

Resilience and Mental Wellbeing among Yoga and Non-Yoga Practitioners During COVID 19 Pandemic

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ABSTRACT

COVID 19 pandemic has been the communal stressor generally and evidence of its ill effects on mental health was seen across the world. The benefits of yoga on mental health are accepted indisputably. Resilience and Mental Well-being have become the widespread terms and are central constructs of mental health. This research aims to understand the resilience and mental well-being among yoga and non-yoga practitioners. The data was collected from 120 individuals, categorized as male yoga practitioners (30), female yoga practitioners (30), male non-yoga practitioners (30) and female non-yoga practitioners (30). Responses were collected on resilience scale – short form and Warwick Edinburgh mental well-being scale. Statistical analysis of two-way analysis of variance and post hoc test were conducted and the results show that there is significant difference in gender and yoga in resilience and mental well-being. Multiple comparisons revealed significant difference among male yoga and non-yoga practitioners, female yoga and male non-yoga practitioners, female and male non-yoga practitioners. Pearson product moment correlation results confirms the significant positive relationship between resilience and mental well-being.

Keywords: Resilience, Mental well-being, Yoga Practitioners, Non-Yoga Practitioners, Gender, Residing in Karnataka

The pandemic has affected the mental health of the people in different ways. Every individual has been impacted by the pandemic in their own way irrespective of whether or not tested with the virus as positive. Fear of getting affected by the virus, lockdown, unemployment, restrictions and various other uncertainties has been a potential factor for stress and affected the mental well-being of individuals. Resilience and mental well-being determine the ability of an individual to cope with the stressors. And yoga has been proved to be a valuable for both physical and mental health.

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Received: June 26, 2021; Revision Received: September 10, 2021; Accepted: September 22, 2021

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Resilience being a positive personality characteristic augments individual adaptation and curbs the negative effects of stress. Mental well-being deals with an individual's thoughts, feelings and how they cope with it. Mental well-being helps an individual to feel confident in oneself, to build and maintain positive relationships with others, to have a sense of purpose towards life, to live and work productively, to cope with stress which is seen in everyday life and also to deal with change. The term "yoga" was derived from the Sanskrit word *yuj* which means "to unite". Yoga is also generally stated as a therapy or exercise system for health and fitness. While physical and psychological benefits are natural consequences of yoga, the goal of yoga is more far-reaching.

METHODOLOGY

Aim

To study resilience and mental well-being among yoga and non-yoga practitioners.

Objective

- To know the gender differences in resilience and mental well-being.
- To examine the difference between yoga and non-yoga practitioners in resilience and mental well-being.
- To understand the relationship between resilience and mental well-being among yoga and non-yoga practitioners.

Hypotheses

H₀₁ There is no significant difference between males and females in resilience.

H₀₂ There is no significant difference between males and females in mental well-being.

H₀₃ There is no significant difference between yoga practitioners and non-yoga practitioners in resilience.

H₀₄ There is no significant difference between yoga practitioners and non-yoga practitioners in mental wellbeing.

H₀₅ There is no significant relationship between resilience and mental wellbeing among yoga practitioners.

H₀₆ There is no significant relationship between resilience and mental wellbeing among non-yoga practitioners.

H₀₇ There is no significant relationship between resilience and mental wellbeing among males.

H₀₈ There is no significant relationship between resilience and mental wellbeing among females.

Research Design

Quasi experimental ex post facto research design was used to understand the influence of the independent variables (gender and yoga) present prior to the study in the participants and affects the dependent variables, resilience and mental well-being.

Variables

- Independent Variables: Gender (Males and females), Yoga (yoga participants and non-yoga participants)
- Dependent Variables: Resilience and mental well-being

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Operational definitions

- **Resilience:** an ability to recover from adversity.
- **Mental Well-being:** person's psychological functioning, life satisfaction and ability to develop and maintain mutually benefitting relationships.
- **Yoga:** Physical, mental and spiritual practice

Sample

Sample Description: The data was collected from the respondents aged 16 to 72 years from Karnataka state.

Sample Size: The sample consisted of 120 adults (30 male yoga practitioners, 30 female yoga practitioners, 30 male non-yoga practitioners and 30 female non-yoga practitioners)

Sampling Method: Snowball and convenient sampling methods were used where the respondents recruited the other or next respondents for the study. Convenient sampling was used wherein the primary available data was used without any further necessities.

