

# Comparative Impact of Yoga Practice on Lifestyle in Public and Private Sector Professionals

Suneel Kumar<sup>1\*</sup>, Poonam Yadav<sup>2</sup>

## Abstract

*Yoga has become completely embedded in our lifestyle. Without yoga, it has become very difficult to stay healthy. Along with sports, yoga is also very important for human life. It keeps us in shape, active, and intellectually and socially rejuvenated. They impart discipline and coordination skills to us. Our camaraderie and brotherhood are also fostered via yoga and sports. Furthermore, it is crucial for both the physical and mental growth of our bodies. Only a healthy body can support a healthy mind. It showed that mean and standard of public sector deviation is  $20.100 \pm 5.740$  and Standard Error Mean is 2.012 Public and Private Sectors Selected Public Sectors Private sector means and standard. The deviation is  $22.44 \pm 3.22$  3 and the STD error mean is 1.450. The findings indicate that, at the 0.05 level of significance, the vocal propensity of the public sector obtained a value of 16.156, which is substantially greater than the tabulated "t" value of 2.145. The obtained value of vocal tendency of the sector is 52.420 and this value is significantly higher than the tabulated value 2.145 at the level of significance of 0.05, it shows that male private sector has more vocal tendency than male public sector, the result shows that public The Sector' group mean is 24.300, and the Private Sector group mean is 22.44. Therefore, it may be said that men are more engaged in the private sector than in the public sector. The mean for the public sector group is 24.300, while the mean for the private sector group is 22.44, according to the results. Consequently, it can be inferred that men are more engaged in the private than in the public sectors. This demonstrates the possible advantages of incorporating sports and yoga into everyday routines for better health and productivity in a variety of fields.*

**Keywords:** Assertiveness, public sector, private sector, physical activity, mental well-being, sports and discipline

## INTRODUCTION

In just a few years, we all understood Yoga very well and we were successful in bringing the entire old organization completely online. This change was made possible by digital media. All we are doing is adhering to the teachings of our own Gurus, who disseminated the practice of Yoga using every means at their disposal. Around 1936, Swami Savanna was one of the pioneers in organizing a printing press in

Rishikesh, and in the 1980s, Swami Vishnudevananda bought the organization's first computer—the first in the state of Kerala. The process of coming online was challenging, sometimes frustrating, and often fun. We all hope you guys can enjoy the glimpse behind the scenes. A passionate teacher, Swami Sivananda used all possible resources to promote spiritual teachings [1]. He settled on the banks of the Ganges in Rishikesh in 1924. During his early years, here sorted to writing spiritual things on used envelopes. Twelve years later he founded the Divine Life Society and imported state-of-the-art offset printing machines. We are still inspired by this pioneering attitude of

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Received Date: June 24, 2024

Accepted Date: July 18, 2024

Published Date: August 09, 2024

**Citation:** Suneel Kumar, Poonam Yadav. Comparative Impact of Yoga Practice on Lifestyle in Public and Private Sector Professionals. Recent Trends in Sports. 2024; 1(1): 11–15p.

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embracing new technologies. Our lessons have been retained and our global reach has increased thanks to the shift to digital platforms, which has also given us the opportunity to inspire and engage a larger audience [2]. We are continuing the legacy of our Gurus by making their knowledge and teachings available to everyone, anywhere, through webinars, online courses, and digital publications.

The Divine Life Society published numerous books under this Heidelberger Druckmaschinen machine, which was owned by the German company. The publications' titles ranged from "How to Get Good Sleep" to commentary on the Upanishads.

Sivananda was the founder of Yoga Vedanta centers and Swami Vishnudevananda, a disciple of Swami Sivananda, was fascinated by science and technology from a young age. He was an excellent student, and his pastime was disassembling objects and reassembling them more quickly [3]. In the same spirit of improving the efficiency of administration, accounting and communication. Swamiji had introduced computers in our ashrams and centers in the early 1980s. Swamiji's pioneering methodology established the foundation for the smooth incorporation of technology into our current procedures. We were able to quickly adapt to new technology and stay ahead of the curve because of his vision [4]. We were able to improve our communication networks, keep accurate records, and streamline processes by embracing computers early on. This enhanced our internal productivity and strengthened our ties to the international community. We continue to be inspired by Swamiji's legacy of fusing modernity and tradition as we navigate the digital era, making our teachings applicable and approachable in the fast-paced world of today [5].

Our Trivandrum center became an instant attraction for computer engineers, students and even Indian Space Research Organization (ISRO) scientists!

