

Received : 10.09.2022 | Accepted : 16.11.2022 | Online published : 15.12.2022

[https://doi.org/10.54986/irjee/2022/dec\\_spl/189-193](https://doi.org/10.54986/irjee/2022/dec_spl/189-193)I  
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## RESEARCH ARTICLE

# Awareness and Adoption of Yoga among Stakeholders before COVID-19

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## ABSTRACT

*A study was conducted to find out "Awareness and adoption of yoga among stakeholders before COVID-19". COVID- 19 is tripling transmitted probably fatal corona virus pandemic that affecting the world in 2020 WHO (World Health Organization) to see this dreadly disease proposed at social distancing and human to human contact was discouraged COVID-19 disease collapse with human healthy life healthy life system everywhere in the world yoga is best way to leave healthy during lockdown and social distancing a structured interview schedule was developed for data collection. A total of 120 yoga stakeholders were taken as respondents from 4 locality of Kanpur Nagar, namely- Darshanpurwa, Nawabganj, Barra, Kalyanpur. the correlation values between age, education, family size, income, socio-economic status verses awareness index for established statistically significant relation at 5 per cent. it was founded at the selected locality of the study area were aware of 21 June is celebrated as world yoga day, yoga improves immune system but they were not practise yoga before COVID- 19 in daily routine.*

**Key words:** Yoga; Awareness; COVID-19; Stakeholders.

The term of Yoga comes from the root "yuj" which means union or yoke, to join and direct and concentrate one's attention (Laster J, 1997). Patanjali's yoga sutra mentions yoga chitta vritti nirodhah, which implies that yoga is intended for the cessation of Mind movement. Yoga was known as a spiritual discipline for the advancement of the ultimate state of psycho Physiological health with higher mind-body consciousness (Khalsa, 2013). Ashtanga yoga the eight limbs of yoga are Patanjali classification of classical yoga set in his yoga sutras. He defined the eight limbs as yamas, niyama, asana, pranayama, pratyahara, and samadhi yoga is subject to the resources during the past few decades for therapeutic purposes for modern epidemic disease. The COVID-19 was first identified in December 2019 in Wuhan (China) and spread throughout the world with Rapid infection and deaths (Graham Carlos et. al. 2020, Raman M. S. et. al.2021). Yoga act as both curative and preventive therapy as people are working from home anxiety and mental stress due to COVID-19

the people are indulge in yoga practices to strength our immune, stay positive and improve immune system. when world battle the COVID-19 pandemic on a war footing, India traditional system of yoga has been established as a means to boost immunity and Peace of Mind during lockdown and social distancing people aware about yoga practices and they benefit on physical psychological and spiritual health system .through the sound practices of yoga one can attain a disease free body as well as keen intellect, yoga is holistic approach with long term impact on overall health it helps relieve muscle tension com mental stress. Traditional Indian health practices such as Yoga, Siddha, Ayurveda and homeopathy have been known to prevent, treat and control several diseases (Choudhary et. al, 2019). The objectives of the study are as follows:

- To study socio- economic status of stakeholders.
- To inspect awareness of yoga among stakeholders before COVID-19.
- To analysis adoption of yoga among stakeholders during COVID-19.

## METHODOLOGY

The present study was conducted in district Kanpur Nagar in the year 2021 -2022. Four localities selected namely Kalyanpur, Darshanpurwa, Nawabganj, Barra have been purposely selected for the study. The 30 stakeholders were selected randomly from each locality thus, 120 stakeholder was selected, dependent and independent variables namely age, educational qualification, type of family, size of family, landholding, social participation and annual income awareness etc. the descriptive research design was used for this study. Data were collected by interviewing schedule which was developed for this study. The collected data were classified, tabulated and analysed using frequency, percentage, mean, standard deviation and correlation.

## RESULTS AND DISCUSSION

According to Table 1 that age group, maximum 31.7 per cent of respondent were belong to 30-to-40-year age and in this range, average age was found to be 36 years with standard deviation 2 years followed by 22.5 per cent of respondent belong to 50 to 60 years is with mean age 56-years standard deviation 3 years in the study areas. 18.3 per cent of respondents belongs 40 to 50 years age groups with mean age 45 years and standard deviation 3 years where as 15.8 per cent of respondent belongs to 60 years and above age group with mean age 64 years standard deviation 2 year. While only 11.7 per cent of respondent found up to 30 years age groups with mean age 27 years and standard deviation 2 years in study areas. Overall mean age of respondent 46 years with standard deviation 11 years of respondent maintains health and peace of mind during COVID-19 time in study areas. According to age, majority of respondent 65.8 per cent were founded to be male category followed by 34.2 per cent were women as a gender status in the study area. According to caste, majority 60 per cent respondents belonged to general caste followed by 22.5 per cent of respondents belonged to OBC category in the study area of Kanpur Nagar only 17.5 per cent of respondents belonged to SC/ST category. From the overall view, it may be accomplished that most of the respondents Belonged to General caste in the research study area of Kanpur Nagar district.