Inclusion Criteria:

- Individuals practicing yoga.
- Individuals who were English literates.

Exclusion Criteria:

- Rural Population was not considered
- English illiterates were excluded from the study.
- Individuals were selected only from Karnataka state.

Instruments

1. **Informed consent and socio demographic details:** Before the data collection consent was obtained from all the respondents and socio demographic details such as gender, age and yoga were collected.
2. **Resilience Scale:** The brief "RS-14 scale consists of 14 self-report items developed by Wagnild and Young in 1993 measured along a 7-point rating scale ranging from '1—strongly disagree' to '7—strongly agree.' Higher scores are indicative of resilience level. (Wagnild and Young, 1993; Wagnild, 2009b, 2014). High reliability with Cronbach's alpha coefficient of 0.90 and greater 0.96 and a strong correlation with the full version ($r = 0.97, p = 0.001$) were obtained (Wagnild, 2014). Criterion validity of the RS-14 construct in adolescent and youth groups, measured by using personal resources concepts "(such as self-esteem, self-efficacy, social support, life satisfaction and meaning in life) and those regarding indexes of psychological distress (such as depression, anxiety, stress, and individual disability)" have showed confirming findings for resilience (Nishi et al., 2010; Salazar-Pousada et al., 2010; Damásio et al., 2011; Kwon and Kwon, 2014; Pritzker and Minter, 2014; Aiena et al., 2015).
3. **Warwick-Edinburgh Mental Well-being Scale:** WEMWBS was developed by researchers at the Universities of Warwick and Edinburgh in the year 2008, with funding provided by NHS Health Scotland, to enable the measurement of mental well-being of adults in the UK. Is a 14 item scale of mental well-being covering subjective well-being and psychological functioning, in which all items are worded positively and address aspects of positive mental health. The scale is scored by summing responses to each item answered on a 1 to 5 Likert scale (None of the time -1, Rarely-2, Some of the

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Time-3, Often-4, All of the time-5). The minimum scale score is 14 and the maximum is 70. WEMWBS has been validated in the UK for those 16 years and above. Reliability of the scale was established with Cronbach's alpha coefficient = 0.89 (n = 348). Each of the 14 item responses in WEMWBS are scored as 1 for none of the time and 5 for all of the time and the complete scale score is calculated by summing all the 14 items. Hence the minimum score is 14 and the maximum is 70.

Procedure for data collection

The data was collected using the google forms where the participants were firstly briefed about the study and consent was taken. Further the socio demographic details and responses on resilience scale and Warwick-Edinburgh mental well-being scale was collected.

