

Yoga - Management of Common Health Ailments among School Going Children

A. Sarodja¹, Dr. Josephine Nirmala Many²

¹Ph.D. Research Scholar, Bharathidasan Govt. College for Women, Pondicherry, India

²Associate Professor of Home Science, Bharathidasan Govt. College for Women, Pondicherry, India

Abstract: *Yoga is the practice of accessing and integrating all aspects of our true nature body, mind and spirit- in the pursuit of inner harmony. Yoga plays a significant role in health status of school going children. Due to external aspects such as environmental condition cause illness leads to common health ailments - an illness not very serious, practice of yoga regularly in both home and school is needed. Survey method was chosen to conduct the study by using framed questionnaire with aspects of demographic and occurrence of common health ailments. Statistical analysis of the study was recorded. It proves that the children who practice yoga regularly were healthier than the irregular yoga practitioner. Yoga nurtures their skills both in physical and mental well – being.*

1. Introduction

Yoga plays an effective role in controlling the body, mind and soul. Regular practice of yoga increases the flexibility of the body which improves the physical condition and maintains the health status of the children. Yoga practice are highly effective in prevention as well as management of common health ailments (**Kirkwood G, et al**). A common health ailment is an illness, especially one that is not very serious. Childhood is a critical stage in their developmental period where they are prone to illness which affects the children's health and well – being (8, 9 & 10). To overcome the common health ailments and healthy function of all the tissues and organs as well as for healthy mind. Studies proved that the regular practice of yoga is necessary. The current study was conducted to analyze the effect of yoga in management of common health ailments among school going children. It was aimed to assess the association with the frequency of occurrence of common health ailments and yoga.

2. Methodology

A total sample size was 667, comprising 331 boys and 366 girls who were in the age group of 12 – 14 years. A questionnaire was used as a tool to conduct the survey. Common health ailments were assessed based on the occurrence and its frequency which was scored for the further analysis.

3. Results

Demographic profile-description of a particular type of sample including age, sex, income family type etc. The sample was divided as follows. **Regular Yoga Practitioners:** samples who practice yoga at least 20 minutes daily. **Irregular Yoga Practitioners:** samples who practice yoga only twice per week.

Table 1: Distribution of Subjects Basic Characteristics

Categories	Total Sample	Regular		Irregular		Total	
		(n=462)	Percentage	(n=205)	Percentage	(n=667)	Percentage
Gender	Boys (n = 331)	240	51.94	91	44.39	331	49.6
	Girls (n = 360)	222	48.05	114	55.60	366	54.8
Age	11 to 12 years	177	38.31	71	34.63	248	37.1
	12 to 13 years	175	37.57	114	55.60	289	43.3
	13 to 14 years	110	23.8	20	9.7	130	19.4
Family Type	Nuclear	281	60.8	129	62.9	410	61.4
	Joint	169	36.5	69	33.7	238	35.6
	Extended	12	2.5	7	3.4	19	2.8
Locality	Urban	155	33.5	51	24.8	206	30.8
	Semi Urban	191	41.3	91	44.8	282	42.2
	Rural	116	25	63	30.4	179	26.8
Income	High Income	124	26.8	25	12	149	22.3
	Middle Income	216	46.7	122	59.5	338	50.6
	Low Income	122	26.6	60	29.2	182	27.2

Table I shows the socio - demographic profile out of 667 study population 462 were regular and 205 were irregular yoga practitioners. Among the regular category, 51.94 percent and 48.05 percent were boys and girls respectively. Whereas in irregular category 44.39 percent were boys and 55.6 percent were girls. The age distribution of regular yoga

practitioners was found to be 38.31 percent, 37.87 percent and 23.8 percent were from 11to 12, 12 to 13 and 13 to 14 years respectively. Whereas in irregular category the higher percentage (55.60 percent) was observed in the age group of 12 to 13 years. The family is the basic kinship group in all inhabitation in their houses and accordingly the type of

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family was decided nuclear, joint and extended family. Majority of study population (61.4 percent) were from nuclear family. Nearly 41.2 percent of regular and 44.8 percent of irregular yoga practice was residing in semi urban areas. Income is defined as a wealth measures money, which is at the disposal of an individual or a community per year or other unit of time (**status of economics 1999**) this was felt essential to enquire from the present study because it reflects

the standard of living individual which further relates to their health status. Nearly 50.6 percent of study population was from middle income group. Many studies proved that incorporating yoga in routine work helps to enhance their health status. Mean scores of the common health ailments of boys and girls were calculated based on regular and irregular yoga practice.