Adopted a networking plan to connect Swamiji's nearby Ashrams and centers around the world, which was unheard of at that time. Even though we all use computers and various software programs for effective administration, we have never before looked into using digital platforms to practice yoga online [6]. After the lockdown no one could attend yoga classes, now the time is coming to make yoga accessible to students. We now have to make a completely new effort which has led us to learn new tools and re-engineer the system to suit the new circumstances. Using tripod and mobile is becoming easier, and discovering the most beautiful shooting locations inside the ashram is becoming fun! One of our instructors and members of the technical support staff, Satya, is shown leading an open class from the Meyer Dam Ashram's rooftop, which offers a view of Kerala's Western Ghats. Furthermore, in an effort to increase our reach on social media, we have begun collaborating with other yoga practitioners and influencers [7, 8]. Our virtual classes are being attended by students from all around the world, and the feedback has been tremendously favorable. Additionally, we've started working on a series of webinars and online courses that will enable us to get further into the theory and practice of yoga. In addition to keeping us in touch with our current student body, these initiatives are drawing in new students who are ready to learn and practice yoga from the convenience of their own homes. We now have a plethora of opportunities thanks to the shift to digital [9].

## **METHODOLOGY**

In this part, how to select the subject, which subjects to keep, and how the data analysis will be done, and which statistical tools will be used, which tests will be used, all this has been explained.

## **SELECTION OF SUBJECTS**

How the subjects have been selected in this part and how many subjects have been kept or shown, 20 from public sector and 10 from private sector and 10 from private sector have been selected. Age limit is 30 -45 years. This study has been done only on men.

## **SELECTION OF SAMPLING TECHNIQUE**

A simple random sampling technique was used to collect reliable data from the respondents. A test was conducted to assess the lifestyle by using life style assessment inventory which is developed by LSAI.

## **STATISTICAL ANALYSIS OF DATA**

The study also shows how the data has been analyzed and which statistical methods have been used and the mean and standard deviation were evaluated in relation to the objective. The importance of variations in the chosen public and private sectors was also investigated using the independent testing method ('t' test). To determine the average difference between the public and private sectors, SPSS (22) software was used. The level of significance was fixed at 0.05 in order to test significance. Descriptive statistics also guaranteed a comprehensive comprehension of the central tendencies and variability within each group by giving a clear picture of the data distribution. A more thorough and accurate analysis was made possible by the use of SPSS (22) which also handled the data effectively and decreased the chance of human error. The study's conclusions are essential for pinpointing areas where workers in the public and private sectors diverge markedly, as this information can guide focused actions and policy decisions [10]. The study guarantees statistical reliability by putting the significance threshold at 0.05, offering a strong basis for additional research and real-world applications aimed at enhancing work environments and employee well-being [11].

## **SAMPLING**

These 15 men in the public sector and 15 men in the private sector were administered the Dimensional Lifestyle Inventory scale with a total score of 30. These have been selected through simple and random sampling with the list of public sector and private sector prepared with the help of middle concerned. Socio- economic condition of various districts of the entire state. Additionally, vicariate factorial designs offer a natural environment and a chance to examine interactions between various operationalizations. This study makes use of the "T" test.

The information gathered using this methodology provides a thorough grasp of the lifestyle differences between personnel in the public and private sectors. We can learn more about the effects of work settings on health and well-being by examining these variations. This study also emphasizes how crucial it is to take socioeconomic factors into account when analyzing lifestyle habits. By utilizing the 'T' test, the results are deemed reliable and strong, hence offering a strong basis for further research in this field. This method aids in not only identifying current trends but also in the development of focused interventions aimed at enhancing the general well-being and way of life of workers in both industries.

## **STATISTICAL TECHNIQUES**

The researcher used the 't' test to analyze the data.

### **One-sample Statistics**

Table 1 showed that public sector mean and standard deviation is  $20.100 \pm 5.740$  and standard error mean is 2.012. Private sectors mean and standard deviation is  $22.44 \pm 3.223$  and std error mean is 1.450. It is significant at 0.05 level of significant (14)  $(0.05) = 2.145$ .