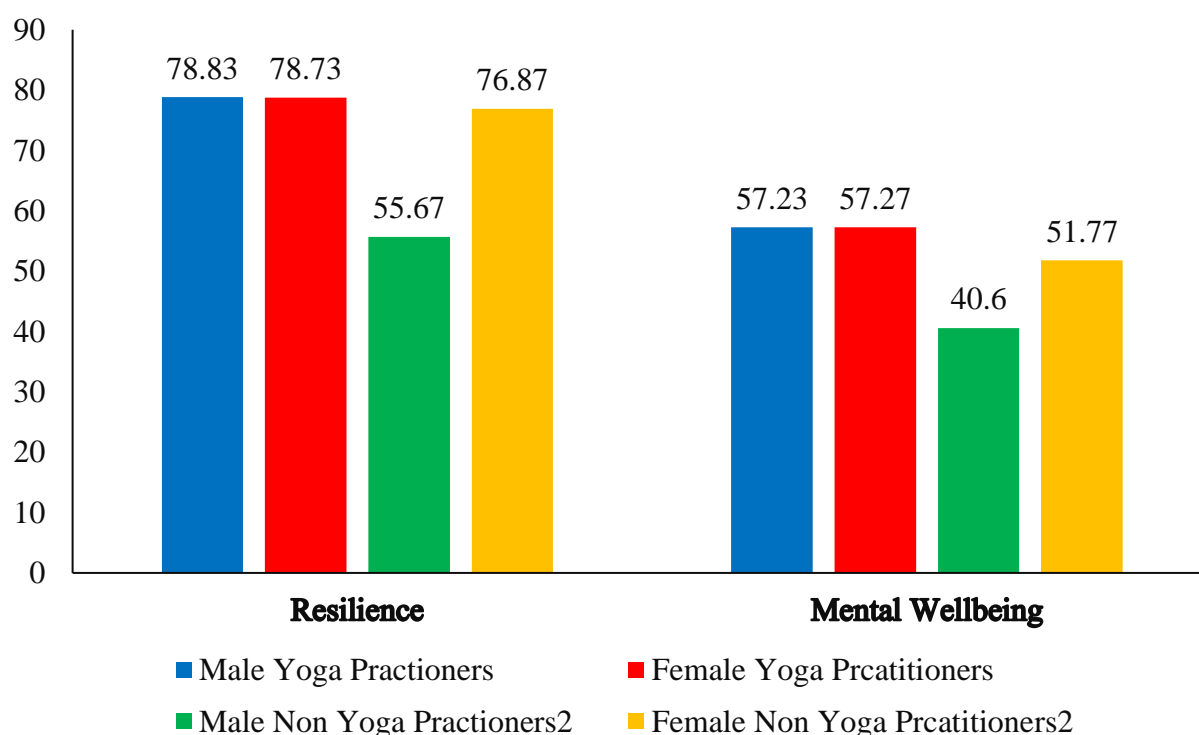
Procedure for analysis

The collected responses were transferred to SPSS. To examine the difference in gender and yoga and non-yoga practitioners, two-way analysis of variance was used. Multiple comparisons of gender and yoga and non-yoga practitioners was done with the help of post hoc Tukey test. Pearson product moment correlation was done to understand the relationship between resilience and mental well-being among the specific groups.

RESULTS AND DISCUSSION

The data was analyzed using SPSS. Two analyses of variance and post hoc tests were conducted to understand the gender differences in resilience and mental well-being. Pearson product moment correlation test was used to know the relationship between resilience and mental well-being.

Graph 1: Mean scores of male yoga practitioners, female yoga practitioners, male non-yoga practitioners and female non-yoga practitioners on resilience and mental well-being



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Table 2: Two way analysis of variance on resilience

| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
|---------------|-------------------------|----|-------------|---------|------|
| Gender | 3339.07 | 1 | 3339.07 | 10.23** | 0.00 |
| Yoga | 4700.00 | 1 | 4700.00 | 14.40** | 0.00 |
| Gender * Yoga | 3402.67 | 1 | 3402.67 | 10.42** | 0.00 |

**p<0.01 level

Table 3: Multiple comparisons on resilience

| | | Mean Difference (I-J) | Std. Error | Sig. |
|------------------------------|--------------------------------|-----------------------|------------|------|
| Males Yoga Practitioners | Females Yoga Practitioners | 0.10 ^{NS} | 4.66 | 1.00 |
| | Males Non-Yoga Practitioners | 23.17* | 4.66 | 0.00 |
| | Females Non-Yoga Practitioners | 1.97 ^{NS} | 4.66 | 0.97 |
| Females Yoga Practitioners | Males Non-Yoga Practitioners | 23.07* | 4.66 | 0.00 |
| | Females Non-Yoga Practitioners | 1.87 ^{NS} | 4.66 | 0.97 |
| Males Non-Yoga Practitioners | Females Non-Yoga Practitioners | -21.20* | 4.664 | 0.00 |

**p<0.01 level, NS = Not Significant

Table 4: Two-way analysis of variance on mental wellbeing

| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
|---------------|-------------------------|----|-------------|---------|------|
| Gender | 940.80 | 1 | 940.80 | 7.44** | 0.00 |
| Yoga | 3674.13 | 1 | 3674.13 | 29.07** | 0.00 |
| Gender * Yoga | 929.63 | 1 | 929.63 | 7.35** | 0.00 |