Table 2: Scorecard Based on Common Health Ailments

Score	Regular			Irregular			Grand Total (n= 667)
	Boys (n=240)	Girls (n=222)	Total (n= 462)	Boys (n=91)	Girls (n=114)	Total (n= 667)	
Good (0 – 6)	123 (51.25%)	142 (63.96%)	265 (57.35%)	32 (35.16%)	36 (31.57%)	68 (33.17%)	333 (49.9%)
Moderate (7 – 12)	81 (33.75%)	48 (21.62%)	129 (27.92%)	11 (12.08%)	26 (22.80%)	37 (18.04%)	166 (24.88%)
Poor (13 – 18)	36 (15%)	32 (14.41%)	68 (14.71%)	48 (52.74%)	52 (45.61%)	100 (48.78%)	168 (25.18%)

From the table II, it was found that in regular category, 63.9 percent girls and 51.25 percent boys were scored “GOOD” in health status. Whereas in irregular category only 35.16 percent boys and 31.57 percent girls were scored “GOOD” in health status. Many studies (1, 2 and 3) proved that yoga plays significant role in health benefit of school going children. Regular practice of asanas helps to maintain the physical condition of the body and promotes health status. Through asana practice, the dormant energy potential is released and experienced as increased confidence in all areas of life (1 and 2).

significant difference among the regular and irregular yoga practitioner. Hence the present study proved that the regular practice of yoga improves the health condition of school going children. Statistical analysis was carried out between the health conditions with respect to duration of yoga practice. The present study proves that there is significant difference between the samples based on the duration of yoga practice. Higher the time spent on yoga practice better the health condition of the school going children. Many studies proved that yoga helps vital role in preventing utility as alternative therapy for chronic diseases yoga helps maintain healthy (**Elda N. Yoga.12**)

Table 3: Yoga practice with Health Ailments

Score	Regular (n =205)	Irregular		
		1 – 2 Hours n =160 (34.67)	2 – 3 Hours n= 217 (46.9%)	> Hours n = 85 (18.3%)
Good	68 (33.17%)	78 (48.75%)	153 (70.50%)	80 (94.11%)
Moderate	37 (18.04%)	48 (30%)	40 (18.43%)	3 (3 %)
Poor	100 (48.78%)	34 (21.25%)	24 (11.05%)	2 (2%)

Yoga practice with Health Ailments

Score	Regular	Irregular	Significant
Good	33.23 ± 5.475	24.54 ± 3.296	3.891**
Moderate	22.69 ± 3.863	27.40 ± 2.482	2.591*
Poor	21.72 ± 2.961	26.59 ± 3.581	3.763*

From this table, it was observed that the sample that practice yoga regularly had scored “Good” in their common health ailments compared to irregular yoga practitioner. There is a

This table proves that there is significant difference between the regular and irregular yoga practitioner. Samples that practice yoga regularly was healthier compared to irregular yoga practitioner samples studies also prove the above statement (13).

Table 3: Significance of Frequency Distribution

Frequency Distribution	Regular			Irregular		
	Boys (n=240)	Girls (n=222)	‘t’ value	Boys (n=91)	Girls (n=114)	‘t’ value
	Mean & SD			Mean & SD		
Fever	28.12 ± 3.121	27.23 ± 4.173	1.113 ^{ns}	26.42 ± 2.91	29.43 ± 4.11	4.986*
Cough	27.89 ± 3.691	27.99 ± 4.266	2.512 ^{ns}	27.99 ± 3.180	24.31 ± 5.91	3.982*
Cold	28.54 ± 4.190	26.72 ± 3.197	4.293*	26.73 ± 5.621	26.02 ± 3.863	2.56 ^{ns}
Diarrhea	31.64 ± 4.602	28.82 ± 5.291	3.892**	28.12 ± 5.864	29.30 ± 4.821	3.629*
Stomach Pain	29.44 ± 5.266	28.82 ± 4.131	1.982 ^{ns}	26.58 ± 3.65	27.45 ± 4.750	0.982 ^{ns}
Ear Infection	30.26 ± 3.927	33.45 ± 6.291	3.498**	27.40 ± 2.482	28.24 ± 3.721	1.589 ^{ns}
Skin Infection	29.99 ± 4.125	30.41 ± 5.926	2.331 ^{ns}	28.59 ± 5.142	33.23 ± 5.475	3.891**

NS – Not Significant, * - Significant at p < 0.05 level, ** - Significant at p > 0.01 level.

A close examination of the table III has made it clear that the health parameters such as cold, diarrhea and ear infection had a significant effect with respect to boys and girls who fall under regular yoga practice. But the domains of the other parameters exhibited in the table had insignificant effect. Regarding irregular yoga practice the statistical analysis reveals that there was significant difference observed in parameters such as fever, cough, diarrhea and skin infection between both genders. Many studies reveals that the effect of yoga in health status, yoga has an effective

impact at improving a variety of health related outcome measure (**Alyson Ross, M.S.N., et.al, 2010**).

The present study was aimed to investigate the association between common health ailments and demographic variable among children of both regular and irregular yoga practicing. The data was analyzed through chi square test and it was explained below.

Table 4: Interrelation between Demographic Variables and Common Health Alimnet Score

Variables	Regular		Irregular	
	't' test	Significant	't' test	Significant
Age	2.861	0.004	1.963	0.021
Family Type	0.403	0.160	1.392	0.458
Locality	1.492	0.002	3.600	0.020
Income	0.562	0.273	1.090	0.261

The above table observed that a significant association existed between health status and variables such as age and residential area with respect to both the groups. The finding implicates that the health status of the children practicing yoga regularly or irregularly are interrelated with age and locality.

4. Conclusion

The prevalence of common basic ailments was found to be more in irregular yoga practicing school going children. The results of the study shows that the health status of the regular yoga practicing children were scored "GOOD" as compared to irregular samples. Yoga has been found to be an effective complementary therapy to promote good health status and reduce physiological and psychological disorders.

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