

# Impact Of Yoga On Psychological Well Being Of Students: A Study

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## **Abstract :**

Born, evolved and practiced in India since Vedic period to be followed in the succeeding periods of Puranas and Upanishads, Yoga has been enriching itself in terms of value, utility, impact, perfection and wide popularity and acceptance. The distinct paradigm shift of approach and attitude towards yoga is striking and far reaching as well. Crossing the geographical boundaries of India where it was created, nurtured and practiced yoga has already created a niche in different societies of different countries of our planet. Due to its innate and endowed qualities yoga has become a global phenomenon. Quite natural its increasing global popularity has turned it into a global mass-movement.

**Key Words:** Yoga, Mental wellbeing, Mental health promotion, Practice etc.

## **Introduction :**

The term 'Yoga' is derived from the Sanskrit root 'Yuj'. The original root word 'yuj' means to join, to yoke or to unite. As per yogic scriptures, the practice of yoga leads to the union of individual consciousness to that of universal consciousness, indicating a perfect harmony between the mind and the body, man and nature. It is believed and accepted that the aim of yoga is self-realisation to overcome all kinds of sufferings leading to the state of liberation. Hence it is acclaimed to be the oldest sciences of the world, originated in India, which is very useful for preserving and maintaining one's physical and mental health.

The practice of yoga is believed to have started with the very dawn of civilization. Mythologically, the lord Shiva is considered to be the first teacher of yoga. The word 'yoga' was first mentioned in the oldest sacred texts, the Rig Veda. Patanjali gives several sadhana techniques known as Astanga yoga in Patanjali Yoga Sutra. Patanjali defines yoga as  $yogah + Chitta + Vritti + Nirbodh$ . Yoga is the restriction of transformation of mind.

Modern society places a high value on physical activity as one of the main elements of a healthy life style. Yoga is one of the most popular physical activities that school going children and college students would prefer to opt for as a choice over dance or aerobatics. Yoga is one of the key elements in promoting health. It is a form of holistic living that contributes to the

improvement of health as well as prevention and treatment of diseases. In addition to reducing stress, yoga improves the sense of overall well-being by reducing sympathetic activity.

The word yoga is used in variety of senses. Yoga according to Patanjali is a methodical effort to attain perfection through the control of the different elements of human nature, physical and psychical. He insists on certain practices to cure the body of its restlessness and force it from its impurities. The main motive was to indicating how salvation can be attained by disciplined activity. Yoga is not a solution only for grown-ups but also for young children and can help them to a better lifestyle. There are various limbs of Yoga like hatha yoga, Pranayama, Dhyana to name a few. There are eight pranayama techniques in the hatha yoga. In modern times, the yoga scheme of attaining perfection appears to be only an elaborate process of self hypertension. The yoga discipline is nothing more than the purification of the body, mind and soul.

### **Objectives :**

The major objective is to examine the impact of yoga on the psychological well-being of students. To evaluate the effect of integral yoga on human potential by assessing sustained attention, emotional intelligence, general health, personality inventory and to evaluate the correlations of each variable with other variable.

The yoga education can prepare the people physically and mentally for the integration of physical, mental and spiritual faculties so that the people can become healthier, saner and more integrated members of the society and of the nation.

Yoga can be approached from a therapeutic point of view, Bhagavad Gita, Patanjali's yoga sutra and Yoga vaisista are three important texts on yoga which have a common theme, overcoming the human suffering that occurs due to fundamental ignorance of true nature of one's identity or self.

There is a need to emphasize the fact that contemporary trends of yoga are reducing it to certain bodily exercises involving posture and breathing. There are many therapeutic benefits of yoga and it also serves to enhance psychological growth as humanistic ally oriented psychologists conceived it, should be emphasized that these are only fringe benefits of practicing yoga.

### **Review of Literature :**

The writer of Yoga and Psychology language, Memory and Mysticism, Harold G Coward mentions that Isvara is the source of knowledge par extraordinaire because from the start Isvara was the original speaker who was omniscient and therefore of unquestionable authority. Isvara has no Karmic taint (ignorance, ego, sense, desire, hatred and clinging to life). Isvara is defined by a special kind of self or purusa that is beinglessly untouched by the taints of karmas. The presence of desire to remain active in the material world disqualifies one from enlightened status.

Yoga assumes the humans are perfectible to a very high degree. It can be restrained, truthful and capable of noble silence of the five self restraints recommended in yoga truthfulness (satya) requires most discipline. Satya is the conformity of one's speech and mind (Cittavritti) with the thing itself.

According to Patanjali the goal of yoga is the complete overcoming of the Karmic traces and thus, in the end the annihilation of the unconsciousness. Yoga claims the human nature is not finite, that is ego limitations can be transcended. Yoga assumes a virtually limitless capacity for perfection in humans, where psychoanalysis has much grittier, more embodied stance.

From a Psychoanalytic point of view the required annihilation of memory traces, of the unconscious and transcendence of bodily desire entailed in the agelessness that yoga suggests. we may aspire to and that some dedicated yogis are said to achieve are not theoretically possible.

The yoga sutras of Patanjali are one of the six darshanas of Hindu or Vedic schools and alongside the Bhagavad Gita and Hatha yoga pradipta, are a mile stone in the history of yoga. The yoga sutras are an enormously influential work that is just as relevant for yoga philosophy and practice today as it was when it was written. The Sanskrit word yoga as used by Patanjali refers to a state of mind where thoughts and feelings are held in check.

### **Methodology:**

In the ordinary waking consciousness, introspection is the main route by which can look somewhat at objectively at what goes on inside our own minds, but as we have seen. The perspective of the Indian tradition the short comings all derive from the fact that in ordinary introspection, one looks with one part of the surface mind at what happens in another part of the same surface mind.