According to education qualification majority, 41.7 per cent of respondents were educated up to post graduate and above qualification in the study area followed by 29.2 per cent of respondents in graduate

**Table 1. Distribution of socio-economic status of stakeholders**

Variables	No.	%	Mean (years)	S.D. (years)
<i>Age</i>				
Up to 30 years	14	11.7	27	2
30 to 40 years	38	31.7	36	2
40 to 50 years	22	18.3	45	3
50 to 60 years	27	22.5	56	3
60 years and above	19	15.8	64	2
Total	120	100.0	46	11
<i>Gender</i>				
Male	79	65.8		
Female	41	34.2		
Total	120	100.0		
<i>Caste</i>				
General	72	60		
OBC	27	22.5		
SC/ST	21	17.5		
TOTAL	120	100.0		
<i>Educational qualification</i>				
Illiterate	6	5.0		
Primary	6	5.0		
High school	7	5.8		
Intermediate	16	13.3		
Graduation	35	29.2		
PG and above	50	41.7		
Total	120	100.0		
<i>Annual income</i>				
Up to 1,00,000	-	-	-	-
1,00,000 to 2,00,000	7	5.8	156390	3309
2,00,000 to 3,00,000	60	50.0	259717	21368
3,00,000 and above	53	44.2	358302	35728
Total	120	100.0	1,068,667	73238

level whereas ,13.3 per cent are intermediate passed and 5.8 per cent of respondents is high school education qualification. 5 per cent is primary level education and whereas 5 per cent of respondents were illiterate in their educational qualification in the study areas of Kanpur. This study reveals majority of respondents educational qualification is post-graduation and above and graduation and very less are illiterate in their educational qualification.

According to annual income, 50.0 per cent majority of stakeholders have Rs. 2,00,000 to Rs. 3,00,000 annual income is with mean Rs. 259717 and standard deviation Rs. 21368 followed by 44.2 per cent of stakeholders have Rs. 3,00,000 and above annual

**Table 2. Distribution of respondent according to the awareness of yoga among stakeholders before COVID-19. (N=120)**

Statement	Symbol	Agree	Partially	Disagree	MS	S.D.	Rank
Practice of yoga has ability to improve immunity	A	55.8	30.0	14.2	2.42	1.99	II
21 <sup>st</sup> July is celebrated as world yoga day	B	89.2	7.5	3.3	2.86	2.35	I
Yoga practices help to become aware of inner self	C	40.8	35.0	24.2	2.17	1.77	VIII
Yoga is the only way to attend auspiciousness	D	40.0	41.7	18.3	2.22	1.80	VI
Yoga practices have the ability to mental upgradation	E	45.0	34.2	20.8	2.24	1.84	IV
Practices yoga has ability to control the mind	F	41.7	45.0	13.3	2.28	1.84	III
Yoga will be solution to modern lifestyle health problem	G	40.8	30.8	28.3	2.13	1.75	IX
Five point of yoga practices (Proper exercise, proper relaxation, proper breathing, proper diet, proper thinking)	H	39.2	39.2	21.7	2.18	1.77	VII
Health benefits of yoga practices	I	40.0	43.3	16.7	2.23	1.81	V
Knowledge of yoga poses for stress relief	J	25.0	52.5	22.5	2.03	1.60	XI
History of yoga	K	19.2	45.8	35.0	1.84	1.44	XIV
Pranayama is the yoga practices of focusing on breath	L	35.0	46.7	18.3	2.17	1.74	VIII
Yoga culture the speech and kindle's dynamic action	M	20.8	55.0	24.2	1.97	1.53	XIII
Different practices of yoga for Peace of Mind	N	23.3	53.3	23.3	2.00	1.57	XII
Yoga is the art of perfect self-control	O	27.5	51.7	20.8	2.07	1.64	X

income is with mean Rs. 358302 and standard deviation Rs. 35728. Whereas, 5.8 per cent of stakeholders have Rs. 60000 to Rs. 1,20000 annual income is with mean Rs. 156390 and standard deviation Rs. 3309 in the study area (*Khatrri et.al.2022*).

