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A COMPARATIVE STUDY OF WELLNESS INDEX AMONGST YOGA AND NON YOGA PRACTITIONERS

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Background: The State of wellbeing is determined by individual's physical, mental and emotional health.

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Methods: Four hundred ninety four participants (243 Yoga practitioners and 251 non practitioners of Yoga) suffering from various psychosomatic disorders like diabetes, heart diseases, etc. participated in this study of a comparative survey design. The average age was 37 ± 12.6 for Yoga practitioners and 30.4 ± 10.4 for non-Yoga practitioners.

Design: Survey method design. The subjects were administered standardized WHO GHQ questionnaire, cut-off scores for the GHQ used for the study was 15, and accordingly 30 subjects were excluded. Those who were qualified for the study were administered valid Life style checklist questionnaires and Subjective wellbeing Inventory questionnaires to assess the various indices.

Data collection and Analysis: The data of the participants were assessed with test for normality. SPSS 10 was used to analyse the data. Appropriate comparisons and correlations were conducted to evaluate the difference between the two cohorts by using t-test and chi square test.

Results: The results showed significantly higher scores in subjective wellbeing ($p < 0.01$). Stress level showed significantly lower values in Yoga group compared to non Yoga group. ($p < 0.01$).

Conclusion: These results suggest that Yoga can make a substantial contribution to the subjective wellbeing by enhancing wellness and decreasing stress level in the lifestyle disorders.