**p<0.01 level

Table 5: Multiple comparisons on mental well-being

| (I) Gender Yoga | (J) Gender Yoga | Mean Difference (I-J) | Std. Error | Sig. |
|------------------------------|--------------------------------|-----------------------|------------|------|
| Males Yoga Practitioners | Females Yoga Practitioners | -0.03 ^{NS} | 2.902 | 1.00 |
| | Males Non-Yoga Practitioners | 16.63* | 2.902 | 0.00 |
| | Females Non-Yoga Practitioners | 5.47 ^{NS} | 2.902 | 0.24 |
| Females Yoga Practitioners | Males Non-Yoga Practitioners | 16.67* | 2.902 | 0.00 |
| | Females Non-Yoga Practitioners | 5.50 ^{NS} | 2.902 | 0.23 |
| Males Non-Yoga Practitioners | Females Non-Yoga Practitioners | -11.17* | 2.902 | 0.00 |

**p<0.01 level, NS = Not Significant

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Table 6: Pearson product moment correlation on resilience and mental well-being

| | | Mental Well-being | | | | |
|------------|---------------------|-------------------|-------------------------|---------------------------|-----------------------------|-------------------------------|
| | | Adults | Male Yoga Practitioners | Female Yoga Practitioners | Male Non-Yoga Practitioners | Female Non-Yoga Practitioners |
| Resilience | Pearson Correlation | 0.84** | 0.80** | 0.43* | 0.93** | 0.86** |
| | p | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| | N | 120 | 30 | 30 | 30 | 30 |

*p<0.05 level, **p<0.01 level

Two-way anova results shows that there is significant difference in gender, yoga and interaction effect was seen between gender and yoga in resilience and mental well-being (p=0.00). Hence the hypotheses H_{01} , H_{02} , H_{03} and H_{04} are rejected. Further multiple comparisons with Tukey test revealed the significant difference among male yoga and non-yoga practitioners, female yoga and male non-yoga practitioners, female and male non-yoga practitioners were found (p=0.00). Pearson product moment correlation results confirms the significant positive relationship between resilience and mental well-being, and rejects the hypotheses, H_{05} , H_{06} , H_{07} and H_{08} .

Elisabetta Sagone and Maria Elvira De Caroli (2013) examined the relationships between the dimensions of psychological well-being and resilience in a sample of 224 participants. The results revealed that there is a positive relationship between psychological well-being and resilience. Boys had increased well-being (environmental mastery and self-acceptance) than girls and late adolescents showed a greater well-being (personal growth and purpose in life) than middle ones.

Ashok B Patil (2021) conducted a comparative study between males and females in Jalgaon city and studied the effect of yoga on mental health. Results exposed that there is significant mean difference in mental health between yogic group, male and female college students. Female adolescents had better mental health as compared to their counterparts.

These results throw a light on male non-yoga practitioners specifically as they have less resilience and mental well-being when compared to other groups. Even the correlation results state the positive relationship between resilience and mental well-being among male non-yoga practitioners to be stronger than other groups.

CONCLUSION

The findings of the present study help to understand the influence of yoga on resilience and mental well-being during lockdown. Specifically male non-yoga practitioners were found to have low resilience and mental well-being when compared to other groups. A very high positive correlation was also found between resilience and mental well-being of male non-yoga practitioners.

Scope

The findings of the study help to promote yoga practice to enhance resilience and mental well-being. It also throws light on gender difference among yoga and non-yoga practitioners. Findings of male non-yoga practitioners could be considered and further studied in detail to understand factors that affect resilience and mental well-being and provide support.

Limitations of the present study

This study did not consider the various factors that define yoga practitioners like duration and frequency of the practice. Other recreational activities like sports, gym, exercises and art practices would have influenced their resilience and mental well-being, that was not controlled. The sample age group was very diverse.

Suggestions

This study helps to understand the benefits of yoga on mental well-being and resilience. It could be further researched considering another sample group. Various factors influencing resilience and mental well-being could be studied. Yoga and non-yoga practitioners could be defined more specifically controlling the extraneous variables. Qualitative approach could be used to understand how pandemic affects resilience and mental well-being.

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Acknowledgement

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Sridevi P., Kumar K. & Sumathi M. (2021). Resilience and Mental Wellbeing Among Yoga and Non-Yoga Practitioners During COVID 19 Pandemic. *International Journal of Indian Psychology*, 9(3), 1697-1704. DIP:18.01.160.20210903, DOI:10.25215/0903.160