Table 2 reveals that awareness of yoga among stakeholders before COVID-19 pandemic, 89.2 per cent of respondents agree and 7.5 per cent of respondent partially aware 21 June is celebrated as world yoga day in the study areas with mean score 2.86, standard deviation 2.35 and rank I. followed by 55.8 per cent respondents agree and 30 per cent partially with practice of yoga to improve immunity with mean score 2.42, standard deviation 1.99 and rank II. 41.7 per cent respondents agree and 45.0 per cent partially agree with practice yoga has ability to control the mind with mean score 2.28, standard deviation 1.84 and rank III. 45 per cent respondent agree and 34.2 per cent partially agree with yoga practice has the ability to control mind with mean score 2.24 standard deviation 1.84 per cent rank IV. 40 per cent respondents agree and 43.3 per cent partially agree with health benefits of yoga practice with mean score 2.23 standard deviation 1.81 and rank V. 40 per cent of respondent agree and 41.7 per cent partially agree with yoga is the only way to attend auspicious with mean score 2.22 and standard deviation 1.80 and rank VI. 39.2 per cent of respondent agree and 39.2 per cent partially agree with five Point of yoga practice (proper exercise, proper relaxation,

proper breathing, proper diet, proper thinking) with mean score 2.18 and standard deviation 1.77 and rank VII. 40.8 per cent of respondent agrees and 35.0 per cent partially agree with yoga practice help to become aware of inner self with mean score 2.17 and standard deviation 1.77 and rank VIII. Followed by 35.0 per cent of respondent agree 46.7 per cent of partially agree with pranayama is the yoga practice of focusing on breath with mean score 2.17 and standard deviation 1.74 with rank IX. 40.8 per cent of respondent agrees and 30.8 per cent partially agree with yoga will be solution to modern life style health problem with mean score 2.13 standard deviation 1.75 with rank X. 27.5 per cent of respondent agree and 51.7 per cent partially agree with yoga is the art of perfect self-control with mean score 2.07 and standard deviation 1.64 and rank XI. 25.0 per cent of respondent agree and 52.5 per cent partially agree with knowledge of yoga poses for stress relief with mean score 2.03 and standard deviation 1.60 and rank XII. 23.3 per cent of respondent agree and 53.3 per cent partially agree with different practice of yoga for peace of mind with mean score 2.00 and standard deviation 1.57 and rank XIII. 20.8 per cent respondent agree and 55.0 per cent of partially agree with yoga culture the speech and kindle's dynamic action with mean score 1.97 and standard deviation 1.53 and rank XIV. 19.2 per cent of respondent agree and 45.8 per cent with history of yoga with mean score 1.84 and standard deviation 1.44 and rank XV.

**Table 3. Distribution of respondent according to the adoption of yoga among stakeholders during COVID-19 (N = 120)**

Adoption of yoga	Symbols	Always	Sometimes	Never	MS	SD	Rank
Practiced yoga	A	40.8	35.0	24.2	2.17	1.77	IX
Yogic breathing practices	B	36.7	45.0	18.3	2.18	1.76	VIII
Cardiac yoga practices	C	39.2	41.7	19.2	2.20	1.78	VII
Pain while doing yoga	D	26.7	45.0	28.3	1.98	1.58	XI
Yoga helps in stress management	E	41.7	45.8	12.5	2.29	1.85	III
Yoga helps in staying active while social distance	F	60.8	38.3	0.8	2.60	2.10	I
Yoga may alleviate health condition	G	40.0	40.8	19.2	2.21	1.79	VI
<b>Yoga helps in rehabilitate injury</b>	H	41.7	43.3	15.0	2.27	1.83	IV
Yoga is also the basis of divinity	I	34.2	43.3	22.5	2.12	1.71	X
Yoga helps in relaxation	J	47.5	39.2	13.3	2.34	1.91	II
Deal with physical health issue	K	43.3	39.2	17.5	2.26	1.84	V

**Table 4. Correlation coefficient between awareness about yoga before COVID-19**

Variables	Correlation coefficient
Age	0.2110*
Education	0.1426
Family size	0.0118
Income	0.2319*
SES	0.1998*

**Table 5. Correlation coefficient between adoption of yoga among stakeholders during COVID-19**

Variables	Correlation coefficient
Age	0.2001*
Education	0.1617
Family size	0.0311
Income	0.2612*
SES	0.2092*

From overall view, it is concluded that stakeholders were aware about yoga practice before COVID-19 for health immunity and peace of mind (Khathapillai, 2019).