### **One-sample test**

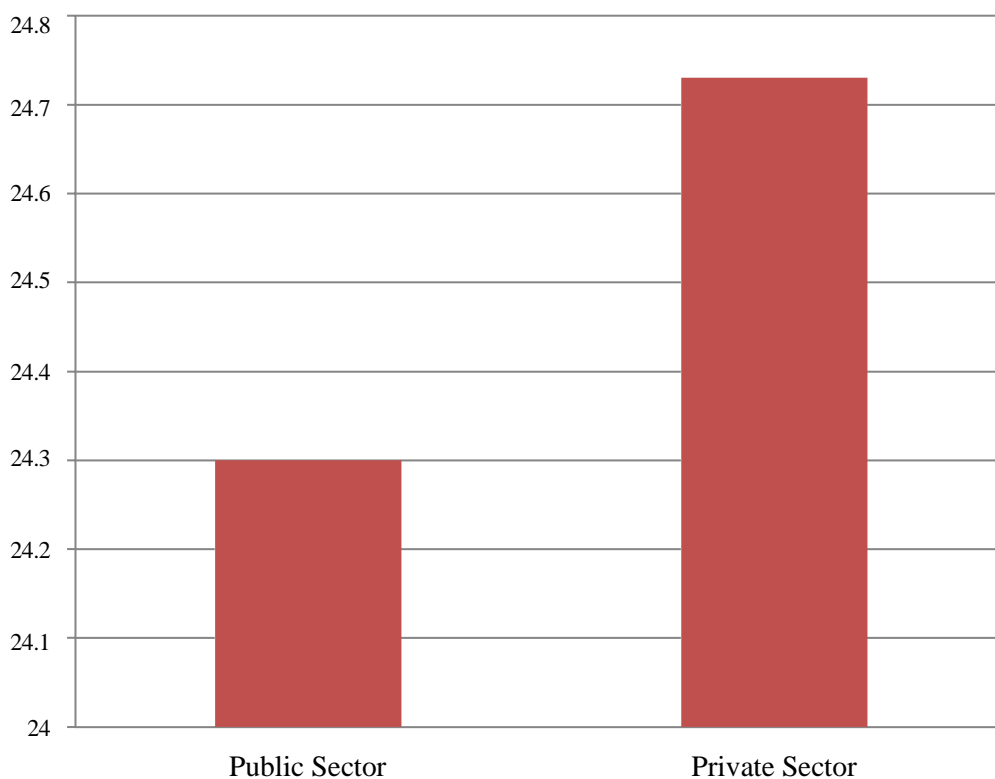
Table 2 The findings indicate that, at the 0.05 level of significance, the public sector's assertive tendency obtained a "t"-value of 16.156, which is significantly greater than the tabulated "t" value of 2.145. At the 0.05 level of significance, the private sector's aggressive tendency obtained a "t"-value of 52.420, which is significantly greater than the tabulated "t" value of 2.145. These findings indicate a strong assertive tendency in both sectors, with a notable difference in magnitude.

**Table 1.** Research paradigm.

	N	Mean	Standard Deviation	Standard Error mean
Public sector	15	20.10	5.740	2.012
Private sector	15	22.44	3.223	1.450

**Table 2.** Comparative analysis of assertive tendencies in public and private sectors using t-test.

	Test value=0					
	T	Df	Sig. (2-tailed)	Mean difference	95%confidenceinterval of the difference	
					Lower	Upper
Public sector	16.156	29	.000	20.10	23.77	12.56
Private sector	52.420	29	.000	22.44	26.99	23.89

**Figure 1.** Graphical representation of comparative analysis using t- test.

## RESULT

Table 1 showed that public sector mean and standard deviation is  $20.10 \pm 5.740$  and standard. error mean is 2.012. Private sector mean and standard deviation is  $22.44 \pm 3.223$  and std error mean is 1.450 Table 2 results show that the public sector assertive tendency received 't'-value is 20.10 and this value is significantly higher than the tabulated 't' value 2.145 at 0.05 level of significance private sector assertive tendency received 't'- value is 52.420 and this value is significantly higher than the tabulated 't' value 2.145 at 0.05 level of significance it shows that male private sector have a more assertive tendency than male public sector as shown in Figure 1. The competitive and performance-driven character of private firms may be the reason for the highly aggressive tendencies observed in this sector. Private sector workers may be urged to take a more assertive stance in order to accomplish goals and grow in their careers. However, success in the hierarchical and structured public sector may not

necessitate the same degree of boldness. These results underline the necessity of customized training and development initiatives to meet the particular requirements of every industry and guarantee that staff members have the know-how to succeed in their chosen fields. Understanding these differences could help businesses create a more positive and productive work environment.

### **CONCLUSION**

According to the results, the private sector group has a mean of 22.44 and the public sector group has a mean of 20.10. Therefore, it may be said that men are more engaged in the private sector than in the public sector. These results underline the necessity for focused wellness initiatives in the public sector to promote exercise and general health by highlighting the effects of work environments and expectations on levels of physical activity.

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