowledge, and purity are all present throughout the universe because of God. Since we are all a part of nature, the environment will be extremely sensitive to the vibrations we emit through Yoga meditation. Since we absorb these frequencies from the universe, heal ourselves, and radiate them out into the world when we meditate, positive energy grows and dispels bad energy or has the power to build heaven on earth. It also acts as a natural sanitizer and cultivates a positive aura around us.

OPERATIONAL DEFINITIONS OF KEY TERMS

Yoga Attitude: In this research, yoga attitude refers to the scores obtained by the learners on the yoga attitude scale.

Happiness: In this research, happiness refers to the scores obtained by the learners on the happiness scale.

Undergraduate Students: Students who are pursuing their graduation course from any government college of Jammu district.

RESEARCH OBJECTIVES

1. To find the attitude among undergraduate students towards yoga.
2. To find the relationship among undergraduate students with respect to the different levels of yoga attitude and their happiness.

RESEARCH HYPOTHESES

1. There is no significant relationship among undergraduate students in respect to their low yoga attitude and happiness.
2. There is no significant relationship among undergraduate students in respect to their average yoga attitude and happiness.
3. There is no significant relationship among undergraduate students in respect to their high yoga attitude and happiness.
4. There is no significant relationship among undergraduate students in respect to their very high yoga attitude and happiness.

RESEARCH METHODOLOGY

The research method of the present study was descriptive survey method.

POPULATION AND SAMPLE

The population of the current study is all undergraduate students enrolled in government colleges in the Jammu district. The investigator utilized a random sample procedure to choose the students. The study had a total of 120 samples.

TOOLS USED

In the present study, researcher was used two tools;

- Yoga attitude scale developed by Dr. Mahesh Kumar Muchchal.
- Happiness scale developed by Dr. Rajeev Lochan Bhadwaj and Dr. Poonam R. Das.

DATA ANALYSIS

In the present study, researcher used Pearson's Product Moment correlation method.

RESULTS

Table 1: Showing correlation between different levels of yoga attitude and happiness among undergraduate students

| Variables | | N | Correlation Value (r) | Levels of Correlation |
|-------------------------|-----------|----|-----------------------|----------------------------------|
| Low Yoga Attitude | Happiness | 21 | 0.28 | Low positive correlation |
| Average Yoga Attitude | Happiness | 36 | 0.42 | Moderate positive correlation |
| High Yoga Attitude | Happiness | 40 | 0.71 | Very strong positive correlation |
| Very High Yoga Attitude | Happiness | 33 | 0.74 | Very strong positive correlation |

The correlation between undergraduate students' happiness and their yoga attitude is seen in **Table 1**. A low yet favorable correlation (0.28) emerged between students' happiness and their low yoga attitude. The hypothesis that there is no significant correlation between undergraduate students' low yoga attitude and happiness is rejected.

Additionally, a moderately good correlation (0.42) was found between students' happiness and an average yoga attitude. The hypothesis that states there is no significant correlation between undergraduate students' average yoga attitude and happiness is rejected.

Students who demonstrated a high yoga attitude were shown to have a favorable (+ve) and very strong correlation (0.71) with happiness. The hypothesis that there is no significant correlation between undergraduate students' happiness and a high yoga attitude is rejected.

Likewise, it was found that students' happiness and having a very high yoga attitude had a favorable (+ve) and very strong correlation (0.74). The hypothesis that there is no significant correlation between undergraduate students' high yoga attitude and happiness is rejected.

DISCUSSION

The research demonstrates a positive relationship between undergraduate students' attitudes toward yoga and their happiness, with the strength of the correlation increasing as the yoga attitude improves. Even though a weak correlation was found for students with a low yoga attitude, it was still statistically significant. A moderately strong correlation emerged for those with an average yoga attitude, and very strong positive correlations were observed among students with high and very high yoga attitudes. These results suggest that as students' attitudes toward yoga become more favorable, their levels of happiness increase accordingly, leading to the rejection of the null hypothesis across all levels of yoga attitude.

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