Table 3 reveals that adoption of yoga by various stakeholders during COVID-19 pandemic time, 60.8 per cent of respondents always and 38.3 per cent of sometimes to adopt with yoga helps in staying active while social distancing with mean score 2.60 and standard deviation 2.10 and rank I. Followed by 47.5 per cent of respondents always and 39.2 per cent sometimes with yoga help in relaxation with mean score 2.34 and standard deviation 1.91 and rank II. 41.7 per cent of respondents always and 45.8 per cent sometimes with yoga help in stress management with mean score 2.29 and standard deviation 1.85 and rank III. 41.7 per cent of respondents always and 43.3 per cent sometimes with yoga helps in rehabilitate injury with mean score 2.27 and standard deviation 1.83 and rank IV. 43.3 per cent of respondents always and 39.2 per cent with deal with physical health issue with mean score 2.26 and standard deviation 1.84 and rank V. 40.0 per cent of respondents always and 40.8 per cent

sometimes with yoga may alleviate health condition with mean score 2.21 and standard deviation 1.79 and rank VI. 39.2 per cent of respondents always and 41.7 per cent sometimes with cardiac yoga practice with mean score 2.20 and standard deviation 1.78 and rank VII. 36.7 per cent of respondents always and 45.0 per cent sometimes with yoga breathing practice with mean score 2.18 and standard deviation 1.76 and rank VIII. 40.8 per cent respondents always and 35.0 per cent sometimes with practiced yoga with mean score 2.17 and standard deviation 1.77 and rank IX. 34.2 per cent of respondents always and 43.3 per cent sometimes with yoga is the basis of divinity with mean score 2.12 and standard deviation 1.71 and rank X. 26.7 per cent of respondents always and 45.0 per cent sometimes with pain while doing yoga with mean score 1.98 and standard deviation 1.58 and rank XI.

In overall view, it is concluded that stakeholder was adopt yoga during COVID-19 for maintain health and peace of mind (Kanpuriya et. al. 2020).

Table 4 pertains that correlation coefficient between independent variables and awareness of yoga practice before COVID-19 pandemic, age (0.2110\*),



annual income (0.2319\*) and socio-economic status (0.1998\*) of the respondent positive significant correlated with awareness of yoga practice, ability to mental upgradation, control the mind and stress relief itself in the study areas. Education and family size of respondent positive correlated with awareness among stakeholder before COVID-19 pandemic to improve immunity.

Table 5 reveals that correlation coefficient between independent variables and adoption of yoga practice among during COVID-19 pandemic, age (0.2001\*), annual income (0.2612\*), and socio-economic status (0.2092\*) of the stakeholders positive significant correlated with adoption of yoga practice, stress management, rehabilitate injury, relaxation and alleviate health condition in the study area.

## CONCLUSION

The present study was conducted to know more about awareness of yoga among stakeholders before COVID-19. it was founded that the maximum 31.7 per cent of respondent were belong to 30 to 40year age, majority of respondent 65.8 per cent were founded to be male category, majority 60 per cent respondents belonged to general caste, majority 41.7 per cent of respondents were educated up to post graduate and above qualification in the study area, 50.0 per cent majority of stakeholders have Rs. 2,00,000 to Rs. 3,00,000 annual income is with mean Rs. 259717 and standard deviation Rs. 21368 and overall awareness of yoga among stakeholders were at average level. hence, among the study community it was founded that the stakeholder's awareness about yoga before COVID-19, majority of stakeholders were aware about, 21<sup>st</sup> June is celebrated as World Yoga Day, yoga practice has ability to improve immunity and has ability to control the mind, it was also found that maximum yoga practice has ability to mental upgradation. And after adoption of yoga among the study of community it was founded that the stakeholders were adopting yoga during COVID-19, majority of stakeholders were aware and adopting about cardiac yoga practices, helps in stress

management, helps in relaxation, rehabilitate injury and deal with physical health issues. Yogic practice would be performed in a calm and quiet surrounding with a relaxed body and mind. Yogic practice would be done on an empty stomach or light stomach. Bladder and bowels would be empty before starting yogic practice. Light and comfortable cotton clothes are preferred to facilitate easy movement of the body. Bath should be taken only after 20-30min of practice. Food should be consumed only after 20-30min of practice.

## CONFLICTS OF INTEREST

The authors have no conflicts of interest.

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