In this work various methods are used to elaborate the main theme. The study will comprise of primary data and secondary data. Mainly analytic method, historical method and psychological approach would be made during the research. At the same time questionnaire and interview method are also applied to have greater inside the relevance of yoga. Moreover hypothesis is made in research and also various assimilation has been made from various well known and reliable sources so that the research activity may be preceded.

### **Relevance of Yoga Psychology :**

The aim of yoga is the transformation of human beings from the natural form to a perfect form. Yoga is one of the many paths leading to release. Practical yoga psychology is an attempt to simply blend the teaching of yoga with those of psychology, psychiatry and other branches of western science to give an overview of the human personality, an idea of where mankind are going and guidelines to proceed on journey.

Modern yoga practices often includes traditional elements inherited from eastern religion, such as moral and ethical principles, postures designed to keep the body fit, spiritual

philosophy, instruction by guru, chanting of mantras, Pranayama and stilling the mind through meditation. Yoga advocates progress toward the experience of Samadhi an advanced stage of meditation where there is absorption in inner ecstasy.

Yoga practice is an extension of the search for meaning in self, and integration of the different aspects of being. The ultimate goal of yoga is the attainment of liberation from worldly suffering and cycle of birth and death (samsara). Yoga entails mastery over the body, mind and emotional self and transcendence of desire. The yogi reaches an enlightened state where there is a cessation of thought and an experience of blissful union. Enhancing confidence and self esteem in students by creating a positive self-image, it can be used to handle negative peer pressures. And it also reduces the stress and anxiety levels by promoting peace and harmony in the young minds. Practice of yoga improves physical well being through improved stamina, flexibility and better postural control of the young students. Yoga is associated with improving memory function by helping to de-stress by activating the nervous system. Yoga helps in bringing individuals to greater harmony and improved consciousness level.

In the present age our attitudes towards life are fragmented and we are constantly running after objects of luxury in order to find happiness and peace of mind. We have forgotten that happiness and peace are very much a part of our essential nature and are within us.

These elements restrict the enjoyment of freedom and spontaneity in thinking, feeling and behavior. The moment of these modifications cease to exist, another vista opens, as Patanjali explains. The individual experiences spontaneity, freedom everlasting bliss.

The experience of these inherent qualities is lost because we have lost contact with the core of our existence, the spiritual dimension which is the source of boundless energy, happiness and unfathomable peace. To actualize our inner potential we need to establish integration between our head (thinking), heart (feeling) and hands (behavior) which means discarding discrepancies in our thinking, feeling and behavior. To achieve this, yoga psychology recommends leading a disciplined lifestyle and developing a positive attitude towards the events of life.

Ananda or bliss is the essential nature of a human being, it is the state of spontaneity and harmony. Hence we find that the state of bliss and the state of total health are synonymous. In Indian philosophy health is defined as state of being where one's body, mind and spirit exist in total harmony. It is the state of totality and yoga psychology shows a path to actualize this totality.

The practicing of yoga helps to control the individual's mind, body and soul. Yoga brings physical and mental disciplines to achieve a peaceful body and mind and it helps to control stress and anxiety and keeps human relaxing more. The regular practice of yoga helps to increase flexibility, muscle strength and body tone. The practice of yoga improves respiration, energy and vitality. The yoga asanas build human strength, flexibility and creates confidence level high. The regular practice of yoga help to lose weight, relieve stress, improve immunity and maintain a

healthier life of people. Patanjali says, 'yoga chittavrittinirodh' which means yoga is the cessation of all the modifications of mind'. Vritti here means all the painful or non-painful elements of the mind which keep on surfacing in the forms of thoughts, feelings, emotions and neurotic tendencies.

### **Conclusion:**

In the conclusion it is said that the modern mind, in East or West the whole yoga scheme of attaining perfection appears to be only an elaborate process of self-hypnotization. It is noted that Patanjali's yoga, in its original form is free from the vagaries. The yoga discipline is nothing more than the purification of the body, mind and soul and preparing them for the beatific vision.

Now a day's yoga has become a worldwide phenomenon there is a need to emphasize the fact that contemporary trends of yoga is reducing it to certain bodily exercises involving posture and breathing, which is far from what yoga really means in its original context. There is no doubt that there are many therapeutic benefits of yoga and it also serves to enhance psychological growth as humanistic ally oriented psychologists conceived it, it should be emphasized that these are only fringe benefits of practicing yoga. Yoga is defined as skill in action, it is never meant to be understood as a technique to achieve some temporary gain with achievement motivation. Yoga as a way of living that ultimately leads to transcendental self-realization resulting personal transformation. The most people practice the hath yoga which includes physical postures (asanas) and some breathing techniques (pranayama). Asana and Pranayama helps to establish a strong foundation toward achieving the objectives of yoga. To achieve the final objectives of control over the mind, one needs to include the routine all the limbs in some form. Yoga changes an individual's perspective about life.

Yoga can make at the beginning of human civilization feeling difference between sorrows and joys. The Indians realized the spiritual potential and began to evolve techniques to develop it. Yoga brings about the overall development and enhances a good mood and overall feeling of well-being among individuals.

So Yoga, as understood in India, is itself a system of psychology and there is a need to distinguish this from how contemporary psychological perspective approach yoga. Therefore, there is a need to study yoga psychology as such. So it is regarded that both psychology of yoga and yoga psychology can be complimentary in advancing our understanding of human behavior. The effectiveness of yoga depends on the regularity and accuracy of the exercises. Therefore it is said that the yoga has been proved as a great science today.

International Day of Yoga has been celebrated annually on 21<sup>st</sup> June since 2015, following its inception in the United Nations General Assembly in 2014. It is a physical, mental and spiritual practice which originated in India.

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